**Eat 8!**
A Guide to Help You Choose Fish Low in Mercury from Restaurants and Grocery Stores

**EAT 8 points per month**

<table>
<thead>
<tr>
<th>Per MI Serving</th>
<th>Points</th>
<th>Fish (Including Varieties)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Point</td>
<td>Anchovies, Bass, Cod, Freshwater Drum (aka Sheepshead), Jack Smelt, Grouper, Mackerel</td>
</tr>
<tr>
<td>2</td>
<td>Points</td>
<td>Catfish (farm-raised), Crab, Crawfish, Flatfish (flounder, sole), Herring, Mullet, Oysters, Perch (ocean or freshwater), Mahi Mahi, Snapper, Tuna</td>
</tr>
<tr>
<td>4</td>
<td>Points</td>
<td>Pollock, Salmon (canned, frozen, fresh), Sardines, Scallops, Squid, Tilapia, Trout (freshwater), Whitefish, Scorpion Fish, Tuna (Albacore, canned white), Tuna (fresh, frozen), Weakfish (sea trout)</td>
</tr>
<tr>
<td>8</td>
<td>Points</td>
<td>Salmon (canned, frozen, fresh), Sardines, Scallops, Squid, Tilapia, Trout, Whitefish, Scorpion Fish, Tuna (Albacore, canned white), Tuna (fresh, frozen), Weakfish (sea trout)</td>
</tr>
</tbody>
</table>

**High in heart-healthy omega-3 fatty acids**

Is the fish you’re buying caught in Michigan waters? If so, please check the Eat Safe Fish Guide for advice.

**Questions? Call MDHHS at 1-800-648-6942.**

Great choices to go...You can cut the list out & take it with you!

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### Other Resources

**Sustainable & Planet-Friendly Fish**

- Shedd Aquarium Right Bite
- Monterey Bay Aquarium Seafood Watch

**Cooking & Food Safety**

- Farm-Raised Fish Regulations (FDA)
  - 1-240-402-2300
- Fresh & Frozen Seafood - Selecting & Serving It Safely (FDA)
  - [http://1.usa.gov/qYLIyL](http://1.usa.gov/qYLIyL) or 1-888-723-3366

**Hooked on Fish: Recipes from the Great Lakes State Cookbook (MDCH)**

- [http://1.usa.gov/pri1qp](http://1.usa.gov/pri1qp) or 1-800-648-6942

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**Local Fish, Local Guide**

If you are eating fish caught in Michigan or any of the Great Lakes, please call MDHHS to request the Eat Safe Fish Guide for the region the fish is from. The regional Guide lists Michigan fish that have been tested for mercury and other harmful chemicals, like PCBs and dioxins.

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**Mercury Guidelines for Store-bought & Restaurant Fish**

- Buying fish • Catching fish • Eating fish

For more information on safe fish, call MDHHS at 1-800-648-6942 or visit us online at [www.michigan.gov/eatsafefish](http://www.michigan.gov/eatsafefish).

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- Great Lakes RESTORATION Initiative
- MDHHS

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**Do not eat these fish:**

- Shark, Swordfish, Tilefish, King Mackerel

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**www.michigan.gov/eatsafefish**
Eating Safe Fish

You’ve heard that eating fish is healthy for you and your family.

- Fish are a great low-fat source of protein.
- Fish are brain food.
- Some fish have heart-healthy omega-3s.

But you’ve also probably heard that some fish have mercury in them. And mercury is bad for your health - no matter what age you are.

Mercury in Fish

- Mercury is found in the muscle of the fish, which is the filet that we eat. You can’t remove mercury from fish like you can other chemicals.
- Choosing fish to eat that are low in mercury is the only way to avoid getting too much in your body.

Health Problems

Mercury can cause health problems in people of all ages.

- Too much mercury can cause problems with the nervous system and kids’ brain growth.
- Too much mercury can harm heart function.
- Too much mercury also limits your body’s ability to fight off sickness.

What is ‘MI Serving’?

**MI Serving** depends on who you are:

- For an adult, **MI Serving** is: 8 ounces of cooked fish = size of an adult’s hand (large oval)
- For a child, **MI Serving** is: 2-4 ounces of cooked fish = size of the palm on an adult’s hand (small circle/rectangle)

You might eat more than one MI Serving in a meal. That’s OK, just keep track so you know!

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How to Use Eat 8!

1. Look on the back of this sheet and find the fish you plan to eat. The lower the points, the lower the amount of mercury in the fish.

2. Estimate how many ‘MI Servings’ you are going to eat. One adult’s MI Serving of fish is a filet about the size of their hand (8 ounces of cooked fish). A child’s MI Serving is about the size of the palm of an adult’s hand (2-4 ounces).

3. Add up the points. For example, one dinner, you have 16 ounces of salmon (2 MI Servings) for 2 points. The next week, you have one MI Serving (8 ounces) of halibut for 4 points. That’s 6 points, so far, for the month.

4. Keep track of your ‘MI Serving’ points during the month. Eat no more than 8 points total of fish each month.

You can be sure you’re not getting too much mercury in your body when you use Eat 8! to choose your meals.

Eat 8! Eat Great!

The FDA has tested for mercury in a variety of fish and shellfish that are available for sale in the United States.

Using the FDA test results for mercury in fish, MDHHS created Eat 8!

Eat 8! can help you choose fish lower in mercury and higher in heart-healthy omega-3 fatty acids.

Eat 8! is safe for everyone to use, even pregnant women and kids!

Questions?
1-800-648-6942
www.michigan.gov/eatsafefish

Mercury is unhealthy.
Fish are good for you.

Fish are a great low-fat source of protein.
Fish are brain food.
Some fish have heart-healthy omega-3s.

You want to make the **healthy choice** for you and your family, but what is the **right choice**? Should you eat fish or not? Which fish are safe?

Luckily, making the **right choice** and the **healthy choice** is now as easy as counting to eight!