Get to know the 3Cs
Choose, Clean, Cook

By choosing the right fish and then cleaning and cooking it the right way, you can reduce some of the chemicals in the fish by nearly half!

Choose

This quiz will help you find the best way for you to choose your fish.
Read each sentence and mark ‘T’ for true or ‘F’ for false.

- I only eat fish caught in Michigan a few times each year.  
  - T
- I’m 15 years old or older.  
  - T
- I DON’T plan on having children in the next several years.  
  - T
- I DON’T have health problems, like cancer or diabetes.  
  - T
- I DON’T eat fish from a lake or river that has posted signs with “Do Not Eat” guidelines from MDHHS.  
  - T

If ALL are TRUE for you:
You’re at lower risk from chemicals in fish.
The S.A.F.E. tips will help you choose fish to eat once in a while without worry!

Smaller fish are better.  
They tend to have fewer chemicals.

Avoid large predator fish & bottom-feeders.  
Always check the Eat Safe Fish Guide before eating these fish.

Fat should be removed.  
Some chemicals are stored in the fat of the fish.

Eat fish that have been broiled or grilled on a rack.  
More fat can drip away during cooking.

If ONE or MORE are FALSE:
You might be at higher risk.
The Eat Safe Fish Guide will lead you to fish that are safer to eat on a regular basis.

The Eat Safe Fish Guide:
✓ lists fish species that have had filets tested for chemicals by MDHHS.
✓ protects people who eat Michigan fish often.
✓ protects anyone who has health problems, is young, is pregnant, or is planning on having children in the future.

Need a Guide? Call MDHHS at 1-800-648-6942 or visit www.michigan.gov/eatsafefish.
Get to know the 3Cs

Choose, Clean, Cook

Clean

- Cut away the fat along the back
- Cut away the fatty area along the side
- Cut away the belly fat

Cook

Even after trimming away the fat that you can see on the fish, some fat will still be hidden inside the fish filets.

- Poke holes in the skin or remove it completely so that fat can drip away from the fish filet as it cooks.
- Cook your fish on a grill or on a broiler pan in the oven. Any fat left can now drip away from the fish through the grates.

Some chemicals, like PCBs* and dioxins, collect in the fat of the fish.

- When cleaning the fish, trim away any of the fat you can see. Remove and throw away the organs, too.

Careful cleaning can remove a lot of the chemicals from the fish. To learn more about cleaning fish, request the Learn to Filet a Fish flyer from MDHHS.

You can’t remove mercury or PFOS from fish by cleaning and cooking. Always choose your fish wisely!

Please visit www.michigan.gov/eatsafefish or call MDHHS at 1-800-648-6942 to learn more about choosing safe fish.

*PCBs = polychlorinated biphenyls & PFOS = perfluorooctane sulfonate