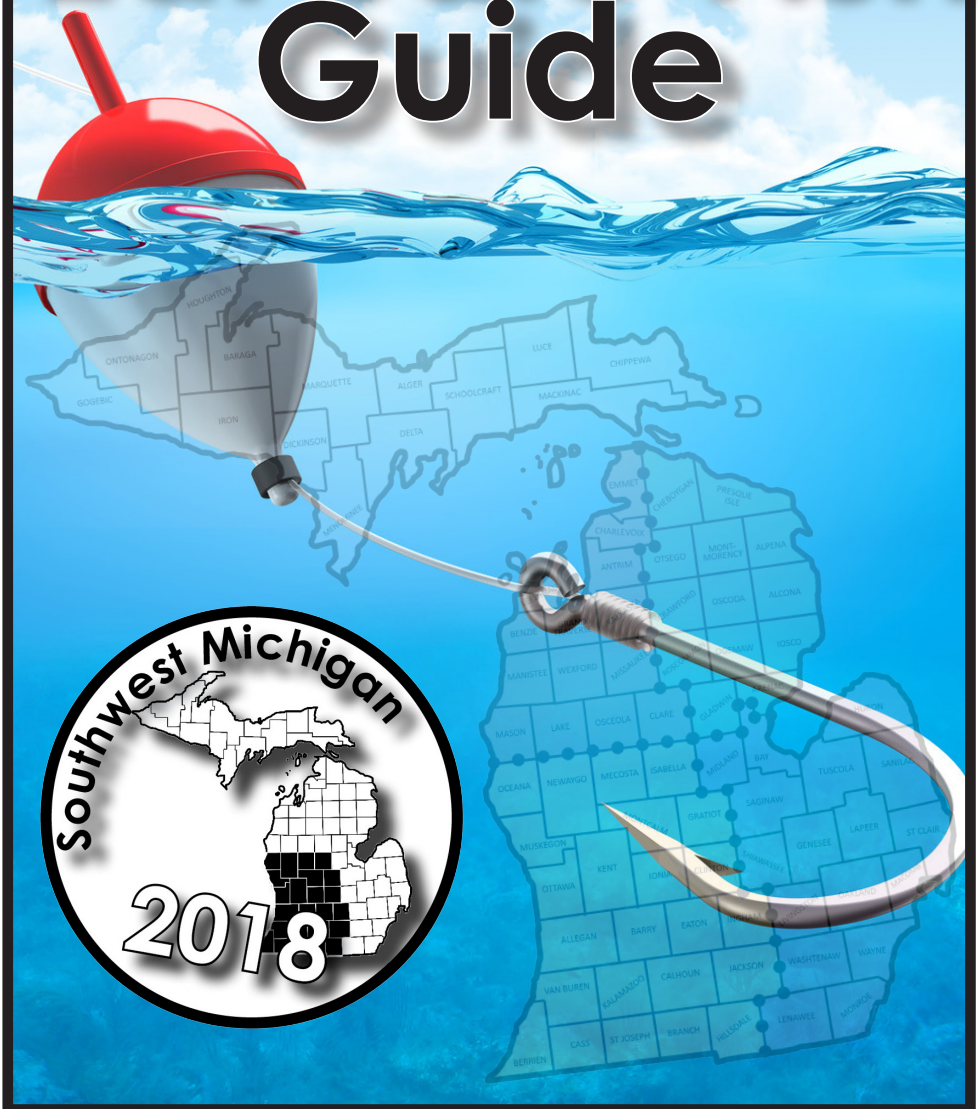
Michigan Department Health and Human Services'

Eat Safe Fish Guide



Southwest Michigan

2018

eat safe fish

Some fish contain chemicals that can harm your health. 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.

MDHHS
Michigan Department of Health & Human Services

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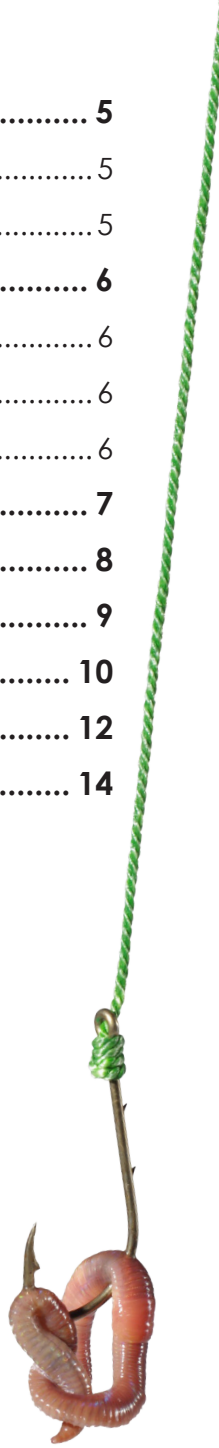

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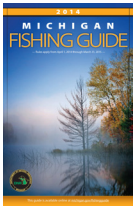
About the Guide

The *Eat Safe Fish Guide (ESF Guide)* is provided by the Michigan Department of Health and Human Services (MDHHS).

- The fish listed under each lake or river in the ***ESF Guide*** have been tested for chemicals.
- **Scientists from MDHHS test ONLY the filet of the fish - the part that you would eat - to determine the guidelines included in the *ESF Guide*.**
- MDHHS uses the test results from the fish filets to find the average amount of chemicals in the fish species from that lake or river. They use this information to determine how much fish is safe to eat per month.
- The ***ESF Guide*** is not a rulebook. These are only guidelines to help you make safer choices for you and your family. You are not required to use it.
- The ***ESF Guide*** does not include rules and regulations about catching or keeping legally-sized fish.
- The ***ESF Guide*** provides advice for the size range of fish that are typically caught and eaten.

Michigan DNR Fishing Laws



You should get a copy of the ***DNR Michigan Fishing Guide*** when you purchase your fishing license. If you lost your ***Fishing Guide*** or have other questions about fishing legally, please call the Michigan Department of Natural Resources at 1-517-373-1230 or visit www.michigan.gov/fishing.

Questions About Eating Safe Fish?

If you have questions about choosing safer fish to eat or would like the *ESF Guide* for another region, please call the Michigan Department of Health and Human Services at 1-800-648-6942 or visit www.michigan.gov/eatsafefish.

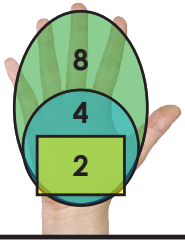
Choosing Safer Fish

The guidelines in the *ESF Guide* are set to be safe for everyone. **This includes children, pregnant or breastfeeding women, and people who have health problems, like cancer or diabetes.**

But the *ESF Guide* is also for healthy adults who want to avoid getting too many chemicals in their bodies. Chemicals like PCBs and dioxins are linked to cancer, diabetes, and other illnesses. Mercury can cause damage to your brain and nerves. MDHHS uses chemical limits in the *ESF Guide* that will protect everyone who eats fish.

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)



How much is *MI Serving*?

Weight of Person	*MI Serving* Size
45 pounds	2 ounces
90 pounds	4 ounces
180 pounds	8 ounces

Weigh Less?

For every 20 pounds <u>less</u> 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 <u>more</u> 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 + 1 ounce = a *MI Serving* size of 5 ounces

Are you pregnant?

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

Special *MI Serving* Categories

Limited

If you:

- are under the age of 15,

- or -

- have health problems, like cancer or diabetes,

- or -

- 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.

Finding a Balance

Sometimes a child might eat more than 2 ounces of fish, or a 180 pound adult might eat more than 8 ounces of fish in one sitting. It's OK, just count the number of *MI Servings* you eat in that meal.

For example, let's say the 180 pound adult ate 16 ounces of fish during one meal. That is 2 *MI Servings* of fish for a person of that size. If the fish is listed as *2, 4, or 12 MI Servings* in the *ESF Guide*, they're still within their range. If the fish is listed as *1 meal per month* or *Limited*, they might want to avoid eating other meals of fish for a while to give their body time to process the chemicals.

No one should eat any amount of fish listed as Do Not Eat in the *ESF Guide*.

Get to know the 3Cs

Choose, Clean, Cook

Choose

If you eat fish often, you can use the *ESF Guide* to choose the safest fish to keep and eat from any Michigan lake or river. Is that fish limited to 1 or 2 meals per month in the *ESF Guide*? Use the map to find another lake or river nearby where you can eat more!

Clean

When you clean your fish, try trimming away as much of the fat as you can see. Some chemicals, like PCBs and dioxin, are stored in the fat. If you cut out the fat, you cut down on the chemicals in your fish. Just note, you can't remove mercury from your fish by trimming. Mercury is stored in the meat of the fish.

Cook

Not only is grilling or broiling your fish healthier than frying, it also helps to get rid of more chemical-carrying fat. When you cook a fish on a grate, any fat hiding inside the filet can melt and drip away from the fish. This removes even more of those harmful chemicals.

If you follow the 3Cs carefully, you can remove up to half of the chemicals in your fish.

That means you can double the number of *MI Servings* per month, if:

- Mercury is **not listed** in the **"Chemical of Concern"** column.
- The *MI Serving* is not listed as **"Limited".**

For example:

Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*	Can you double?
Brown Trout	Dioxin	Any Size	Limited▲	No, it is "Limited."
Burbot	PCBs	Any Size	12	Yes! 24 meals are OK, if you follow the 3Cs.
Carp	Mercury	Any Size	4	No, mercury is listed as a chemical in the fish.

Use the Statewide Safe Fish Guidelines ONLY if:

- **your lake or river is not listed in the regional *Eat Safe Fish Guide*, OR**
- **your lake or river is listed in the *Eat Safe Fish Guide*, 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*
Black Crappie	Mercury	Any Size	4
Bluegill	Mercury	Any Size	8
Bullhead	Mercury	Any Size	4
Carp	PCBs	Any Size	2
Catfish	PCBs & Mercury	Any Size	4
Largemouth Bass	Mercury	Under 18”	2
		Over 18”	1
Muskellunge	Mercury	Any Size	1
Northern Pike	Mercury	Under 30”	2
		Over 30”	1
Rock Bass	Mercury	Any Size	4
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1
Suckers	Mercury	Any Size	8
Sunfish	Mercury	Any Size	8
Walleye	Mercury	Under 20”	2
		Over 20”	1
White Crappie	Mercury	Any Size	4
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 statewide guidelines. The *MI Servings* recommendation will be more exact for that lake or river because those filets have been tested.

* See page 6

▲ See page 7

Best Choice! =

FAQs

How often is the Eat Safe Fish Guide (ESF Guide) updated?

The *ESF Guide* is updated regularly, but due to time and funding not all fish from all bodies of water listed in the *ESF Guide* are tested every year. If there are special problems in the area, fish may be tested more often or sooner than planned.

PCBs, dioxin, mercury, and other chemicals that can be found in fish stay in our environment for a very long time. The amount of chemicals found in the fish is not expected to change a lot from year to year.

What part of the fish is tested for the ESF Guide?

Only the filets of the fish are tested for chemicals. The skin is left on or taken off depending on common practice when cooking the fish. The organs and head are not tested for the *ESF Guide*. Internal organs (liver, fish eggs, etc.) typically have higher levels of chemicals than the filet and shouldn't be eaten.

Can I review the data myself?

Yes. All of the data, procedures, and scientific reports used to create the *ESF Guide* are available online at www.michigan.gov/eatsafefish (click on Science & Reports). If you do not have internet access, call MDHHS at 1-800-648-6942, and we'll be happy to provide you with the information.

Why does MDHHS always test carp?

Carp tend to eat everything in their path. MDHHS can use the test results from the carp to find out if there are chemicals in that lake or river, which ones, and how much. If tests on carp come back clean, it is likely other fish are also clean. If the carp have a lot of chemicals in them, then it is likely other species of fish will also have chemicals. MDHHS will then test other species of fish to see if they are safe to eat.

Will I be able to tell if the fish are safe to eat by looking at them?

No. You will not be able to see any of the chemicals, even mercury, in the fish. You also can't taste or smell the chemicals listed in the *ESF Guide*. To find the chemicals, MDHHS tests the fish in a laboratory. MDHHS only tests the filet of the fish - the part most people eat - for chemicals.

You can't see these chemicals in the water, either. Some very clear lakes or rivers can still have fish with higher levels of chemicals. If you eat a lot of Michigan fish, you can check the *ESF Guide* to find the safest options from the lake or river that you're fishing.

Is it safe to touch a fish that has chemicals in it?

Yes. You do not need to wear gloves or worry about getting the chemicals on you. They will not absorb into your skin from the fish.

Catch and release is almost always safe in Michigan regardless of where you're fishing. However, sometimes your local health department may issue a temporary warning against touching the water - including the fish that live in the water - because of problems like sewage overflow or harmful algae blooms.

You can contact your local health department or visit http://www.deq.state.mi.us/beach/ for local warnings about water quality.

Why should I use the Eat Safe Fish Guide?

If you eat fish, you might also be eating chemicals - like mercury, PCBs, or dioxins. These chemicals can stay in your body for a long time.

The *ESF Guide* is designed to protect everybody - men, women, and children - who eats fish on a regular basis.

Using the *ESF Guide* and following the MI Serving suggestions will keep you from getting too many chemicals in your body at once. Scientists set the limits in the *ESF Guide* so that you are protected from possible health problems from the chemicals, no matter how long they stay in your body.

The *ESF Guide* is designed to protect any person who eats fish on a regular basis. If you are a healthy adult who is not pregnant and only eats Michigan fish once or twice a year from waters that are not posted with MDHHS signs, then you don't *need* to use the *ESF Guide* .

The S.A.F.E. fishing tips and the 3Cs in the *MDHHS Eat Safe Fish in Michigan* brochure will help the occasional Michigan fish eater avoid eating too many chemicals. Call 1-800-648-6942 to get a free copy of the brochure.

You may choose to eat more fish than the *ESF Guide* recommends. These guidelines are not rules; it is your choice. And not everyone will get sick from eating too many of these chemicals. The chemicals in the fish won't make you sick right away, either. Some people will be fine after years of eating fish with these chemicals in them. Others can have health problems. It is difficult to know who might get sick from the chemicals in fish and who won't. The *ESF Guide* makes it easy for you to make safer choices for you and your family and avoid eating too many chemicals in fish.

I don't see a fish species listed in the ESF Guide. I don't see my favorite fishing hole. What does this mean?

Michigan is lucky to have over 11,000 lakes, rivers, and streams. Because of that huge number, it is not possible to test every fish species from every body of water in the state.

If you don't see the fish species you're going after listed in the *ESF Guide* for your lake or river OR you don't see the lake or river listed at all, see page 9 for the **Statewide Safe Fish Guidelines**.

Common Michigan Fish

The fish listed here can be found in lakes and rivers around Michigan. Once you ID your fish, you can use the guidelines in this booklet to see how often the fish is safe to eat.

Black Crappie

Bluegill

Brook Trout

Brown Trout

Burbot

Carp

Channel Catfish

Chinook Salmon
(aka King Salmon)

Coho Salmon

Lake Herring

Lake Trout

Largemouth Bass
(aka Green Bass)

Northern Pike

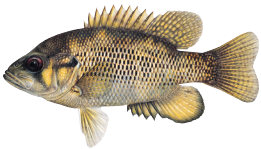
Muskellunge
(aka Muskie)

Fish are not to scale.

Common Michigan Fish
(continued)

Pumpkinseed
(aka Sunfish)

Rainbow Trout



Rock Bass

Siscowet

Sheepshead
(aka Freshwater Drum)

Smallmouth Bass

Sucker

Walleye

White Bass
(aka Silver Bass)

White Crappie

Whitefish

Yellow Perch

If you need more help finding out what kind of fish you caught, please visit **www.michigan.gov/fishid** or call your local DNR Operations Center.

Fish are not to scale.

Fish Eating Guidelines by County

The fish species listed on the following pages have been tested for chemicals by the Michigan Department of Health and Human Services (MDHHS).

The guidelines issued by MDHHS are based only on the amount of chemicals in the filet of the fish - the part that you would eat.

All fish listed here are not tested every year. Because the chemicals found in fish don't break down quickly, the amount of chemicals in the fish will not change that much from year to year and neither will the guidelines.

If you would like to see the data collected to support these guidelines, they are available at www.michigan.gov/eatsafefish. If you do not have access to the internet or have additional questions, we are available at 1-800-648-6942, Monday-Friday, 8am-5pm.

www.michigan.gov/
eatsafefish

eat safe fish

MDHHS
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See page 84 for a list of all lakes and rivers included in this booklet.

Special thanks to the Michigan Department of Environmental Quality and the Michigan Department of Natural Resources for providing technical support for the development of the ***Eat Safe Fish Guides.***

Lake Michigan

Filets of fish from Lake Michigan, Green Bay, Big Bay de Noc, and Little Bay de Noc have been tested for chemicals.

Lake Michigan guidelines should also be used for Little and Grand Traverse Bays and rivers that flow into the lake, up to the first dam.

Bluegill, yellow perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brown Trout	PCBs	Any	Limited▲
Burbot	PCBs	Any	1 2x
Carp	PCBs	Any	Do Not Eat▲
Chinook Salmon	PCBs	Any	6 Per Year 2x
Coho Salmon	PCBs	Any	1 2x
Lake Trout	Dioxins	Under 24"	6 Per Year 2x
		Over 24"	Limited▲
Lake Whitefish	PCBs & Dioxins	Any	Limited▲
Largemouth Bass	PCBs & Mercury	Under 18"	2
		Over 18"	1

(continued on the next page)

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Lake Michigan (continued)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rainbow Trout	PCBs	Under 20”	2[2x]
		Over 20”	6 Per Year[2x]
Smallmouth Bass	PCBs & Mercury	Under 18”	2
		Over 18”	1
Smelt	PCBs	Any	2[2x]
Steelhead	PCBs	Under 20”	2[2x]
		Over 20”	6 Per Year[2x]
Suckers	PCBs	Any	6 Per Year[2x]
Walleye	PCBs & Mercury	Under 18”	2
	PCBs	18” to 22”	6 Per Year[2x]
		Over 22”	Limited▲
Yellow Perch	PCBs	Under 10”	4[2x]
	PCBs & Mercury	Over 10”	4

Green Bay, Big Bay de Noc, & Little Bay de Noc

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Do Not Eat▲
Largemouth Bass	PCBs & Mercury	Under 18”	2
		Over 18”	1
Northern Pike	Mercury	Any	1
Rock Bass	Mercury	Any	8
Smallmouth Bass	PCBs & Mercury	Under 18”	2
		Over 18”	1
Suckers	PCBs	Any	6 Per Year[2x]

Use the Lake Michigan guidelines for any fish species not listed above.

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Allegan County

Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

Bluegill, perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Fenner Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 16"	2
		Over 16"	1
Smallmouth Bass	Mercury	Under 16"	2
		Over 16"	1

Hutchins Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	1
		Over 30 "	6 Per Year

(continued on the next page)

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Kalamazoo Lake

(same guidelines as the Kalamazoo River downstream of Allegan Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PCBs	Any	Limited▲
Bluegill	PCBs	Any	Limited▲
Brown Trout	PCBs	Any	Do Not Eat▲
Carp	PCBs & Dioxins	Any	Do Not Eat▲
Catfish	PCBs	Any	Do Not Eat▲
Freshwater Drum	PCBs	Any	Do Not Eat▲
Largemouth Bass	PCBs	Any	Limited▲
Northern Pike	PCBs	Any	Do Not Eat▲
Rainbow Trout	PCBs	Any	Do Not Eat▲
Rock Bass	PCBs	Any	Limited▲
Smallmouth Bass	PCBs	Any	Limited▲
Steelhead	PCBs	Any	Do Not Eat▲
Suckers	PCBs	Any	Limited▲
Sunfish	PCBs	Any	Limited▲
Walleye	PCBs	Any	Limited▲
White Crappie	PCBs	Any	Limited▲
Yellow Perch	PCBs	Any	Limited▲
All Other Species	PCBs	Any	Limited▲

Kalamazoo River

(upstream of Allegan Dam to Morrow Dam in Kalamazoo Co., including Lake Allegan)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PCBs	Any	Do Not Eat▲
Bluegill	PCBs	Any	Do Not Eat▲
Carp	PCBs	Any	Do Not Eat▲
Catfish	PCBs	Any	Do Not Eat▲
Largemouth Bass	PCBs	Any	Do Not Eat▲

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Allegan County (continued)

Kalamazoo River

(continued from page 19)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	PCBs	Any	Do Not Eat▲
Rock Bass	PCBs	Any	Do Not Eat▲
Smallmouth Bass	PCBs	Any	Do Not Eat▲
Sunfish	PCBs	Any	Do Not Eat▲
Walleye	PCBs	Any	Do Not Eat▲
White Crappie	PCBs	Any	Do Not Eat▲
All Other Species	PCBs	Any	Do Not Eat▲

Kalamazoo River

(downstream of Allegan Dam, including Kalamazoo Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PCBs	Any	Limited▲
Bluegill	PCBs	Any	Limited▲
Brown Trout	PCBs	Any	Do Not Eat▲
Carp	PCBs & Dioxins	Any	Do Not Eat▲
Catfish	PCBs	Any	Do Not Eat▲
Freshwater Drum	PCBs	Any	Do Not Eat▲
Largemouth Bass	PCBs	Any	Limited▲
Northern Pike	PCBs	Any	Do Not Eat▲
Rainbow Trout	PCBs	Any	Do Not Eat▲
Rock Bass	PCBs	Any	Limited▲
Smallmouth Bass	PCBs	Any	Limited▲
Steelhead	PCBs	Any	Do Not Eat▲
Suckers	PCBs	Any	Limited▲
Sunfish	PCBs	Any	Limited▲

(continued on the next page)

Kalamazoo River

(continued from page 20)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	PCBs	Any	Limited▲
White Crappie	PCBs	Any	Limited▲
Yellow Perch	PCBs	Any	Limited▲
All Other Species	PCBs	Any	Limited▲

Lake Allegan

(same guidelines as the Kalamazoo River upstream of Allegan Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PCBs	Any	Do Not Eat▲
Bluegill	PCBs	Any	Do Not Eat▲
Carp	PCBs	Any	Do Not Eat▲
Catfish	PCBs	Any	Do Not Eat▲
Largemouth Bass	PCBs	Any	Do Not Eat▲
Northern Pike	PCBs	Any	Do Not Eat▲
Rock Bass	PCBs	Any	Do Not Eat▲
Smallmouth Bass	PCBs	Any	Do Not Eat▲
Sunfish	PCBs	Any	Do Not Eat▲
Walleye	PCBs	Any	Do Not Eat▲
White Crappie	PCBs	Any	Do Not Eat▲
All Other Species	PCBs	Any	Do Not Eat▲

Osterhout Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	2
		Over 18”	1
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1

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Allegan County (continued)

Pine Creek & Impoundment

(upstream of Jefferson Road Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PCBs	Any	4[2x]
Carp	PCBs	Any	1[2x]
Largemouth Bass	Mercury	Under 17”	2
		Over 17”	1
Smallmouth Bass	Mercury	Under 17”	2
		Over 17”	1
Sunfish	PCBs	Any	4[2x]

Rabbit River

(upstream of Hamilton Dam, including the Hamilton Impoundment)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲
Rock Bass	PCBs & Mercury	Any	4
Suckers	Mercury	Under 16”	4
		Over 16”	2

When fishing in the Rabbit River near the Kalamazoo River, please use the Kalamazoo River [downstream of Allegan Dam] guidelines on page 20.

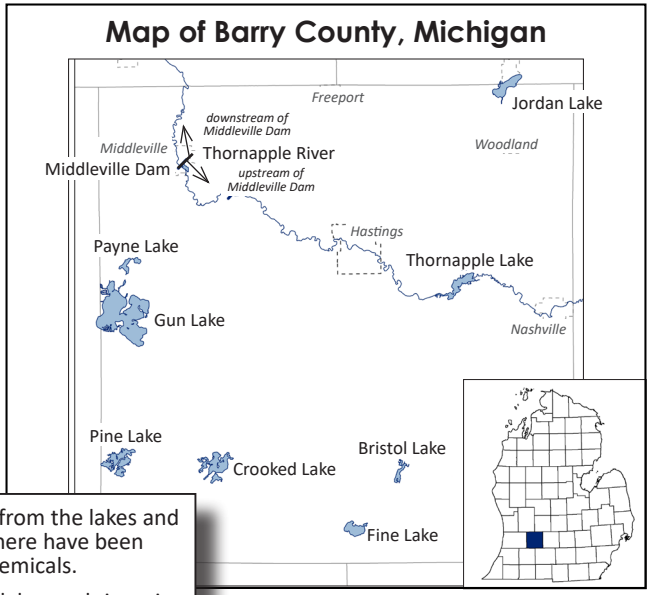
Selkirk Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	Mercury	Any	1
Largemouth Bass	Mercury	Under 16”	2
		Over 16”	1
Smallmouth Bass	Mercury	Under 16”	2
		Over 16”	1

See which fish are safe to eat from Lake Michigan on Page 16.

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Barry County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

Bluegill, perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Bristol Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	Mercury	Any	8

Crooked Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	Mercury	Any	2

(continued on the next page)

Barry County (continued)

Fine Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Any	1
Walleye	Mercury	Under 20”	4
		Over 20”	2

Gun Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year

Jordan Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 16”	2
		Over 16”	1
Smallmouth Bass	Mercury	Under 16”	2
		Over 16”	1

Payne Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30”	1
		Over 30 “	6 Per Year

(continued on the next page)

Pine Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Under 9”	4
		Over 9”	2
Northern Pike	Mercury	Under 30”	1
		Over 30 “	6 Per Year
White Crappie	Mercury	Under 9”	4
		Over 9”	2

Thornapple Lake

(same guidelines as the Thornapple River upstream of the Middleville Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Suckers	Mercury	Any	4

Thornapple River

(upstream of the Middleville Dam, which includes the Middleville Impoundment, the Irving Impoundment, and Thornapple Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Suckers	Mercury	Any	4

(continued on the next page)

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Barry County (continued)

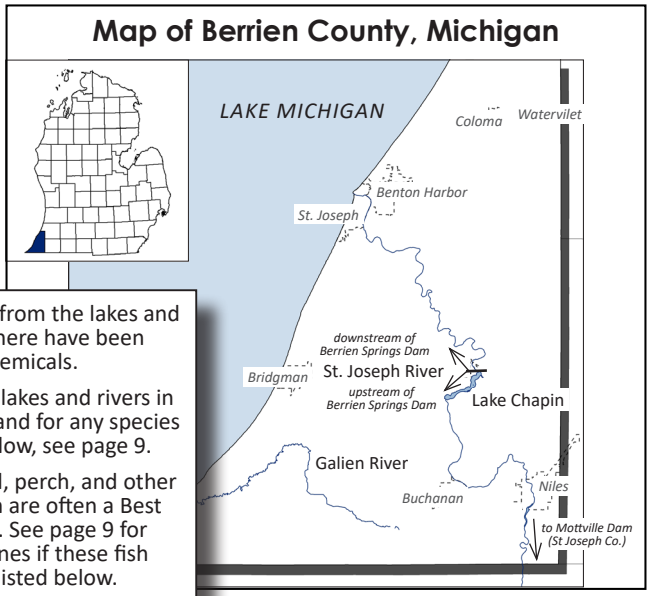
Thornapple River

(downstream of the Middleville Dam, which includes the Ada Impoundment, the Cascade Impoundment, and the LaBarge Impoundment in Kent County)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Mercury	Any	2
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Berrien County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

Bluegill, perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Galien River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	6 Per Year[2x]

When fishing the river near Lake Michigan, please check the lake guidelines on page 16, too.

St. Joseph River

(between the Mottville Dam in St. Joseph Co. and the Berrien Springs Dam, including Lake Chapin)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	6 Per Year[2x]
Largemouth Bass	PCBs	Under 18"	1[2x]
	PCBs & Mercury	Over 18"	1
Smallmouth Bass	PCBs	Under 18"	1[2x]
	PCBs & Mercury	Over 18"	1

(continued on the next page)

Berrien County (continued)

St. Joseph River

(downstream of the Berrien Springs Dam)

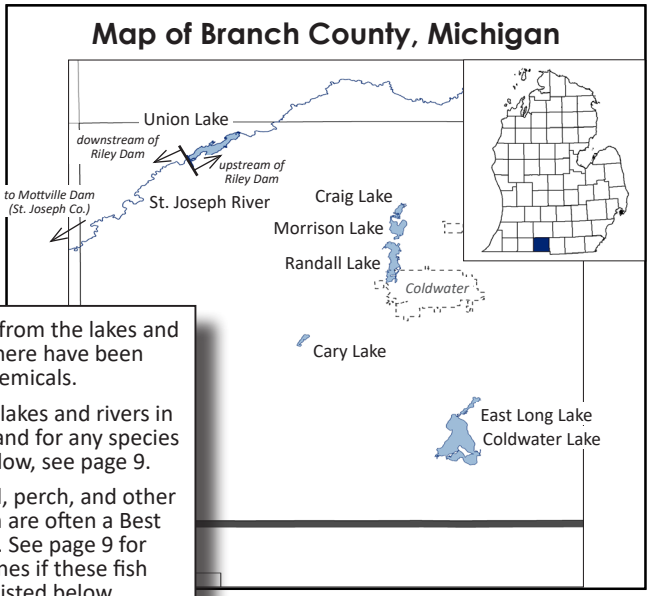
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲
Largemouth Bass	PCBs	Any	6 Per Year[2x]
Rock Bass	PFOS	Any	1
Smallmouth Bass	PCBs	Any	6 Per Year[2x]
Walleye	PCBs	Any	2[2x]

PFOS can't be reduced by trimming and cooking. Do not double MI Servings.

When fishing the river near Lake Michigan, please check the lake guidelines on page 16, too.

See which fish are safe to eat from Lake Michigan on Page 16.

Branch County



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Bluegill, perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Cary Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Suckers	Mercury	Any	8

Coldwater Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	2
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1

(continued on the next page)

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Branch County (continued)

Coldwater Lake

(continued from page 29)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30”	1
		Over 30”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1
Sunfish	Mercury	Any	2

East Long Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30”	1
		Over 30”	6 Per Year

Randall Lake Chain

(includes Morrison Lake, Randall Lake, and Craig Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Under 10”	2
		Over 10”	1
Largemouth Bass	Mercury	Under 18”	2
		Over 18”	1
Northern Pike	Mercury	Any	1
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1
White Crappie	Mercury	Under 10”	2
		Over 10”	1

(continued on the next page)

St. Joseph River

(upstream of Riley Dam, includes Union Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Mercury	Under 24”	4
	PCBs	Over 24”	1[2x]
Catfish	PCBs	Any	4[2x]
Largemouth Bass	Mercury	Under 18”	2
		Over 18”	1
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1
Walleye	Mercury	Under 20”	2
		Over 20”	1

St. Joseph River

(between Riley Dam and Mottville Dam in St. Joseph Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	4
Largemouth Bass	Mercury	Under 18”	4
		Over 18”	2
Smallmouth Bass	Mercury	Under 18”	4
		Over 18”	2
Walleye	PCBs & Mercury	Under 20”	2
	Mercury	Over 20”	1

(continued on the next page)

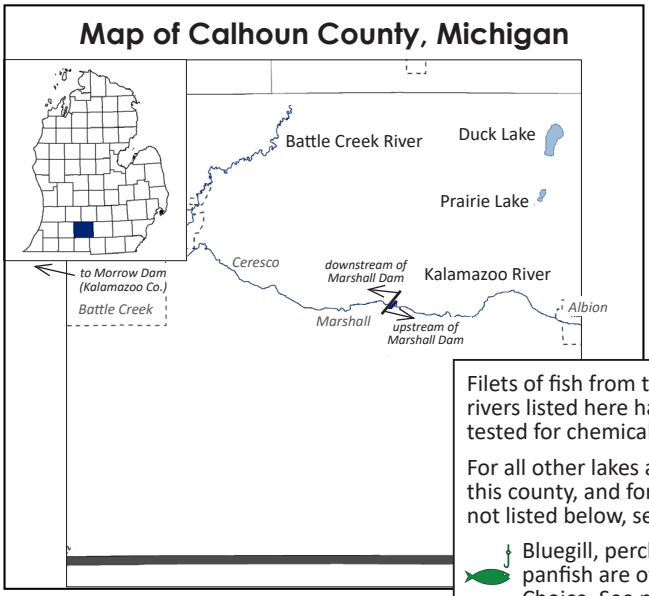
Union Lake

(same guidelines as the St. Joseph River upstream of the Riley Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Mercury	Under 24”	4
	PCBs	Over 24”	1[2x]
Catfish	PCBs	Any	4[2x]
Largemouth Bass	Mercury	Under 18”	2
		Over 18”	1
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1
Walleye	Mercury	Under 20”	2
		Over 20”	1

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Calhoun County



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Bluegill, perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Battle Creek River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲
Largemouth Bass	PCBs	Under 18"	1[2x]
	PCBs & Mercury	Over 18"	1
Smallmouth Bass	PCBs	Under 18"	1[2x]
	PCBs & Mercury	Over 18"	1

Duck Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	12
Sunfish	Mercury	Any	12
Yellow Perch	Mercury	Any	4

(continued on the next page)

Calhoun County (continued)

Kalamazoo River
(upstream of Marshall Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Mercury	Any	4
Largemouth Bass	Mercury	Under 18”	4
		Over 18”	2
Rock Bass	Mercury	Any	8
Smallmouth Bass	Mercury	Under 18”	4
		Over 18”	2

Kalamazoo River
(between Marshall Dam and Morrow Dam)

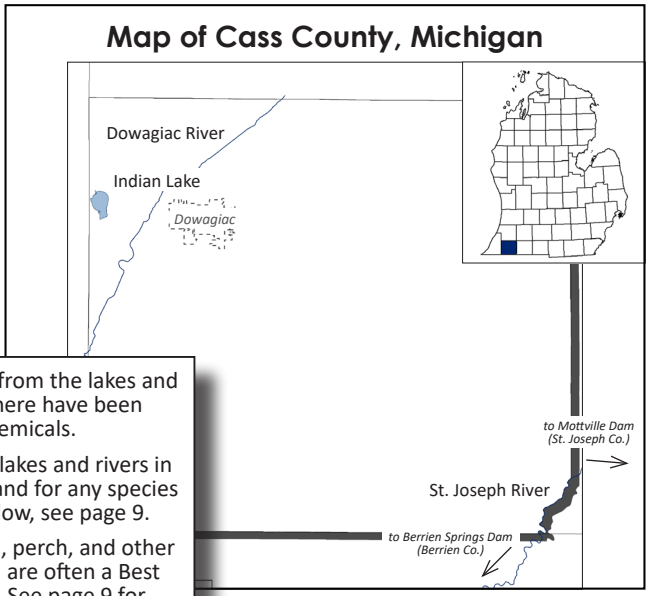
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PCBs	Any	12[2x]
Carp	PCBs & Dioxins	Any	6 Per Year[2x]
Catfish	PCBs & Dioxins	Any	6 Per Year[2x]
Largemouth Bass	PCBs	Any	1[2x]
Rock Bass	Mercury	Any	12
Smallmouth Bass	PCBs	Any	1[2x]
Sunfish	PCBs	Any	12[2x]

Prairie Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Any	1
Smallmouth Bass	Mercury	Any	1

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Cass County



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Bluegill, perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Dowagiac River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1[2x]

Indian Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	16
Walleye	Mercury	Under 22"	2
		Over 22"	1

(continued on the next page)

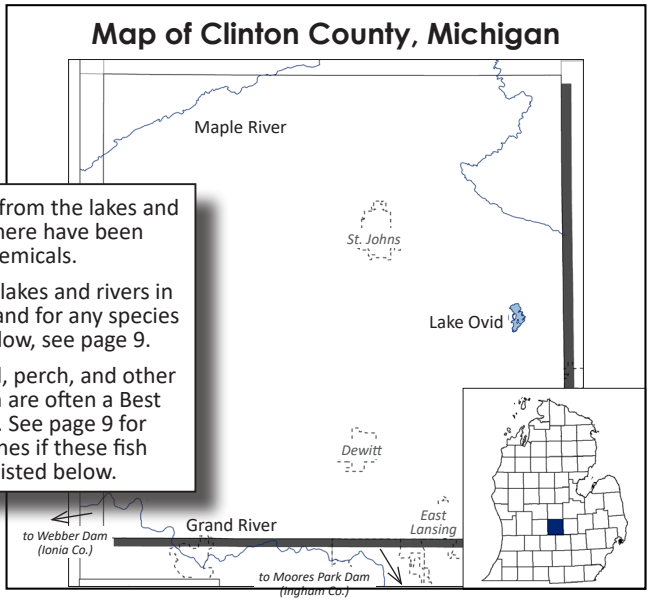
St. Joseph River

(between Mottville Dam in St. Joseph Co. and Berrien Springs Dam in Berrien Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	6 Per Year[2x]
Largemouth Bass	PCBs	Under 18”	1[2x]
	PCBs & Mercury	Over 18”	1
Smallmouth Bass	PCBs	Under 18”	1[2x]
	PCBs & Mercury	Over 18”	1

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Clinton County



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For all other lakes and rivers in this county, and for any species not listed below, see page 9.

Bluegill, perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Grand River

(between Moores Park Dam in Ingham Co. and Webber Dam in Ionia Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲

Lake Ovid

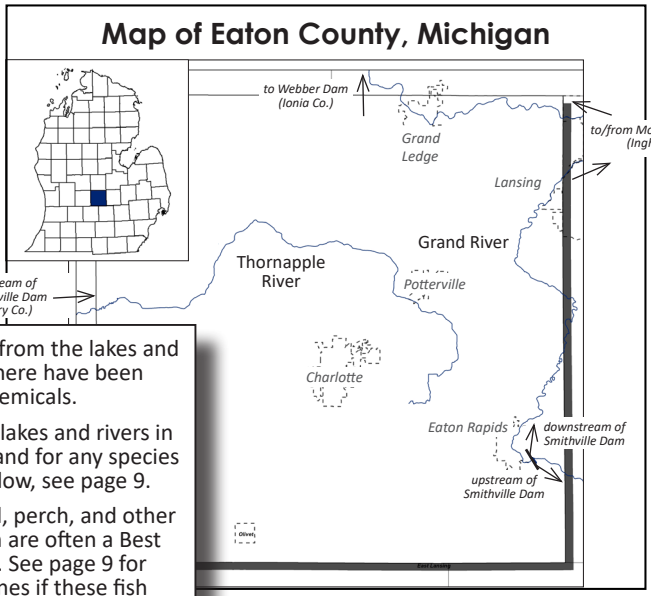
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	Mercury	Any	8
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

Maple River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	2

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Eaton County



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For all other lakes and rivers in this county, and for any species not listed below, see page 9.

Bluegill, perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Grand River

(upstream of Smithville Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲
Largemouth Bass	PCBs & Mercury	Under 18"	2
	Mercury	Over 18"	1
Smallmouth Bass	PCBs & Mercury	Under 18"	2
	Mercury	Over 18"	1
Suckers	PCBs	Any	1[2x]
Walleye	PCBs	Under 20"	1[2x]
	PCBs & Mercury	Over 20"	1

(continued on the next page)

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Grand River

(between Smithville Dam and Moores Park Dam in Ingham Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1[2x]
Catfish	PCBs	Any	1[2x]
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Northern Pike	PCBs & Mercury	Under 30”	1
		Over 30”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Walleye	Mercury	Any	1

Grand River

(between Moores Park Dam in Ingham Co. and Webber Dam in Ionia Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲

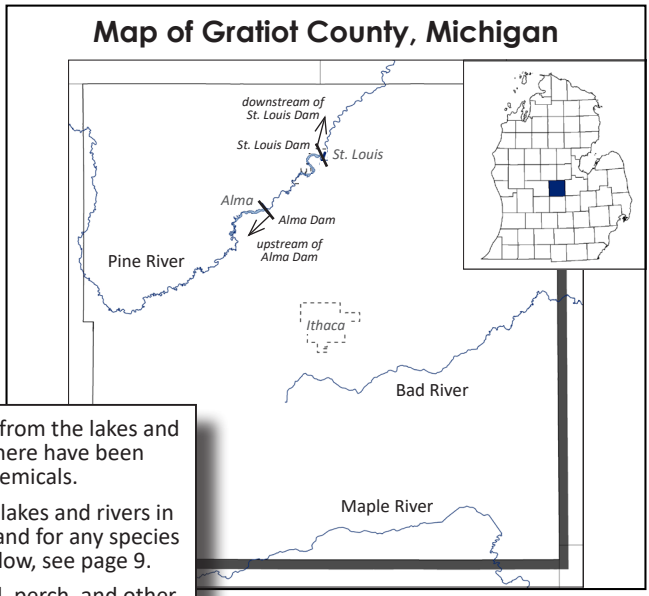
Thornapple River

(upstream of Middleville Dam in Barry Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	2
		Over 18”	1
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1
Suckers	Mercury	Any	4

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Gratiot County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

Bluegill, perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Bad River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲
Catfish	PCBs	Under 18"	1[2x]
		Over 18"	6 Per Year[2x]
Northern Pike	PCBs & Mercury	Any	2

Maple River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	2

(continued on the next page)

Pine River

(upstream of Alma Dam, including the Alma Impoundment)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	8
Carp	PCBs	Any	6 Per Year[2x]
Catfish	Mercury	Under 26”	4
		Over 26”	2
Largemouth Bass	Mercury	Under 17”	2
		Over 17”	1
Rock Bass	Mercury	Any	8
Smallmouth Bass	Mercury	Under 17”	2
		Over 17”	1
Suckers	Mercury	Any	4
Sunfish	Mercury	Any	8

Pine River

(between Alma Dam and St. Louis Dam, including the St. Louis Impoundment)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	DDT	Any	Do Not Eat▲
Bluegill	DDT	Any	Do Not Eat▲
Carp	Dioxins	Any	Do Not Eat▲
Catfish	Dioxins	Any	Do Not Eat▲
Largemouth Bass	DDT	Any	Do Not Eat▲
Northern Pike	DDT	Any	Do Not Eat▲
Rock Bass	DDT	Any	Do Not Eat▲
Smallmouth Bass	DDT	Any	Do Not Eat▲
Suckers	DDT	Any	Do Not Eat▲
Sunfish	DDT	Any	Do Not Eat▲

(continued on the next page)

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Pine River

(continued from page 41, between Alma Dam and St. Louis Dam)

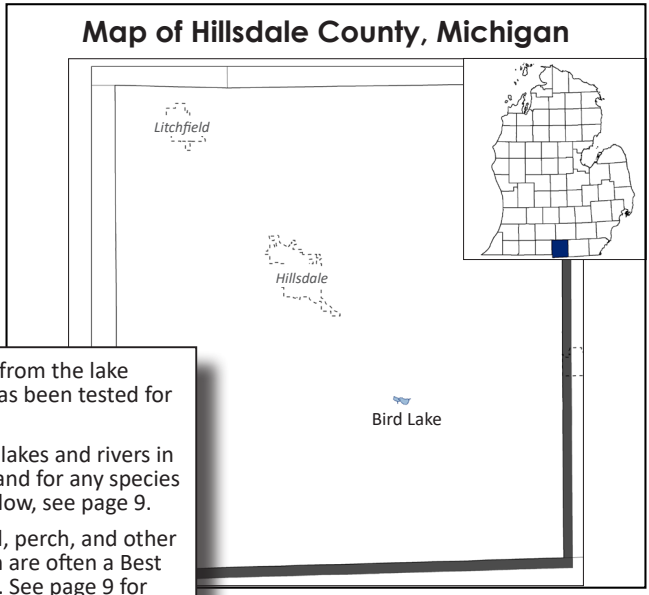
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
White Crappie	DDT	Any	Do Not Eat▲
All Other Species	DDT	Any	Do Not Eat▲

Pine River

(downstream of St. Louis Dam to the Chippewa River)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	DDT	Any	Do Not Eat▲
Catfish	DDT	Any	Do Not Eat▲
Largemouth Bass	DDT	Any	Do Not Eat▲
Rock Bass	DDT	Any	Do Not Eat▲
Smallmouth Bass	DDT	Any	Do Not Eat▲
Suckers	DDT	Any	Do Not Eat▲
All Other Species	DDT	Any	Do Not Eat▲

Hillsdale County



Filets of fish from the lake listed here has been tested for chemicals.

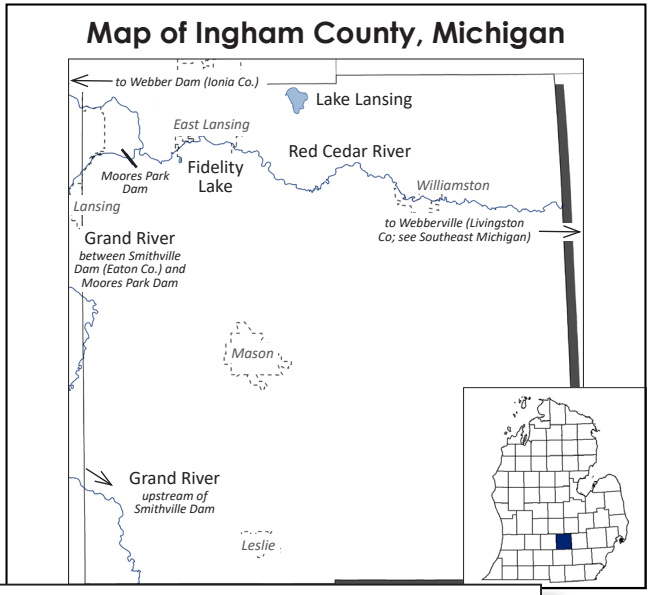
For all other lakes and rivers in this county, and for any species not listed below, see page 9.

Bluegill, perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Bird Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	4
Sunfish	Mercury	Any	4
Yellow Perch	Mercury	Any	4

Ingham County



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Bluegill, perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Fidelity Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	8
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Sunfish	Mercury	Any	8

(continued on the next page)

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Grand River

(upstream of Smithville Dam in Eaton Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲
Largemouth Bass	PCBs & Mercury	Under 18”	2
	Mercury	Over 18”	1
Smallmouth Bass	PCBs & Mercury	Under 18”	2
	Mercury	Over 18”	1
Suckers	PCBs	Any	1[2x]
Walleye	PCBs	Under 20”	1[2x]
	PCBs & Mercury	Over 20”	1

Grand River

(between Smithville Dam in Eaton Co. and Moores Park Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1[2x]
Catfish	PCBs	Any	1[2x]
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Northern Pike	PCBs & Mercury	Under 30”	1
		Over 30”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Walleye	Mercury	Any	1

(continued on the next page)

Ingham County (continued)

Grand River

(between Moores Park Dam and Webber Dam in Ionia Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲

Lake Lansing

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Under 9”	4
		Over 9”	2
White Crappie	Mercury	Under 9”	4
		Over 9”	2

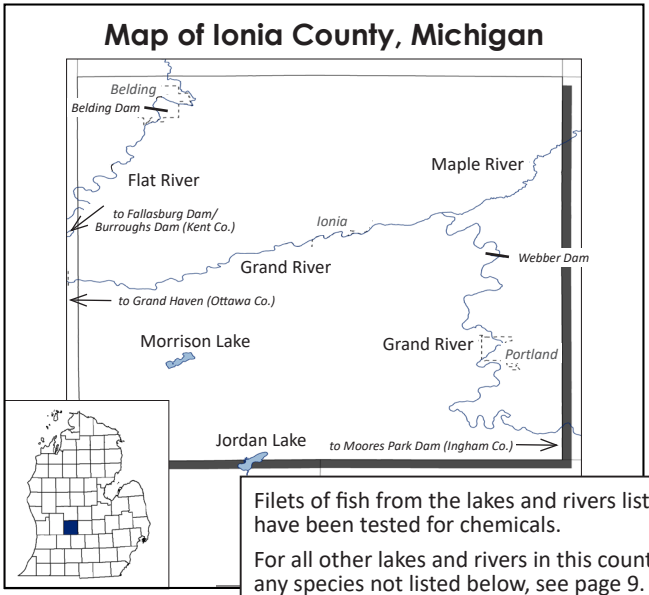
Red Cedar River

(between East Lansing and Webberville in Livingston Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲
Largemouth Bass	PCBs & Mercury	Under 18”	2
	Mercury	Over 18”	1
Northern Pike	PCBs & Mercury	Under 30”	4
	Mercury	Over 30”	2
Rock Bass	Mercury	Any	4
Smallmouth Bass	PCBs & Mercury	Under 18”	2
	Mercury	Over 18”	1

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Ionia County



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Flat River

(between Belding Dam and Fallasburg Dam/Burroughs Dam in Kent Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Any	8
Suckers	PCBs	Any	2[2x]

Jordan Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 16"	2
		Over 16"	1
Smallmouth Bass	Mercury	Under 16"	2
		Over 16"	1

(continued on the next page)

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Ionia County (continued)

Grand River
(between Webber Dam and Moores Park Dam in Ingham Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲

Grand River
(between Webber Dam and Grand Haven in Ottawa Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲
Catfish	PCBs	Any	1[2x]
Northern Pike	PCBs	Under 30”	2[2x]
	PCBs & Mercury	Over 30”	2
Suckers	PCBs	Any	1[2x]
Walleye	PCBs	Any	6 Per Year▲

Maple River

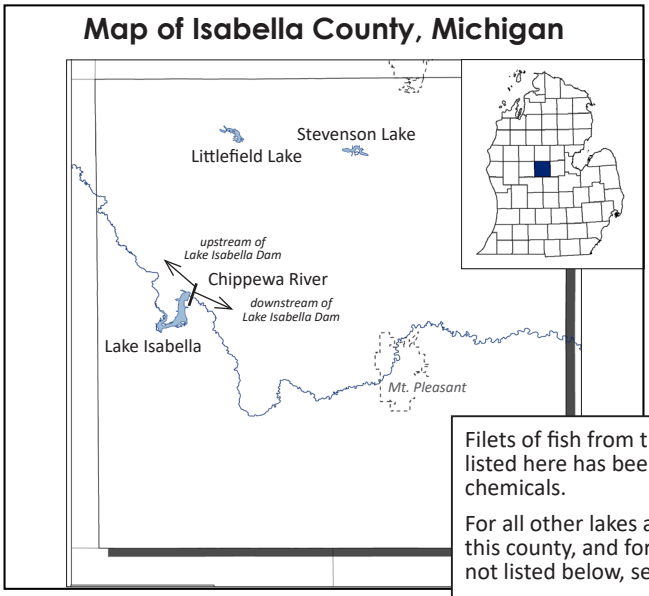
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	2

Morrison Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	16
Largemouth Bass	Mercury	Under 18”	2
		Over 18”	1
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1
Walleye	Mercury	Any	4
Suckers	PCBs	Any	12[2x]

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Isabella County



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Bluegill, perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Chippewa River

(upstream of Lake Isabella Dam, including Lake Isabella)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Under 8"	4
		Over 8"	2
Suckers	Mercury	Under 13"	4
		Over 13"	2

(continued on the next page)

Isabella County (continued)

Chippewa River

(downstream of Lake Isabella Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Dioxins	Any	Limited▲
Rock Bass	Mercury	Under 8”	4
		Over 8”	2
Suckers	Mercury & PCBs	Any	2

Littlefield Lake

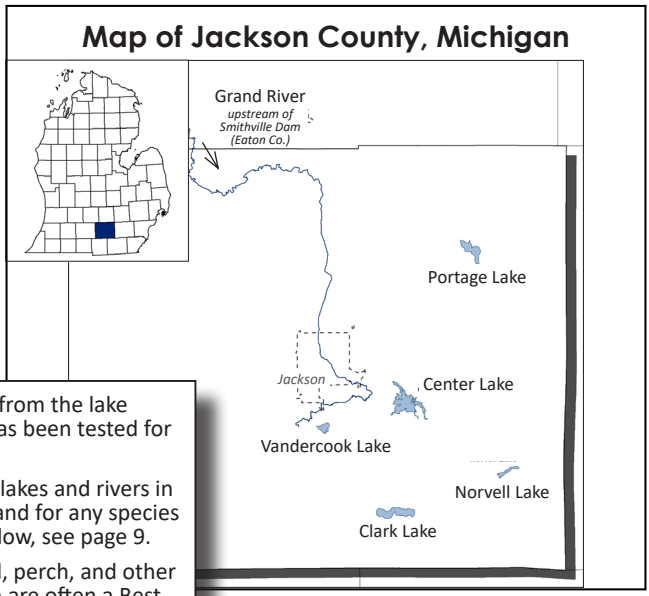
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year

Stevenson Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	Mercury	Any	2
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Northern Pike	Mercury	Under 30”	1
		Over 30”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Jackson County



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Center Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Any	1

Clark Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Any	4
Rock Bass	Mercury	Any	4
White Crappie	Mercury	Any	4

(continued on the next page)

Jackson County (continued)

Grand River

(upstream of Smithville Dam in Eaton Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲
Largemouth Bass	PCBs & Mercury	Under 18”	2
	Mercury	Over 18”	1
Smallmouth Bass	PCBs & Mercury	Under 18”	2
	Mercury	Over 18”	1
Suckers	PCBs	Any	1[2x]
Walleye	PCBs	Under 20”	1[2x]
	PCBs & Mercury	Over 20”	1

Norvell Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Mercury	Under 22”	4
	PCBs	Over 22”	2[2x]

Portage Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Under 10”	4
		Over 10”	2
Northern Pike	Mercury	Under 30”	1
		Over 30”	6 Per Year
White Crappie	Mercury	Under 10”	4
		Over 10”	2

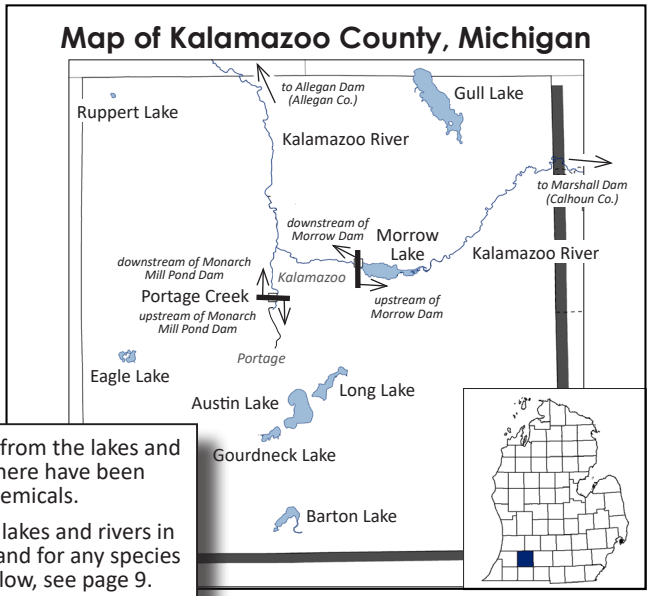
(continued on the next page)

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Vandercook Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	2

Kalamazoo County



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Austin Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	Mercury	Under 10"	8
		Over 10"	4
Carp	PCBs & Mercury	Under 30"	16
	PCBs	30 to 34"	8[2x]
	PCBs	Over 34"	2[2x]
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

(continued on the next page)

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Barton Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1[2x]
Northern Pike	Mercury	Any	6 Per Year

Eagle Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	2
		Over 18”	1
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1

Gourdneck Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Any	1

Gull Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Any	1
Northern Pike	Mercury	Any	1
Smallmouth Bass	Mercury	Any	1

Kalamazoo River

(downstream of Morrow Dam to Allegan Dam in Allegan Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PCBs	Any	Do Not Eat▲
Bluegill	PCBs	Any	Do Not Eat▲
Carp	PCBs	Any	Do Not Eat▲

(continued on the next page)

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Kalamazoo County (continued)

Kalamazoo River

(continued from page 55)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Catfish	PCBs	Any	Do Not Eat▲
Largemouth Bass	PCBs	Any	Do Not Eat▲
Northern Pike	PCBs	Any	Do Not Eat▲
Rock Bass	PCBs	Any	Do Not Eat▲
Smallmouth Bass	PCBs	Any	Do Not Eat▲
Sunfish	PCBs	Any	Do Not Eat▲
Walleye	PCBs	Any	Do Not Eat▲
White Crappie	PCBs	Any	Do Not Eat▲
All Other Species	PCBs	Any	Do Not Eat▲

Kalamazoo River

(upstream of Morrow Dam to Marshall Dam in Calhoun Co.; includes Morrow Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PCBs	Any	12[2x]
Carp	PCBs & Dioxins	Any	6 Per Year[2x]
Catfish	PCBs & Dioxins	Any	6 Per Year[2x]
Largemouth Bass	PCBs	Any	1[2x]
Rock Bass	Mercury	Any	12
Smallmouth Bass	PCBs	Any	1[2x]
Sunfish	PCBs	Any	12[2x]

Long Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Any	2
Bullhead	None	Any	16[2x]
White Crappie	Mercury	Any	2

(continued on the next page)

Morrow Lake

(same guidelines as the Kalamazoo River on page 56 - upstream of Morrow Dam to Marshall Dam in Calhoun Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PCBs	Any	12[2x]
Carp	PCBs & Dioxins	Any	6 Per Year[2x]
Catfish	PCBs & Dioxins	Any	6 Per Year[2x]
Largemouth Bass	PCBs	Any	1[2x]
Rock Bass	Mercury	Any	12
Smallmouth Bass	PCBs	Any	1[2x]
Sunfish	PCBs	Any	12[2x]

Portage Creek

(downstream of Monarch Mill Dam; including Bryant Millpond)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲
Suckers	PCBs	Any	6 Per Year[2x]
All Other Species	PCBs	Any	Do Not Eat▲

Portage Creek

(upstream of Monarch Mill Dam; including Monarch Millpond)

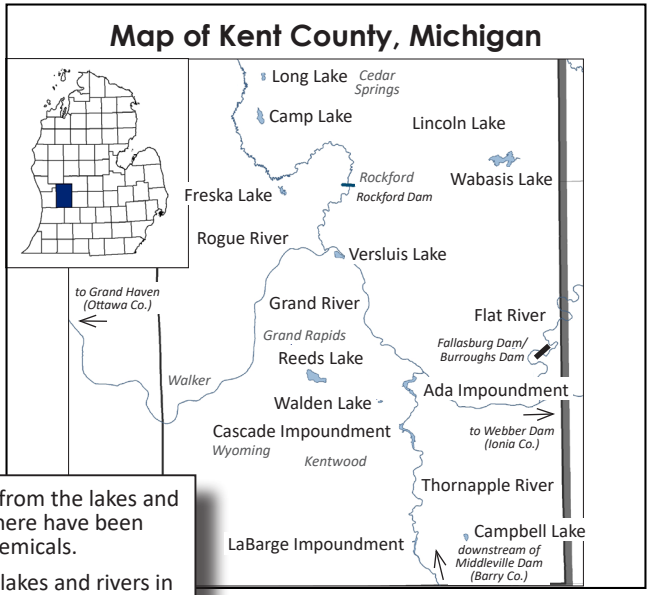
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1[2x]

Ruppert Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Kent County



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Camp Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	DDT, PCBs & Mercury	Any	8
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

(continued on the next page)

Campbell Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year

Flat River

(between Belding Dam and Fallasburg Dam/Burroughs Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Any	8
Suckers	PCBs	Any	2[2x]

Flat River

(between Fallasburg Dam/Burroughs Dam and Lowell Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1[2x]
Rock Bass	Mercury	Any	12
Suckers	Mercury	Any	8

Freska Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS & Mercury	Any	2
Largemouth Bass	Mercury	Under 18”	2
		Over 18”	1
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1
Sunfish	PFOS & Mercury	Any	2

PFOS can't be reduced by trimming and cooking. Do not double MI Servings.

(continued on the next page)

Kent County (continued)

Grand River

(between Webber Dam in Ionia Co. and Grand Haven in Ottawa Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲
Catfish	PCBs	Any	1[2x]
Northern Pike	PCBs	Under 30”	2[2x]
	PCBs & Mercury	Over 30”	2
Suckers	PCBs	Any	1[2x]
Walleye	PCBs	Any	6 Per Year▲

Lincoln Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Any	4
Walleye	Mercury	Under 18”	1
		Over 18”	6 Per Year

Long Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	2
		Over 18”	1
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1

Reeds Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	DDT, PCBs & Mercury	Under 18”	2
		Over 18”	1

(continued on the next page)

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Reeds Lake

(continued from page 60)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30”	2
	PCBs & Mercury	Over 30”	1
Smallmouth Bass	DDT, PCBs & Mercury	Under 18”	2
		Over 18”	1
Walleye	DDT, PCBs & Mercury	Under 26”	1[2x]
	DDT & PCBs	Over 26”	1

Rogue River

(upstream of Rockford Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	PFOS & Mercury	Under 18”	2
	Mercury	Over 18”	1
Smallmouth Bass	PFOS & Mercury	Under 18”	2
	Mercury	Over 18”	1
Suckers	Mercury & PFOS	Any	4

PFOS can't be reduced by trimming and cooking. Do not double MI Servings.

(continued on the next page)

Kent County (continued)

Thornapple River

(downstream of Middleville Dam in Barry County; includes the Ada Impoundment, the Cascade Impoundment, and the LaBarge Impoundments)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Mercury	Any	2
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year

Versluis Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30”	2
		Over 30”	1

Wabasis Lake

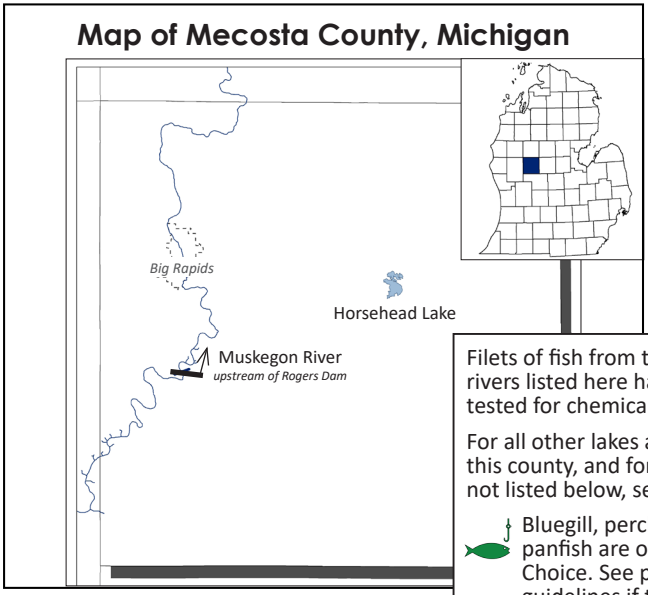
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year

Walden Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Mecosta County



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Bluegill, perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Horsehead Lake

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

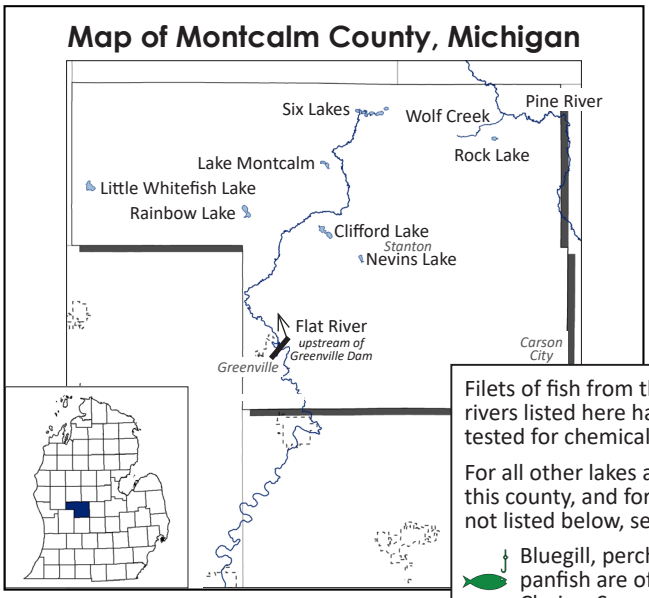
Muskegon River

(upstream of Rogers Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	2
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Montcalm County



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Clifford Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Flat River

(upstream of Greenville)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Any	4
Suckers	Mercury	Under 12"	12
		Over 12"	8

(continued on the next page)

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Lake Montcalm

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Any	1
Smallmouth Bass	Mercury	Any	1

Little Whitefish Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year

Nevins Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year

Pine River

(upstream of Alma Dam, including the Alma Impoundment)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	6 Per Year[2x]
Largemouth Bass	Mercury	Under 16”	2
		Over 16”	1
Smallmouth Bass	Mercury	Under 16”	2
		Over 16”	1
Suckers	Mercury	Any	4

(continued on the next page)

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Montcalm County (continued)

Rainbow Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 32”	6 Per Year
		Over 32”	Do Not Eat▲

Rock Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Walleye	Mercury	Under 20”	2
		Over 20”	1

Six Lakes

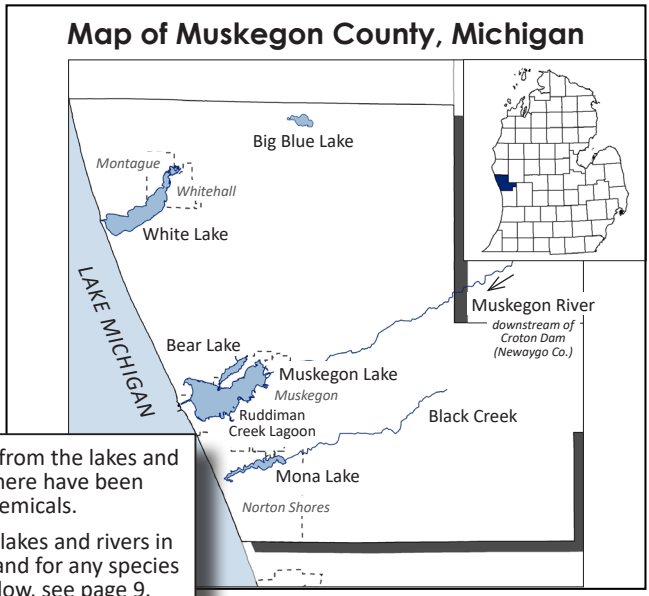
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30”	1
		Over 30”	6 Per Year

Wolf Creek

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Any	2
Suckers	Mercury	Any	8

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Muskegon County



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Bear Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Do Not Eat▲
Largemouth Bass	PCBs	Any	6 Per Year2x
Northern Pike	PCBs & Mercury	Any	2
Smallmouth Bass	PCBs	Any	6 Per Year2x
Walleye	Mercury	Under 18"	4
	PCBs	18" to 22"	6 Per Year2x
		Over 22"	Limited▲
All Other Species	PCBs	Any	6 Per Year2x

(continued on the next page)

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Muskegon County (continued)

Big Blue Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 16”	2
		Over 16”	1
Smallmouth Bass	Mercury	Under 16”	2
		Over 16”	1

Black Creek

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲
Suckers	PCBs	Any	6 Per Year[2x]

Mona Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	DDT	Under 18”	2[2x]
	PCBs	18” to 28”	6 Per Year[2x]
		Over 28”	Limited▲
Largemouth Bass	PCBs	Any	6 Per Year[2x]
Smallmouth Bass	PCBs	Any	6 Per Year[2x]
Walleye	PCBs	Under 20”	1[2x]
		Over 20”	6 Per Year[2x]
All Other Species	PCBs	Any	6 Per Year[2x]

Muskegon Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Do Not Eat▲
Largemouth Bass	PCBs	Any	6 Per Year[2x]
Northern Pike	PCBs & Mercury	Any	2

(continued on the next page)

Muskegon Lake

(continued from page 65)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Smallmouth Bass	PCBs	Any	6 Per Year[2x]
Walleye	Mercury	Under 18”	4
	PCBs	18” to 22”	6 Per Year[2x]
		Over 22”	Limited▲
All Other Species	PCBs	Any	6 Per Year[2x]

Muskegon River

(downstream from Croton Dam in Newaygo Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	Mercury	Any	2
Walleye	PCBs	Any	6 Per Year[2x]

Ruddiman Creek Lagoon

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Do Not Eat▲
Largemouth Bass	PCBs	Any	1[2x]
Smallmouth Bass	PCBs	Any	1[2x]
All Other Species	PCBs	Any	6 Per Year[2x]

White Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲
Largemouth Bass	Mercury	Under 18”	2
		Over 18”	1
Northern Pike	PCBs & Mercury	Any	2

(continued on the next page)

Muskegon County (continued)

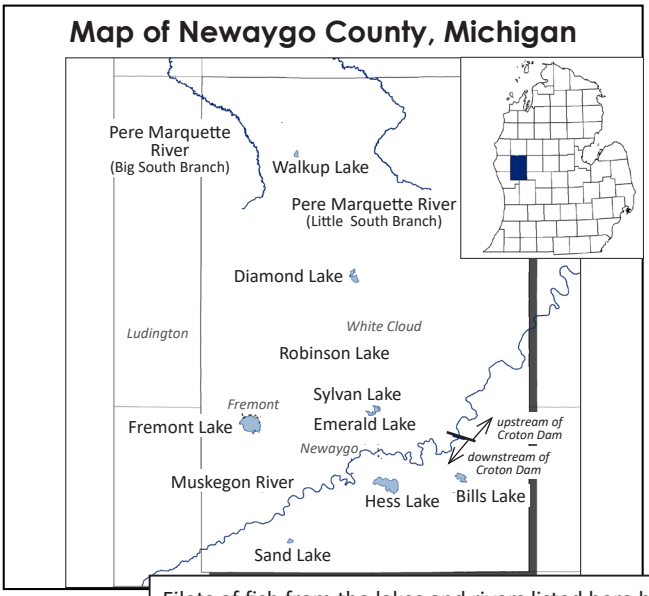
White Lake

(continued from page 69)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1
Suckers	PCBs	Any	1[2x]
Walleye	PCBs	Any	6 Per Year[2x]

See which fish are safe to eat from Lake Michigan on Page 16.

Newaygo County



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Bills Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 per year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 per year

Diamond Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1

(continued on the next page)

Newaygo County (continued)

Diamond Lake

(continued from page 71)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1

Emerald Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 26”	2
		Over 26”	1

Fremont Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1[2x]
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 per year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 per year

Hess Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	2[2x]
Largemouth Bass	Mercury	Under 18”	4
		18” to 20”	2
		Over 20”	1
Smallmouth Bass	Mercury	Under 18”	4
		18” to 20”	2
		Over 20”	1

(continued on the next page)

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Muskegon River
(downstream from Croton Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	Mercury	Any	2
Walleye	PCBs	Any	6 Per Year[2x]

Muskegon River
(upstream from Croton Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	PCBs & Mercury	Under 18”	4
	Mercury	Over 18”	2
Walleye	Mercury	Any	1

Pere Marquette River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brown Trout	PCBs	Any	6 Per Year[2x]
Northern Pike	PCBs & Mercury	Under 30”	2
	PCBs	Over 30”	6 Per Year[2x]
Suckers	PCBs & Mercury	Under 18”	4
	PCBs	Over 18”	6 Per Year[2x]

Robinson Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30”	2
		Over 30”	1

(continued on the next page)

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Newaygo County (continued)

Sand Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Under 9”	16
		Over 9”	4
Northern Pike	Mercury	Under 30”	2
		Over 30”	1
White Crappie	Mercury	Under 9”	16
		Over 9”	4

Sylvan Lake

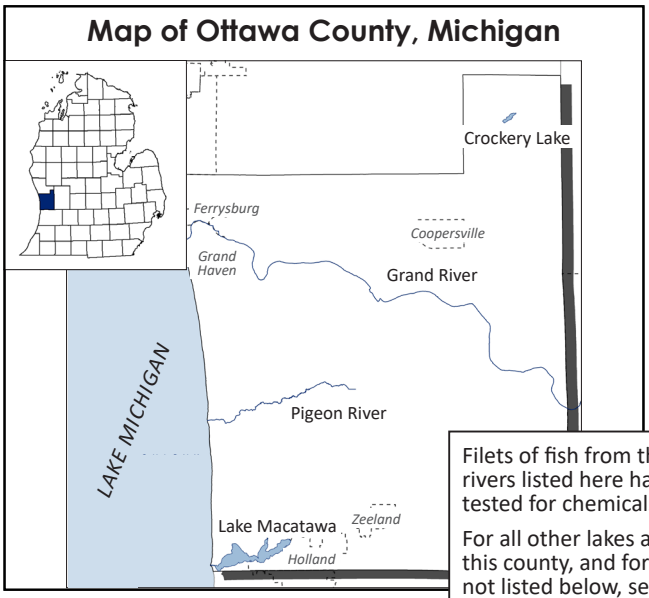
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Northern Pike	Mercury	Under 30”	1
		Over 30”	6 per year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year

Walkup Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	16
Sunfish	Mercury	Any	16

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Ottawa County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

Bluegill, perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Crockery Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Grand River

(between Webber Dam in Ionia Co. and Grand Haven in Ottawa Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲
Catfish	PCBs	Any	1[2x]

(continued on the next page)

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

Ottawa County (continued)

Grand River

(continued from page 75)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	PCBs	Under 30”	2[2x]
	PCBs & Mercury	Over 30”	2
Suckers	PCBs	Any	1[2x]
Walleye	PCBs	Any	6 Per Year▲

When fishing the river near Lake Michigan, please use the guidelines on page 16.

Lake Macatawa

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Do Not Eat▲
Largemouth Bass	PCBs & Mercury	Under 18”	2
	Mercury	Over 18”	1
Smallmouth Bass	PCBs & Mercury	Under 18”	2
	Mercury	Over 18”	1
Walleye	PCBs	Any	Limited▲

Pigeon River

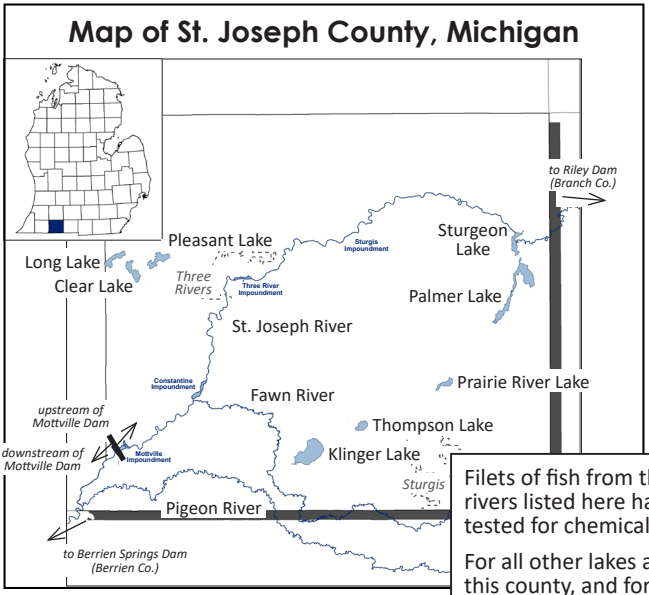
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	Mercury	Under 15”	8
		Over 15”	4

When fishing the river near Lake Michigan, please use the guidelines on page 16.

See which fish are safe to eat from Lake Michigan on Page 16.

* See page 6 ▲ See page 7 [2x] See page 8 Best Choice! =

St. Joseph County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

Bluegill, perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Clear Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 28"	2
		Over 28"	1

Fawn River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	4
Largemouth Bass	Mercury	Under 16"	2
		Over 16"	1

(continued on the next page)

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

St. Joseph County (continued)

Fawn River

(continued from page 77)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Under 7”	12
		Over 7”	4
Smallmouth Bass	Mercury	Under 16”	2
		Over 16”	1
Suckers	Mercury	Any	12

Klinger Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	2
		Over 18”	1
Northern Pike	Mercury	Under 30”	1
		Over 30”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1

Long Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	PCBs & Mercury	Any	4
Largemouth Bass	Mercury	Under 18”	2
		Over 18”	1
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1

(continued on the next page)

Palmer Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	2
		Over 18”	1
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1

Pigeon River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	2
		Over 18”	1
Rock Bass	Mercury	Under 7”	4
		Over 7”	2
Smallmouth Bass	Mercury	Under 18”	2
		Over 18”	1
Suckers	PCBs	Any	1[2x]

Pleasant Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year

Prairie River Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year

(continued on the next page)

St. Joseph County (continued)

Prairie River Lake

(continued from page 79)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30”	1
		Over 30”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year

St. Joseph River

(upstream of Mottville Dam to Riley Dam in Branch Co., includes Mottville Impoundment, Sturgeon Lake, the Sturgis Impoundment, the Three Rivers Impoundment, and the Constantine Impoundment)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	4
Largemouth Bass	Mercury	Under 18”	4
		Over 18”	2
Smallmouth Bass	Mercury	Under 18”	4
		Over 18”	2
Walleye	PCBs & Mercury	Under 20”	2
	Mercury	Over 20”	1

St. Joseph River

(downstream of Mottville Dam to Berrien Springs Dam in Berrien Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	6 Per Year[2x]
Largemouth Bass	PCBs	Under 18”	1[2x]
	PCBs & Mercury	Over 18”	1
Smallmouth Bass	PCBs	Under 18”	1[2x]
	PCBs & Mercury	Over 18”	1

(continued on the next page)

Sturgeon Lake

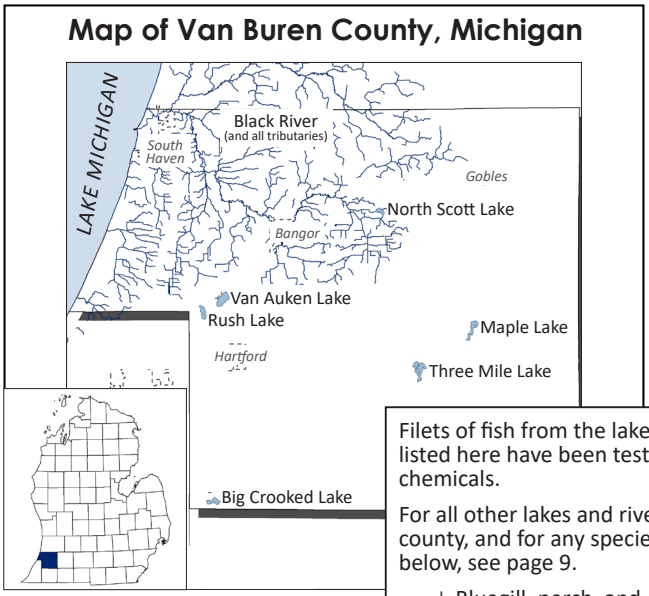
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30”	2
		Over 30”	1

Thompson Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	Mercury	Any	16
Largemouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year
Smallmouth Bass	Mercury	Under 18”	1
		Over 18”	6 Per Year

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Van Buren County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county, and for any species not listed below, see page 9.

Bluegill, perch, and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Big Crooked Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	4
		Over 18"	2
Smallmouth Bass	Mercury	Under 18"	4
		Over 18"	2

Black River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited▲
Suckers	PCBs & Mercury	Under 16"	4
	Mercury	Over 16"	2

(continued on the next page)

* See page 6 ▲ See page 7 2x See page 8 Best Choice! =

Maple Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Under 20”	12[2x]
		20” to 26”	1[2x]
		Over 26”	6 Per Year[2x]
Largemouth Bass	Mercury	Under 18”	4
		Over 18”	2
Smallmouth Bass	Mercury	Under 18”	4
		Over 18”	2

North Scott Lake

Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Any	6 Per Year

Rush Lake

Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30”	1
		Over 30”	6 Per Year

Three Mile Lake

Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30”	2
		Over 30”	1

Van Auken Lake

Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30”	2
		Over 30”	1

See which fish are safe to eat from Lake Michigan on Page 16.

Southwest Michigan Lakes & Rivers

Don't see a certain lake or river listed?
For the guidelines to all other lakes and rivers in southwest Michigan, please see page 9. To get an *ESF Guide* for another region, visit www.michigan.gov/eatsafefish or call 1-800-648-6942.

Ada Impoundment (Thornapple River) 62
Alma Impoundment (Pine River) 41
Austin Lake 54
Bad River 40
Barton Lake 55
Battle Creek River 33
Bear Lake 67
Big Bay de Noc 17
Big Blue Lake 68
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Bills Lake 71
Bird Lake 43
Black Creek 68
Black River 82
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Camp Lake 58
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What Are the Chemicals of Concern?

Chemicals that cause Michigan's Eat Safe Fish guidelines are DDT, dioxins, mercury, PCBs, PFOS, selenium, and toxaphene. A lot of these chemicals were put into our environment before we knew the long-term problems these chemicals caused.

Even though many of these chemicals are no longer used, they still remain in our environment. These chemicals can travel through the air and be carried by rain run-off and storm drains into our lakes, rivers, and wetlands. Once these chemicals are in the water, they sink to the bottom and become a part of the fish food chain.

The U.S. Clean Water Act and U.S. Clean Air Act have cut back on a lot of this pollution. In fact, the amount of DDT, dioxins, PCBs, and toxaphene in our fish are slowly going down. However, mercury continues to be a worldwide problem and newer chemicals, like PFOS, may continue to be found in the environment for a long time.

Chemical of Concern	What is it?	Potential Health Problems
DDT (dichlorodiphenyl-trichloroethane)	• was one of the first modern insecticides • was banned in 1972	• linked to the development of cancer • linked to the development of diabetes
Dioxins	• are not made on purpose • are created when chlorine chemicals are made or used • can be released when things that have chlorine in them - like paper or plastic - are burned • also can be released from old or poorly contained waste sites or intentional dumping	• linked to the development of cancer • fertility can be harmed • thyroid function can be harmed

(continued on the next page)

Chemicals of Concern (continued from page 89)

Chemical of Concern	What is it?	Potential Health Problems
Mercury	• is a natural element • can be released from smokestacks of coal-fired power plants and other industry	• brain development can be harmed in fetuses and children • heart function can be harmed in older adults • immune system can be harmed
PCBs (polychlorinated biphenyls)	• were used in electrical equipment - like transformers • were found in hydraulic oils	• brain development can be harmed in fetuses and children • linked to the development of cancer • linked to the development of diabetes • immune system can be harmed
PFOS (perfluorooctane sulfonate)	• is used for waterproofing clothes, in fire-fighting foams, papers and packaging, cleaning products, and pesticides • is now rarely used in the United States	• thyroid function can be harmed • brain development can be harmed in fetuses and children
Selenium	• is a natural element • is needed for your body to function, but too much is harmful • through mining activites, selenium-rich rock and water got into lakes and rivers	• hair loss • loss of fingernails • fatigue • irritability • mild nerve damage
Toxaphene	• was an insecticide for cotton and vegetables and on livestock and poultry • was sometimes added to lakes to kill unwanted fish • was banned in 1990	• immune system can be harmed

NOTES

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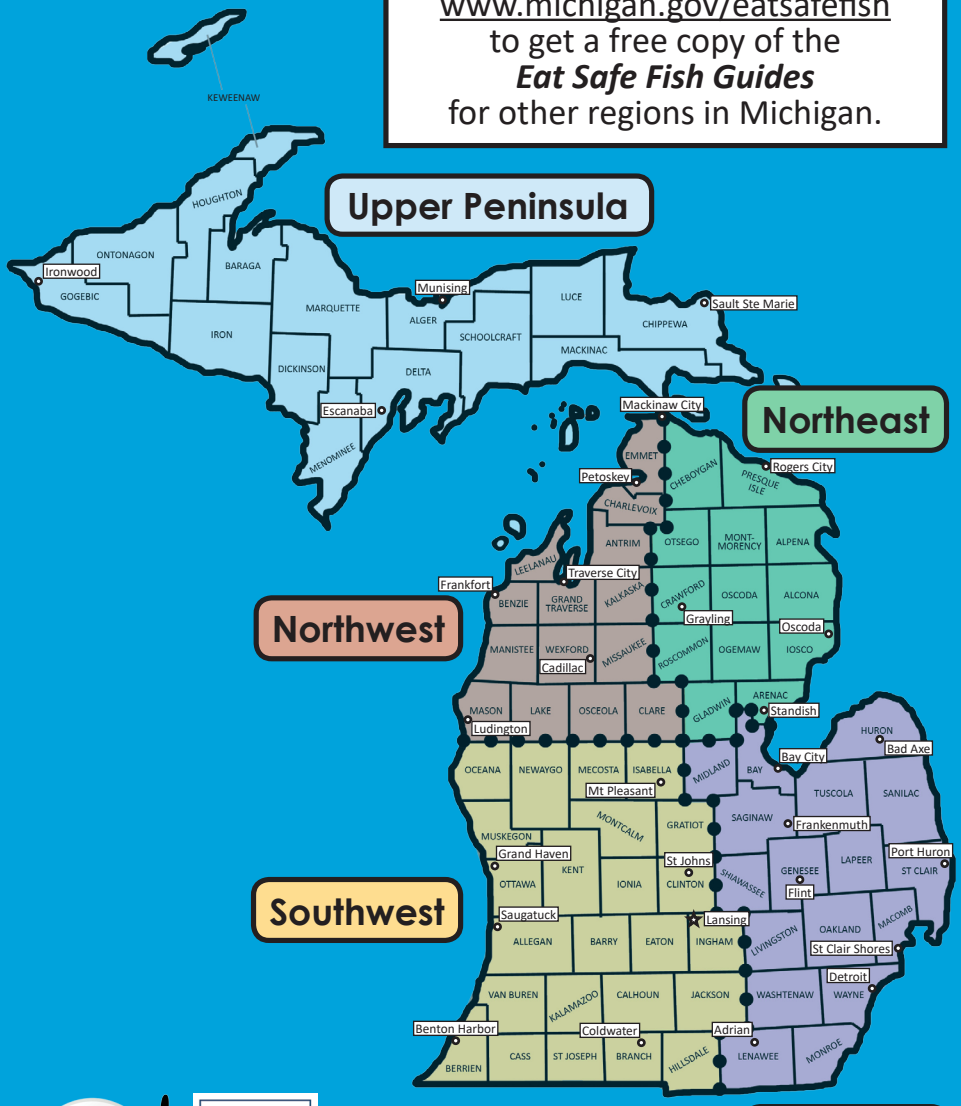
Other Regional Eat Safe Fish Guides

Call 1-800-648-6942 or visit
www.michigan.gov/eatsafefish
to get a free copy of the
Eat Safe Fish Guides
for other regions in Michigan.



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