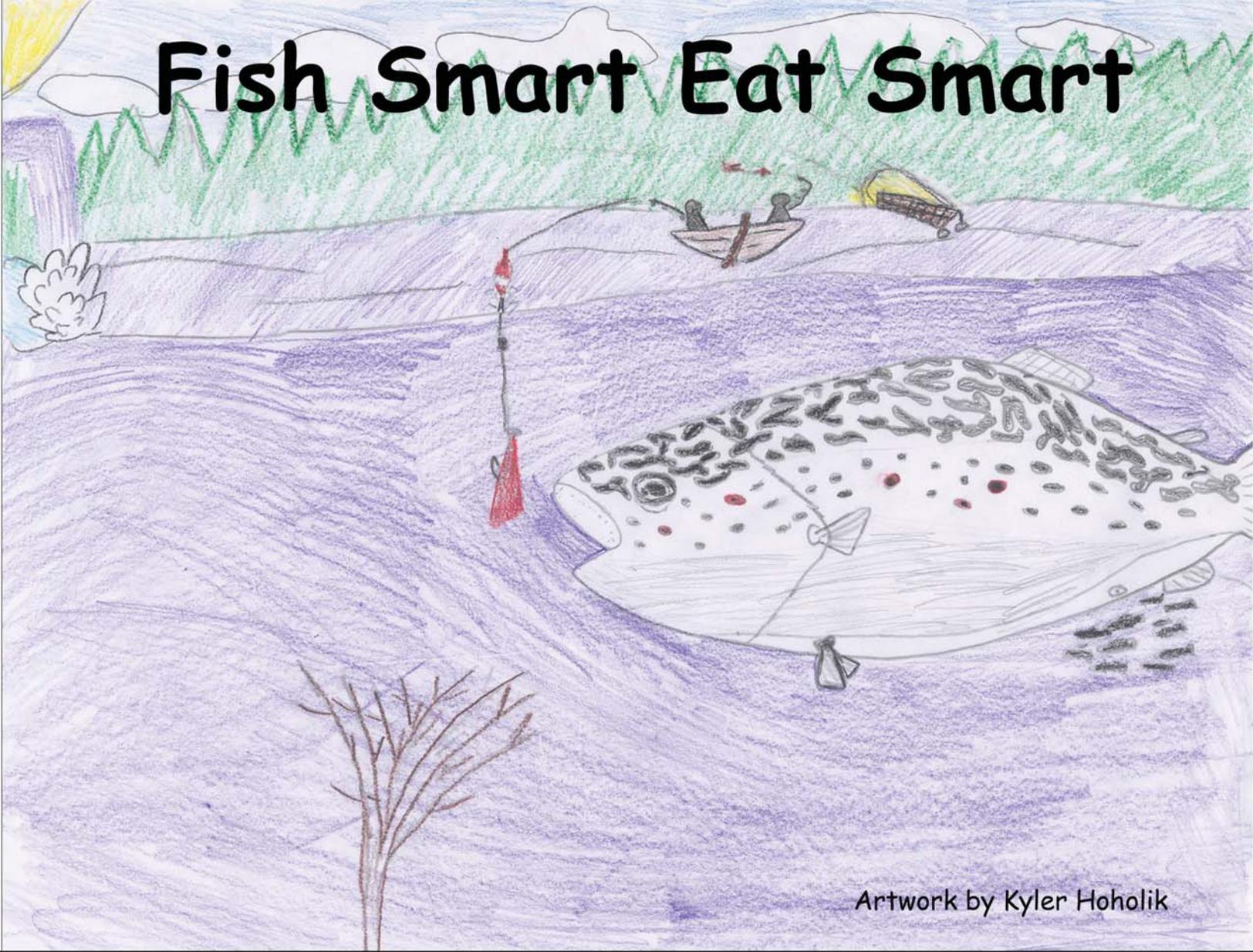


# Fish Smart Eat Smart



Artwork by Kyler Hoholik

## Fish are part of a healthy diet...

- Fish are a great source of protein and vitamins.
- Oils found in fish are important for the health of pregnant women, babies, and children.
- Eating fish helps prevent heart disease in adults.

## ...but not all fish are safe to eat!

- Some fish have chemicals that harm children's physical, mental and behavioral development.
- Trim fat from fish to remove chemicals that collect in the fat.
- Cleaning and cooking does not remove mercury from fish.

## Follow the Michigan Family Fish Consumption Guide

To get the Guide, call the Michigan Department of Community Health at 1-800-648-6942 or go to [www.michigan.gov/fishandgameadvisory](http://www.michigan.gov/fishandgameadvisory).



MDCH and the Manistique River Area of Concern Public Advisory Council thanks its poster art contest 1st place winner, Kyle Hoholik of Manistique for his contribution.