

# Eat Safe Fish For Your Health!

Fish have great health benefits. They are an excellent source of low-fat protein, vitamins, and minerals. Some fish are packed with heart-health “good fats” called omega-3 fatty acids. Keep reading to learn about choosing safe fish that are good for your health.

## What are Omega-3 fatty acids?

Omega-3 fatty acids (Omega-3s) are a healthy fat found in some foods, including some fish. Here are some benefits of omega-3s:




Babies can also get the benefits of omega-3s through breast milk. Omega-3s are important fats that your body needs. One way to get more of them is to eat foods that are naturally high in omega-3s. Some types of fish, like salmon and anchovies, have more omega-3s. Use the Eat 8 tool on the back to find fish that have more omega-3s.

## How much fish should adults eat for heart health?

For heart health, the American Heart Association suggests that adults eat:

3/4 cup of flaked fish **OR** 3 oz of cooked fish



3 ounces is a little smaller than the palm of an adult's hand.

**Two times a week**

But keep in mind, almost all fish have mercury in them. Eating too much mercury can harm your health. Different types of fish have different amounts of mercury. See the back of this flyer to learn how to stay within safe mercury levels while enjoying your fish and getting great health benefits.



# At the grocery store or restaurant: How much fish can I safely eat?

Different types of fish have different amounts of mercury. Use the Eat 8 tool below to find out how many MI Servings of fish from the restaurant or store you can safely eat each month. To use this tool, find the fish you plan to eat, estimate how many MI Servings you are going to eat, and add up the points. Make sure to keep track of your MI Serving points during the month.

Eat no more than

# 8

points per month

High in heart-healthy omega-3 fatty acids

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

1 point per MI Serving	2 points per MI Serving	4 points per MI Serving	8 points per MI Serving	Do not eat these fish:
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Anchovies </p> <p>Catfish (farm-raised)</p> <p>Crab</p> <p>Crawfish</p> <p>Flatfish (flounder, sole)</p> <p>Herring </p> <p>Mullet</p> <p>Oysters </p> <p>Perch </p> <p>(ocean or freshwater)</p> </div> <div style="width: 50%;"> <p>Pollock</p> <p>Salmon  (canned, frozen, fresh)</p> <p>Sardines </p> <p>Scallops</p> <p>Shrimp</p> <p>Squid </p> <p>Tilapia</p> <p>Trout  (freshwater)</p> <p>Whitefish </p> </div> </div>	<p>Cod</p> <p>Jack Smelt </p> <p>Freshwater Drum  (aka Sheepshead)</p> <p>Mahi Mahi</p> <p>Snapper</p> <p>Tuna (canned light)</p>	<p>Bass  (sea, striped, rockfish)</p> <p>Bluefish </p> <p>Halibut</p> <p>Lobster</p> <p>Sablefish </p> <p>Scorpion Fish</p> <p>Tuna  (Albacore, canned white)</p> <p>Tuna (fresh, frozen)</p> <p>Weakfish  (sea trout)</p>	<p>Grouper</p> <p>Mackerel </p> <p>Marlin</p> <p>Orange Roughy</p>	<div style="text-align: center;"> </div> <p>Shark</p> <p>Swordfish</p> <p>Tilefish</p> <p>King Mackerel</p>

## What's a MI Serving?

A MI Serving is a serving size of fish based on how much a person weighs. Each person in the family could have a different MI Serving.

- 8 ounces of fish = size of an adult's hand.
- 4 ounces of fish = size of the palm of an adult's hand.
- 2 ounces of fish = size of half a palm of an adult's hand.

Weight of Person	MI Serving Size
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.

**Weigh More?** For every 20 pounds more than the weight listed in the table, add 1 ounce of fish.

## Eating Michigan fish?

The Michigan Department of Health and Human Services (MDHHS) tests filets of fish taken from Michigan's lakes and rivers to learn which fish are safer to eat. The Eat Safe Fish Guide lists the fish that have been tested and how much is safe to eat. To obtain your free Eat Safe Fish Guide, call MDHHS at 800-648-6942 or visit us online at [Michigan.gov/EatSafeFish](http://Michigan.gov/EatSafeFish).



**Want to know more about Eat Safe Fish?**  
 Call 800-648-6942 or visit  
[Michigan.gov/EatSafeFish](http://Michigan.gov/EatSafeFish)

