

Using the Eat Safe Fish Guidelines

MDHHS tests only the filets of the fish for chemicals to set these guidelines. *MI Servings* are set to be safe for everyone. This includes **children, pregnant or breastfeeding women, and people who have health problems like cancer or diabetes.**

How much is *MI Serving*?

Weight of Person	<i>MI Serving Size</i>
45 pounds	2 ounces
90 pounds	4 ounces
180 pounds	8 ounces

Weigh Less? For every 20 pounds **less** than the weight listed in the table, **subtract 1 ounce of fish.**
For example, a 70-pound child's *MI Serving size* is 3 ounces of fish.
90 pounds - 20 pounds = 70 pounds & 4 ounces - 1 ounce = a *MI Serving size* of 3 ounces

Weigh More? For every 20 pounds **more** than the weight listed in the table, **add 1 ounce of fish.**
For example, a 110-pound person's *MI Serving size* is 5 ounces of fish.
90 pounds + 20 pounds = 110 pounds / 4 ounces plus 1 ounce = a *MI Serving size* of 5 ounces

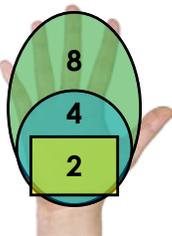
You might eat more than one *MI Serving* in a meal. That's OK, just keep track so you don't have too much.



Are you pregnant?

Fish is good for you and your baby! Use your pre-pregnancy weight to find your *MI Serving size*. It's also best to avoid eating fish labeled as "Limited" when you're pregnant or breastfeeding.

My Michigan, *MI Serving Size*



- ☑ 8 ounces of fish = size of an adult's hand (large oval)
- ☑ 4 ounces of fish = size of the palm of an adult's hand (small circle)
- ☑ 2 ounces of fish = size of half a palm of an adult's hand (rectangle)

What are 'safe' fish?

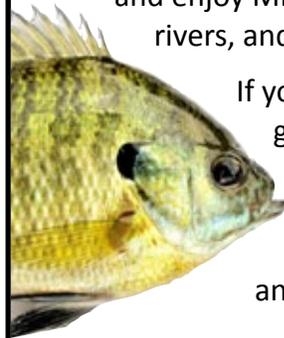
Safe fish are fish that are low in chemicals. If you use the **Eat Safe Fish Guide** when you choose fish to catch and eat, you will protect yourself and your family from chemicals that could someday make you sick.

If there are chemicals in the fish, why should I still eat it?

Fish have a lot of great health benefits.

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

Plus, fishing is a fun way to get outside and enjoy Michigan's 11,000 lakes, rivers, and streams!



If you **follow the 3Cs** and go after fish that have **fewer chemicals** in them, you can get a lot of health benefits and have **very little risk.**

Catching fish • Buying 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.



FREE LOCAL FISHING MAP & Eat Safe Fish Guidelines

eat safe fish in Macomb County



www.michigan.gov/eatsafefish

Photo Credit: Michigan Sea Grant



The MDHHS Safe Fish Guidelines in this brochure are from the MDHHS **2015 Eat Safe Fish Guide**. For updates, visit www.michigan.gov/eatsafefish or call 1-800-648-6942 and ask for a free **Guide**.

Map of Macomb County, Michigan



 These lakes and river sections have fish that you can eat 8 servings or more per month safely!

 A DNR Family Friendly Fishing Site

Stony Creek Impoundment



Clear Spring Lake

Clinton River



New Baltimore

Mt. Clemens

Sterling Heights

Lake St. Clair



Warren

St. Clair Shores

Lange-Revere Canals

**Lake St. Clair:
Special Notice Area**

Richmond

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Eat Safe Fish Guidelines

These guidelines are from the 2015 *Southeast Michigan Eat Safe Fish Guide*. To get the most up-to-date guidelines for lakes and rivers in Macomb County or other areas of Michigan, please visit www.michigan.gov/eatsafefish to download a copy of the *Eat Safe Fish Guide* to your smartphone or call 1-800-648-6942 to get a print copy!

Clear Spring Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	PCBs	Under 18"	1 ^{2x}
	PCBs & Mercury	Over 18"	1
Smallmouth Bass	PCBs	Under 18"	1 ^{2x}
	PCBs & Mercury	Over 18"	1

Clinton River

(downstream of Yates Dam, Oakland Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Rock Bass	Mercury	Any	2
Suckers	PCBs & Mercury	Any	8
Walleye	PCBs	Under 24"	1 ^{2x}
	PCBs & Mercury	Over 24"	1

When fishing the river near Lake St. Clair, check the lake guidelines, too.

Lake St. Clair: Special Notice

(Use when fishing within 2 miles of the Lange-Revere Canals. This area is between Lakefront Park and Veteran's Memorial Park & out into open water.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PCBs	Any	6 Per Year ^{2x}
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	PCBs	Under 20"	1 ^{2x}
	PCBs & Mercury	Over 20"	1
Muskellunge	Mercury	Any	Do Not Eat [▲]
Smallmouth Bass	PCBs	Under 20"	1 ^{2x}
	PCBs & Mercury	Over 20"	1
Sunfish	PCBs	Any	6 Per Year ^{2x}
Walleye	PCBs & Dioxins	Any	6 Per Year ^{2x}
Yellow Perch	PCBs	Any	2 ^{2x}
All Other Species	PCBs	Any	Limited [▲]

Lake St. Clair

(If you are fishing on the lake in between Lakefront Park and Veteran's Memorial Park & out into open water in that area, please see the Special Notice.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PCBs	Any	8 ^{2x}
Carp	PCBs	Any	Limited [▲]
Catfish	Dioxins	Any	Limited [▲]
Black Crappie	Mercury	Under 9"	8
		Over 9"	4
Freshwater Drum	PCBs & Mercury	Any	2
Largemouth Bass	PCBs	Under 20"	1 ^{2x}
	PCBs & Mercury	Over 20"	1
Muskellunge	Mercury	Any	Do Not Eat [▲]
Northern Pike	Mercury	Any	2
Rock Bass	PCBs	Any	1 ^{2x}
Smallmouth Bass	PCBs	Under 20"	1 ^{2x}
	PCBs & Mercury	Over 20"	1
Sturgeon	PCBs	Any	Limited [▲]
Sunfish	PCBs	Any	8 ^{2x}
Walleye	PCBs & Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs	Any	Limited [▲]
White Crappie	Mercury	Under 9"	8
		Over 9"	4
Yellow Perch	Mercury	Any	4

Lange-Revere Canals

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
All Species	PCBs	Any	Do Not Eat [▲]

Stony Creek Impoundment

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Any	2
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year
Walleye	Mercury	Under 20"	2
		Over 20"	1
White Crappie	Mercury	Any	2

2x

See the **2x** box on the back of this page to learn how you can eat more of these fish safely.

▲

See the **Limited** and **Do Not Eat** boxes on the back of this page for more information.



To get the guidelines for other regions in Michigan and nearby states, please visit www.michigan.gov/eatsafefish or call MDHHS at 1-800-648-6942.

Statewide Guidelines & MI Servings

Don't see a certain Macomb County lake or river listed in this brochure? Then the Statewide Safe Fish Guidelines can help you find safer fish to eat. But only use the Statewide Guidelines if...



- the Macomb County lake or river you are fishing in is not listed in this brochure, OR
- your lake or river is listed in this brochure, but the fish species is not listed.

Statewide Safe Fish Guidelines

Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*	Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Any Size	4	Rock Bass	Mercury	Any Size	4
 Bluegill	Mercury	Any Size	8	Smallmouth Bass	Mercury	Under 18"	2
Carp	PCBs	Any Size	2	Over 18"			1
Catfish	PCBs & Mercury	Any Size	4	 Suckers	Mercury	Any Size	8
Largemouth Bass	Mercury	Under 18"	2	 Sunfish	Mercury	Any Size	8
Over 18"			1	Walleye	Mercury	Under 20"	2
Muskellunge	Mercury	Any Size	1	Over 20"			1
Northern Pike	Mercury	Under 30"	2	White Crappie	Mercury	Any Size	4
Over 30"			1	Yellow Perch	Mercury	Any Size	4

These guidelines are based on the typical amount of chemicals found in fish filets tested from around the state. Some fish may be higher or lower. If any of these fish are listed in the guidelines for the lake or river you are fishing in, use **those** guidelines instead of the statewide guidelines. The *MI Servings* recommendation will be more exact for that lake or river because those filets have been tested. For other counties in Michigan, please visit www.michigan.gov/eatsafefish to get the *Eat Safe Fish Guide* for that region.

Special MI Serving Categories

2x Remove the fat; double the *MI Servings*!

PCBs and dioxins are in the fat of the fish. You can double the number of *MI Servings* if you:

- trim away the fat that you can see from the filet,
- cook the fish on a grill or broiling pan so more fat can drip away



Best Choice Do you eat fish at least twice a week?

When using the MDHHS *Eat Safe Fish Guide*, watch for this MDHHS "Best Choice" symbol. The hook and fish mark species that you and your family can safely eat 8 *MI Servings* or more each month!



Limited If you:

- are under the age of 15,
- have health problems, like cancer or diabetes,
- are planning on having children in the next several years, currently pregnant, or breastfeeding,

MDHHS suggests you **avoid eating all fish listed as "Limited"** because of higher levels of chemicals.

If **NONE** of the above apply to you, it is usually OK to eat fish listed as "Limited" **1 or 2 times each year**.



Do Not Eat No one should eat fish listed as **Do Not Eat**, regardless of age or health.

When these fish were tested, MDHHS found **very high** levels of chemicals. Eating even one meal of these fish could possibly lead to health problems in the future, regardless of age or health.

