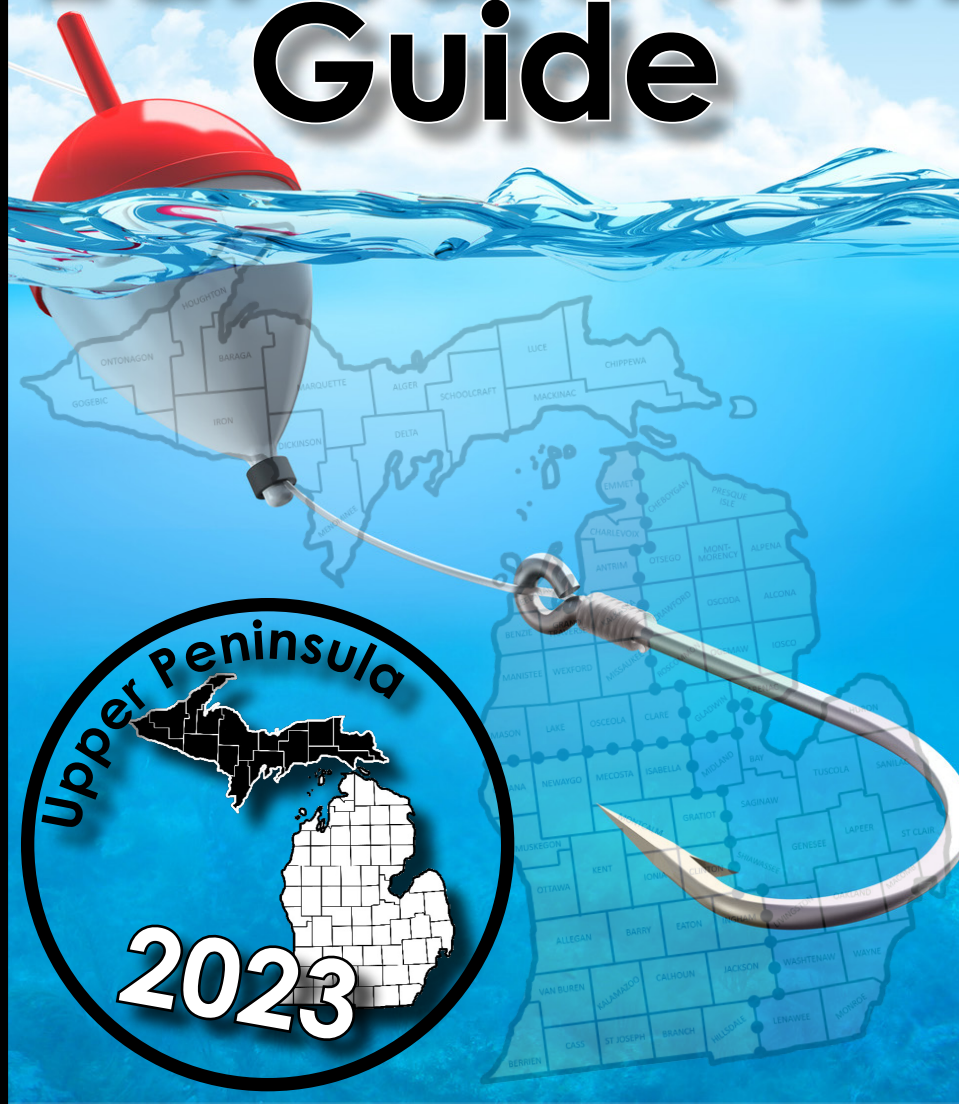


Michigan Department of Health and Human Services'

Eat Safe Fish Guide



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.



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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 part of the fish you would eat — typically the filet — to determine the guidelines included in the ESF Guide.
- MDHHS uses the test results from the edible portions 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 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 800-648-6942 or visit Michigan.gov/EatSafeFish.



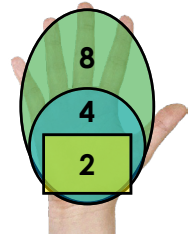
Choosing Safer Fish

The guidelines in the *ESF Guide* are set to be safe for everyone. **This includes children, people who are pregnant or breastfeeding, 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. Polychlorinated biphenyls (PCBs), dioxins, and perfluorooctane sulfonic acid (PFOS) are linked to cancer 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 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.
 $90 \text{ pounds} - 20 \text{ pounds} = 70 \text{ pounds}$
 $4 \text{ ounces} - 1 \text{ ounce} = \text{a } MI \text{ Serving size of } 3 \text{ ounces}$

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.
 $90 \text{ pounds} + 20 \text{ pounds} = 110 \text{ pounds}$
 $4 \text{ ounces} + 1 \text{ ounce} = \text{a } MI \text{ Serving size of } 5 \text{ ounces}$



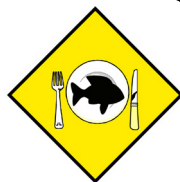
Are you pregnant?

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

MDHHS suggests you **avoid eating all fish listed as “Limited”** because of higher levels of chemicals if you:



- Are under the age of 15.
-or-
- Have health problems, like cancer or diabetes.
-or-
- Might have children in the next several years, are currently pregnant, or are breastfeeding.

If **NONE** of the above apply to you, it is usually OK to eat fish listed as “Limited” **one or two 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 two *MI Servings* of fish for a person of that size. If the fish is listed as *two, four, or twelve MI Servings* in the *ESF Guide*, they're still within their range. If the fish is listed as *one MI Serving* 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

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 one or two *MI Servings* 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 or PFOS from your fish by trimming. Mercury and PFOS are 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 or PFOS are **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
Brown Trout	Mercury	Any Size	4
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.

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, PFOS, 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?

While the entire headless, gutted smelt is tested for chemicals, for all other fish it is only the filets of the fish that 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 under Reports & Science at Michigan.gov/EatSafeFish. If you do not have internet access, call MDHHS at 800-648-6942, and we'll be happy to provide you with the information.

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 or PFOS, 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 part of the fish that most people eat — typically the filets — 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 Egle.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, PFOS, 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 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

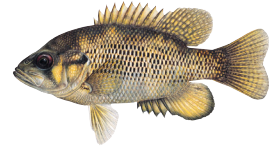
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Pumpkinseed
(aka Sunfish)



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 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 review the data collected to support these guidelines, they are available at Michigan.gov/EatSafeFish. If you do not have access to the internet or have additional questions, we are available at 800-648-6942, Monday-Friday, 8am-5pm.



Michigan.gov/EatSafeFish



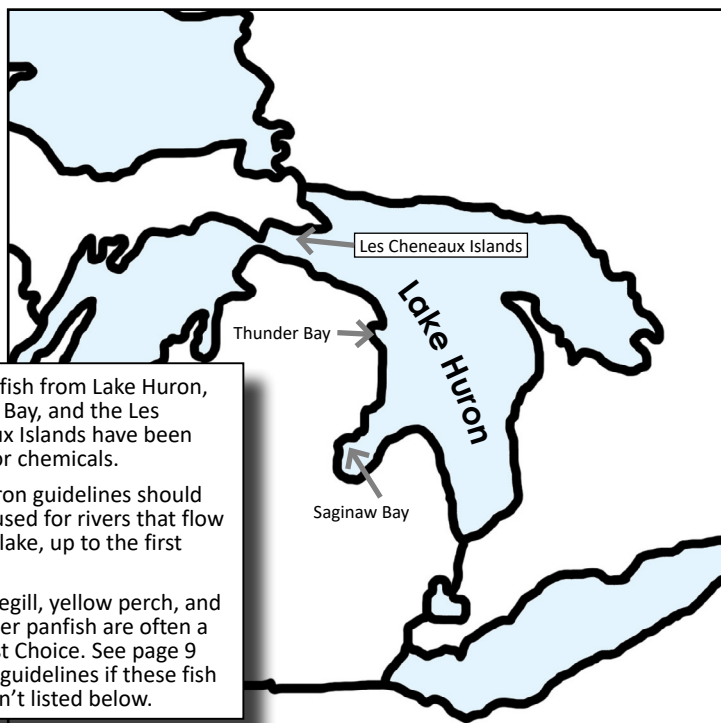
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See page 78 for a list of all lakes and rivers
included in this booklet.


Special thanks to the Michigan Department of Environment, Great Lakes, and
Energy and the Michigan Department of Natural Resources for providing technical
support for the development of the ***Eat Safe Fish Guides***.

Lake Huron



Filets of fish from Lake Huron, Saginaw Bay, and the Les Cheneaux Islands have been tested for chemicals.

Lake Huron guidelines should also be used for 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*
Atlantic Salmon	Dioxins	Any	2 ^{2x}
Brown Trout	PCBs	Any	6 Per Year ^{2x}
Carp	PCBs & Dioxins	Any	Do Not Eat [▲]
Catfish	Dioxins	Any	Limited [▲]
Chinook Salmon	PCBs	Any	6 Per Year ^{2x}
Coho Salmon	PCBs	Any	6 Per Year ^{2x}
Freshwater Drum	Mercury	Any	1
Lake Trout	PCBs & Dioxins	Under 20"	1 ^{2x}
	PCBs	20" to 24"	6 Per Year ^{2x}
		Over 24"	Limited [▲]
Lake Whitefish	Dioxins	Any	6 Per Year ^{2x}
Northern Pike	PCBs	Any	1 ^{2x}

(continued on the next page)

* See page 6

▲ See page 7

^{2x} See page 8




Best Choice! = 

Lake Huron (continued from p 16)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rainbow Trout	PCBs	Any	6 Per Year ^{2x}
Smelt	PFOS	Any	6 Per Year
Steelhead	PCBs	Any	6 Per Year ^{2x}
Suckers	PCBs	Any	2 ^{2x}
Walleye	Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs & Dioxins	Any	Limited [▲]
White Perch	PCBs	Any	6 Per Year ^{2x}
Yellow Perch	Dioxins	Any	2 ^{2x}

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

Les Cheneaux Island Area & Thunder Bay

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
 Bluegill	Mercury	Any	12
Carp	PCBs & Dioxins	Any	Limited [▲]
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
 Rock Bass	Mercury	Under 8"	8
		Over 8"	4
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
 Sunfish	Mercury	Any	12
Yellow Perch	Dioxins	Any	2 ^{2x}

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

Saginaw Bay


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Dioxins	Any	Do Not Eat [▲]
Catfish	Dioxins	Any	Limited [▲]
Freshwater Drum	Mercury	Any	1

(continued on the next page)

* See page 6

▲ See page 7

^{2x} See page 8

Best Choice! = 


Saginaw Bay (continued)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Lake Trout	PCBs & Dioxins	Under 20"	1 ^{2x}
	PCBs	20" to 24"	6 Per Year ^{2x}
		Over 24"	Limited [▲]
Walleye	Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs & Dioxins	Any	Do Not Eat [▲]
Yellow Perch	Dioxins	Any	2 ^{2x}
All Other Species	PCBs & Dioxins	Any	6 Per Year ^{2x}

* See page 6

▲ See page 7

^{2x} See page 8

Best Choice! = 

Lake Michigan



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

Lake Michigan guidelines should also be used for 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	6 Per Year ^{2x}
Largemouth Bass	PCBs & Mercury	Under 18"	2
		Over 18"	1

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* See page 6

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^{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}
		20" to 26"	6 Per Year ^{2x}
		Over 26"	Limited [▲]
Smallmouth Bass	PCBs & Mercury	Under 18"	2
		Over 18"	1
Smelt	PFOS	Any	1
Steelhead	PCBs	Under 20"	2 ^{2x}
		20" to 26"	6 Per Year ^{2x}
		Over 26"	Limited [▲]
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

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

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.

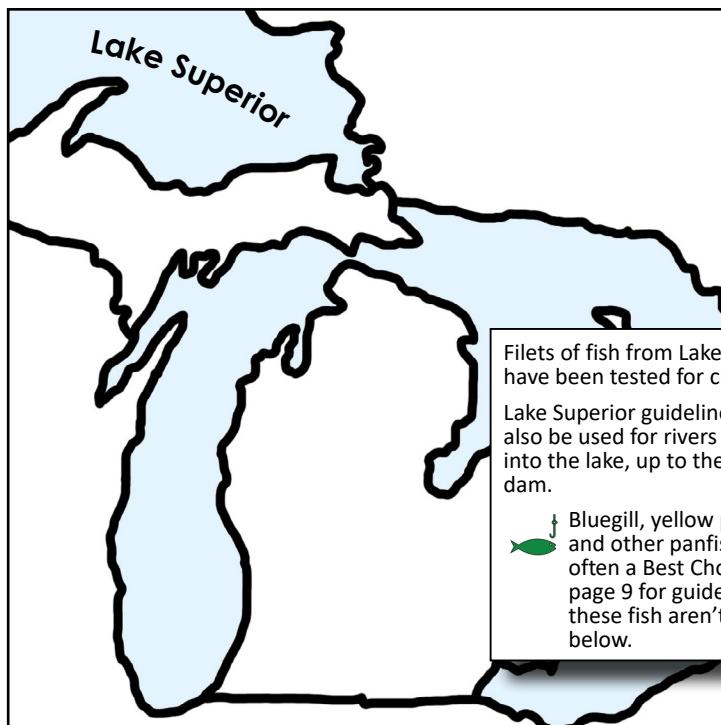
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Best Choice! = 

Lake Superior




Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brown Trout	PCBs	Any	1 ^{2x}
Burbot	Mercury	Under 18"	4
		Over 18"	2
Chinook Salmon	PCBs	Any	6 Per Year ^{2x}
Coho Salmon	PCBs & Toxaphene	Any	4 ^{2x}
Lake Herring	Mercury	Any	8
Lake Trout	PCBs & Toxaphene	Under 24"	2 ^{2x}
	PCBs	24" to 28"	1 ^{2x}
		Over 28"	6 Per Year ^{2x}

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* See page 6

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^{2x} See page 8

Best Choice! = 

Lake Superior (continued)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Lake Whitefish	Dioxins	Any	1 ^{2x}
Northern Pike	Mercury	Any	2
Rainbow Trout	PCBs	Any	2 ^{2x}
Siscowet	PCBs & Toxaphene	Any	Limited [▲]
Smelt	PFOS	Any	1
Steelhead	PCBs	Any	2 ^{2x}
Suckers	Toxaphene	Any	2 ^{2x}
Walleye	Mercury	Any	2
Yellow Perch	Mercury	Any	2

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

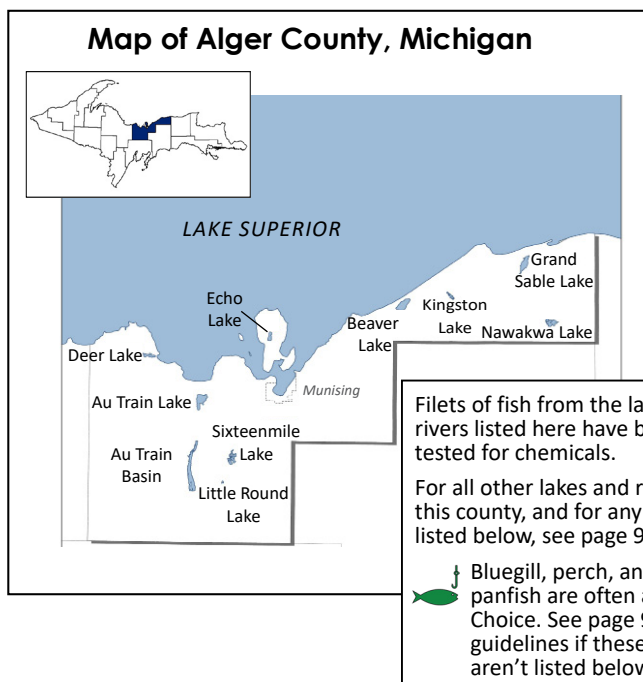
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Best Choice! = 

Alger County



Au Train Basin

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

Au Train Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Any	1
Walleye	Mercury	Any	1
Yellow Perch	Mercury	Any	4

(continued on the next page)

Alger County (continued)

Beaver Lake

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

Deer Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	6 Per Year
		Over 30"	Do Not Eat▲

Echo Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 32"	1
		Over 32"	6 Per Year
Yellow Perch	Mercury	Under 9"	4
		Over 9"	2

Grand Sable Lake

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

Kingston 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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Best Choice! = 

Little Round Lake

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

Nawakwa 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
Rock Bass	Mercury	Under 9"	4
		Over 9"	2
Walleye	Mercury	Under 20"	1
		Over 20"	6 Per Year

Sixteenmile Lake

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

See which fish are safe to eat from Lake Superior on Page 21.

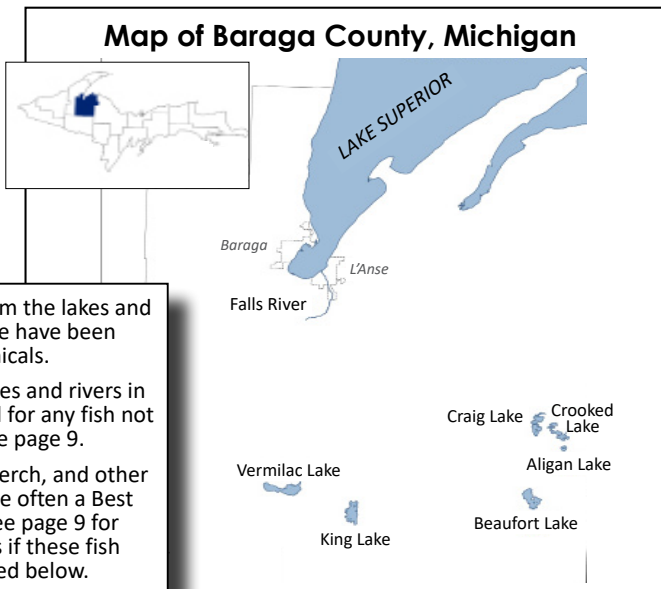
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Best Choice! = 

Baraga 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 fish 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.

Aligan 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
Yellow Perch	Mercury	Any	2

Beaufort 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
Walleye	Mercury	Under 20"	2
		Over 20"	1

(continued on the next page)

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Best Choice! =



Baraga County (continued)

Craig Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 34"	6 Per Year
		Over 34"	Do Not Eat [▲]
Walleye	Mercury	Under 20"	6 Per Year
		Over 20"	Do Not Eat [▲]

Crooked 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
Yellow Perch	Mercury	Any	2

Falls River

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

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Best Choice! = 

Baraga County (continued)

King 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

Vermilac 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
Walleye	Mercury	Any	1
Yellow Perch	Mercury	Under 10"	2
		Over 10"	1

See which fish are safe to eat from Lake Superior on Page 21.

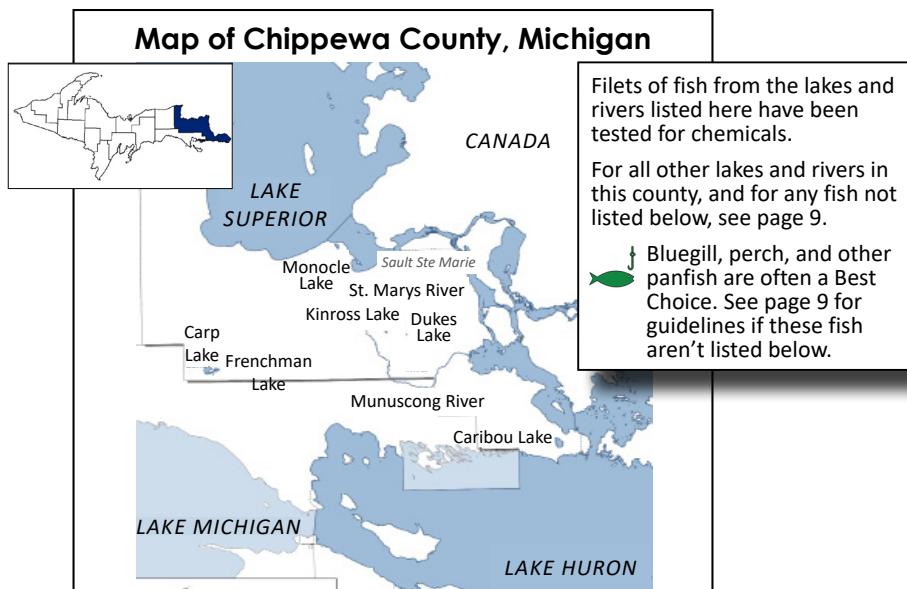
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Best Choice! = 

Chippewa County



Caribou Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18" Over 18"	1 6 Per Year
Rock Bass	Mercury	Under 10" Over 10"	2 1
Smallmouth Bass	Mercury	Under 18" Over 18"	1 6 Per Year
Walleye	Mercury	Any	1

Carp Lake

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

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Best Choice! =

Chippewa County (continued)

Dukes Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	1
Rock Bass	PFOS	Any	6 Per Year
Sunfish	PFOS	Any	1

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

Frenchman Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	4
		Over 30"	2

Kinross Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	1
Sunfish	PFOS	Any	1
Yellow Perch	PFOS	Any	4

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

Monocle Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20"	2
		Over 20"	1

Munuscong River

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


When fishing the river near Lake Huron (page 16) or Lake Superior (page 21), please check the lake guidelines, too.

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Best Choice! = 

Chippewa County (continued)

St. Marys River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
 Bluegill	Mercury	Any	12
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Northern Pike	Mercury	Under 30"	2
		Over 30"	1
Rock Bass	PFOS	Any	6 Per Year
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Suckers	Mercury	Any	4
 Sunfish	Mercury	Any	12
Walleye	PCBs & Mercury	Under 22"	2
	Mercury	Over 22"	1
White Perch	Mercury	Under 11"	4
		Over 11"	2
Yellow Perch	Mercury	Any	4

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


When fishing the river near Lake Huron (page 16) or Lake Superior (page 21), please check the lake guidelines, too.

**See which fish are safe to eat from Lake Huron on Page 16
and Lake Superior on Page 21.**

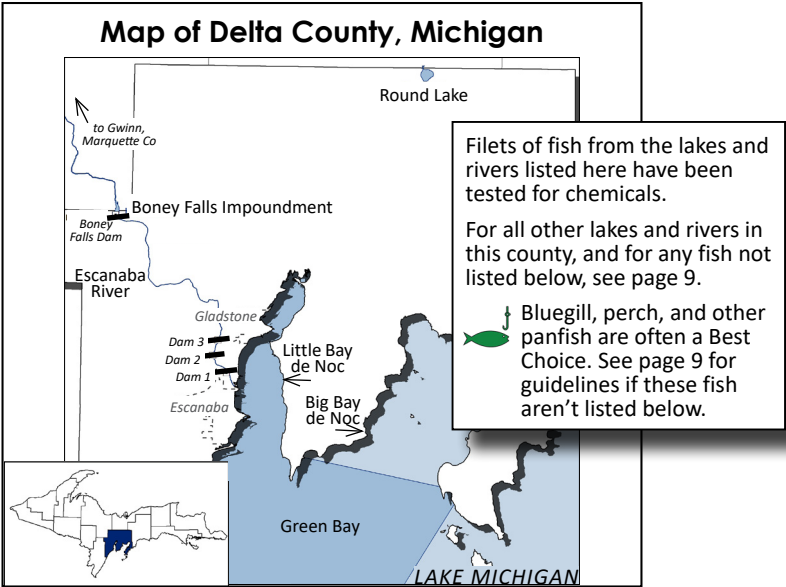
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Best Choice! = 

Delta County



Escanaba River

(from Gwinn in Marquette Co. to Boney Falls Dam - including Boney Falls Impoundment)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brook Trout	Selenium	Any	4
Rock Bass	Mercury	Any	2
Suckers	Selenium	Any	4

Escanaba River

(between Boney Falls Dam and Dam 3)

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

(continued on the next page)

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Best Choice! =

Escanaba River

(between Dam 3 and Dam 1)

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
Suckers	Mercury	Any	2
Yellow Perch	Mercury	Any	4

Escanaba River

(from Dam 1 to the river mouth at Green Bay)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Do Not Eat [▲]
Walleye	PCBs & Mercury	Under 18"	2
	PCBs	Over 18"	Limited [▲]

When fishing the river downstream of the first dam, use the Green Bay and Big & Little Bay de Noc guidelines for species not listed above.

Little Bay de Noc (Green Bay, Big 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.

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Best Choice! = 

Delta County (continued)

Round Lake


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20"	2
		Over 20"	1

See which fish are safe to eat from Lake Michigan on Page 19.

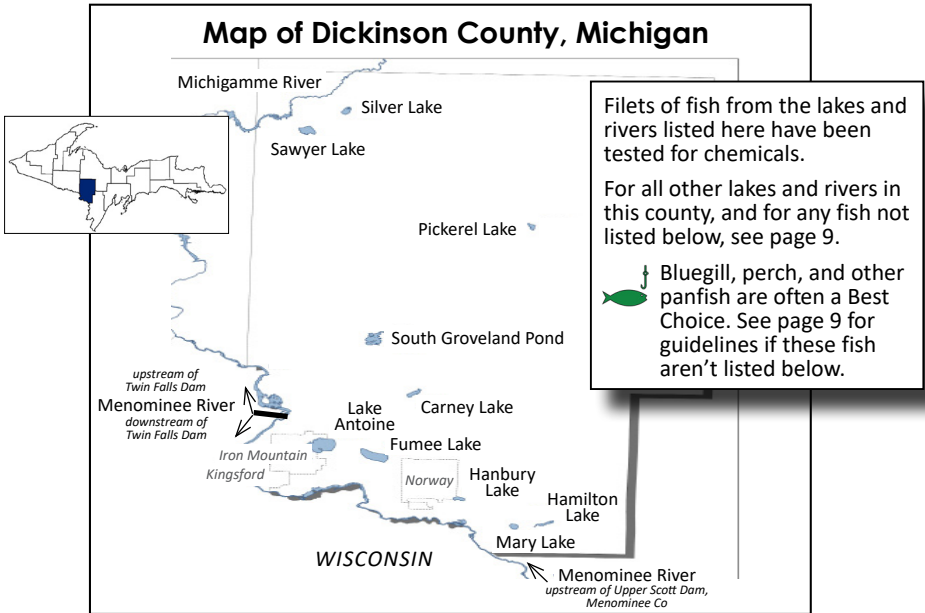
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Best Choice! = 

Dickinson County



Carney Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	4
		Over 30"	2
Walleye	Mercury	Under 20"	2
		Over 20"	1

Fumee 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

(continued on the next page)

Dickinson County (continued)

Hamilton 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
Walleye	Mercury	Any	6 Per Year

Hanbury 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"	6 Per Year
		Over 18"	Do Not Eat▲
Smallmouth Bass	Mercury	Under 18"	6 Per Year
		Over 18"	Do Not Eat▲
Sunfish	Mercury	Any	2

Lake Antoine

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"	2
		Over 30"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Walleye	Mercury	Under 20"	4
		Over 20"	2

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Mary Lake

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

Menominee River

(upstream of the Twin Falls Dam; includes Twin Falls Flowage)

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

Menominee River

(downstream of the Twin Falls Dam to Upper Scott (Park Mill) Dam in Menominee Co.; includes the Big & Little Quinnesec Falls Impoundments in Dickinson Co., and the Chalk Hill Impoundment, White Rapids Impoundment, Grand Rapids Impoundment, and the Upper Scott Flowage in Menominee Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	Mercury	Any	1
Northern Pike	Mercury	Any	1
Rock Bass	Mercury	Any	4
Smallmouth Bass	Mercury	Any	1
Suckers	Mercury	Under 18"	4
	Mercury	Over 18"	1
Walleye	Mercury	Any	1

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Best Choice! = 

Dickinson County (continued)

Michigamme River

(Includes Michigamme Basin in Marquette Co and Michigamme Reservoir, Peavy Pond, and Michigamme Lake in Iron Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Burbot	Mercury	Any	2
Lake Whitefish	Mercury	Any	4
Northern Pike	Mercury	Under 24" Over 24"	1 6 Per Year
Rock Bass	Mercury	Any	2
Suckers	Mercury	Any	2
Walleye	Mercury	Under 20" Over 20"	1 6 Per Year
Yellow Perch	Mercury	Any	2

Pickereel Lake

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

Sawyer Lake

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

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Dickinson County (continued)

Silver Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20"	1
		Over 20"	6 Per Year


South Groveland Pond

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20"	2
		Over 20"	1

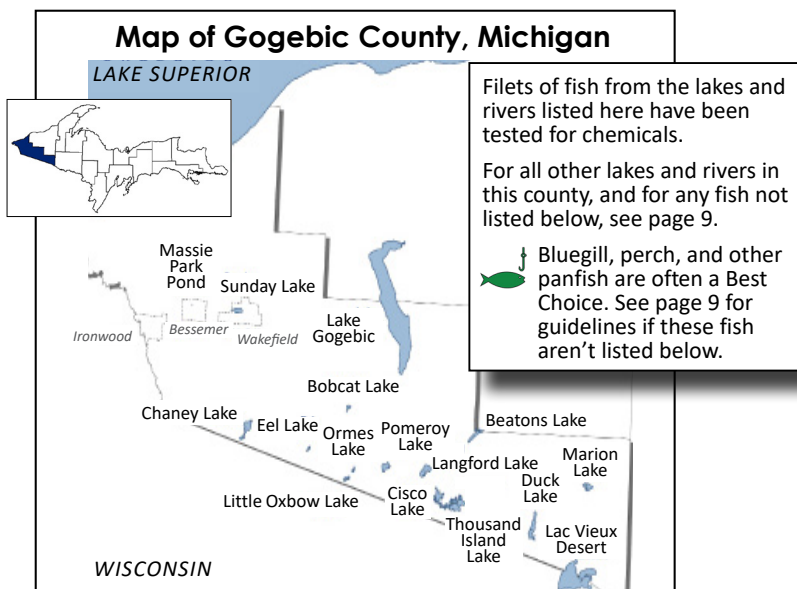
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Best Choice! = 

Gogebic County



Beatons 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
Rainbow Trout	Mercury	Any	4
Smallmouth Bass	Mercury	Under 16"	2
		Over 16"	1

Bobcat Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	6 Per Year
		Over 30"	Do Not Eat [▲]

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Best Choice! =

Gogebic County (continued)

Chaney 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"	6 Per Year
Northern Pike	Mercury	Under 30"	6 Per Year
		Over 30"	Do Not Eat [▲]
Walleye	Mercury	Under 20"	2
		Over 20"	1
White Crappie	Mercury	Under 10"	2
		Over 10"	6 Per Year
Yellow Perch	Mercury	Any	2

Cisco Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	4
Northern Pike	Mercury	Under 24"	4
		Over 24"	2
Sunfish	Mercury	Any	4
Walleye	Mercury	Under 20"	2
		Over 20"	1

Duck Lake


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Under 9"	4
		Over 9"	2
Walleye	Mercury	Any	1

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Best Choice! = 

Gogebic County (continued)

Eel Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Under 12"	4
		Over 12"	2
White Crappie	Mercury	Under 12"	4
		Over 12"	2

Lac Vieux Desert

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

Lake Gogebic

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Any	2
Suckers	Mercury	Any	4
Walleye	Mercury	Under 20"	2
		Over 20"	1

Langford Lake


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Under 8"	4
		Over 8"	2
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year
Sunfish	Mercury	Under 8"	4
		Over 8"	2
Walleye	Mercury	Any	6 Per Year

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Best Choice! = 

Gogebic County (continued)

Little Oxbow 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

Marion Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Under 9"	2
		Over 9"	1
Walleye	Mercury	Under 20"	1
		Over 20"	6 Per Year

Massie Park Pond

(in the city of Bessemer)



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

Ormes 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

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Best Choice! = 

Gogebic County (continued)

Pomeroy Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20"	2
		Over 20"	1

Sunday Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Any	1
Northern Pike	Mercury	Any	Do Not Eat [▲]
Walleye	Mercury	Under 20"	1
		Over 20"	6 Per Year
White Crappie	Mercury	Any	1
Yellow Perch	Mercury	Any	2

Thousand Island Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20"	2
		Over 20"	1

See which fish are safe to eat from Lake Superior on Page 21.

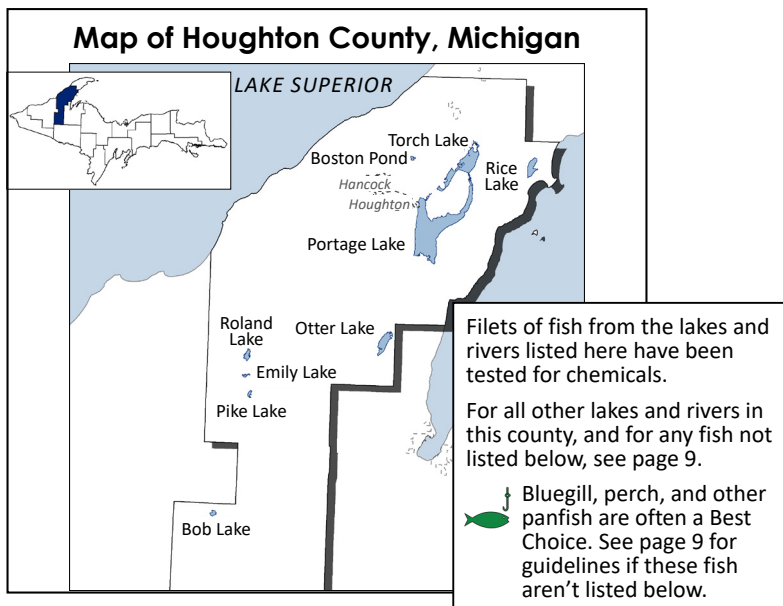
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Best Choice! = 

Houghton County



Bob Lake

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

Boston Pond

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	None	Any	16 ^{2x}
Yellow Perch	Mercury	Under 12"	12
		Over 12"	8

Emily Lake

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

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Best Choice! =

Otter Lake

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

Pike Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30" Over 30"	6 Per Year Do Not Eat [▲]

Portage Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brown Trout	Mercury	Under 20"	2
	PCBs & Mercury	Over 20"	2
Northern Pike	Mercury	Any	2
Smelt	PFOS	Any	1
Walleye	PCBs & Mercury	Under 24"	2
	Mercury	24" to 28"	1
		Over 28"	6 Per Year

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

Rice Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 24"	4
		Over 24"	2
Walleye	Mercury	Under 22"	2
		Over 22"	1

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Best Choice! = 

Houghton County (continued)

Roland Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Under 9"	2
		Over 9"	1

Torch 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	Any	2
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Suckers	PCBs & Mercury	Under 16"	12
	Mercury	Over 16"	4
Walleye	PCBs & Mercury	Under 22"	1
		Over 22"	6 Per Year



See which fish are safe to eat from Lake Superior on Page 21.

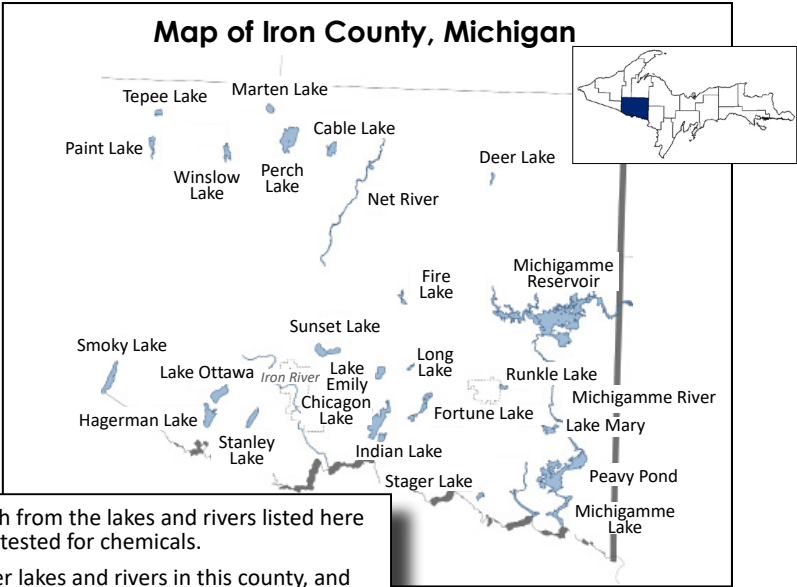
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Best Choice! =

Iron County



Cable Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20"	1
		Over 20"	6 Per Year

Chicago Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Lake Whitefish	Mercury	Any	4
Rock Bass	Mercury	Any	2
Walleye	Mercury	Under 24"	1
		Over 24"	6 Per Year

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Best Choice! =

Iron County (continued)

Deer 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

Fire 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

Fortune 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

Hagerman Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20"	4
		Over 20"	2

Indian Lake

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

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Lake Emily

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

Lake Mary

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

Lake Ottawa

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
Rock Bass	Mercury	Any	2

Long Lake

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

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Best Choice! = 

Iron County (continued)

Marten Lake

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

Michigamme River

(Includes Michigamme Basin in Marquette Co. and Michigamme Reservoir, Peavy Pond, and Michigamme Lake in Iron Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Burbot	Mercury	Any	2
Lake Whitefish	Mercury	Any	4
Northern Pike	Mercury	Under 24" Over 24"	1 6 Per Year
Rock Bass	Mercury	Any	2
Suckers	Mercury	Any	2
Walleye	Mercury	Under 20" Over 20"	1 6 Per Year
Yellow Perch	Mercury	Any	2

Net River

(the Wide Waters)

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

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Paint Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	4
		Over 30"	2

Perch 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
Walleye	Mercury	Under 20"	1
		Over 20"	6 Per Year

Runkle 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

Smokey Lake

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

Stager Lake


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20"	2
		Over 20"	1

(continued on the next page)

* See page 6

▲ See page 7

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Best Choice! = 

Iron County (continued)

Stanley Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20"	4
		Over 20"	2

Sunset Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20"	2
		Over 20"	1

Tepee Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	6 Per Year
		Over 30"	Do Not Eat [▲]


Winslow Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20"	1
		Over 20"	6 Per Year

* See page 6

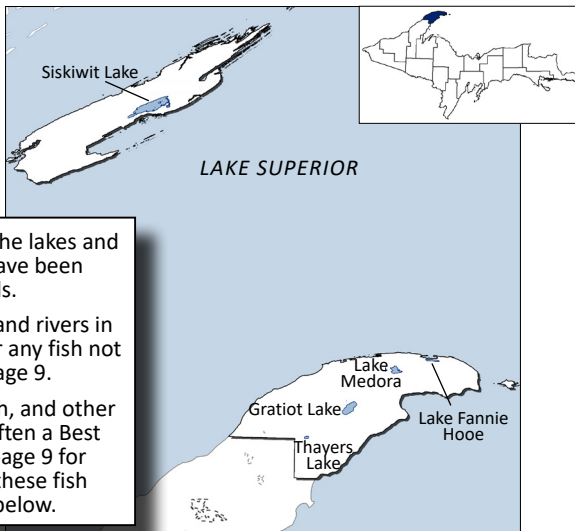
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Best Choice! = 


Keweenaw County

Map of Keweenaw County, Michigan



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 fish 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.

Gratiot Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Under 6"	8
		Over 6"	4

Lake Fannie Hooe

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

(continued on the next page)

* See page 6

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Best Choice! =



Keweenaw County (continued)

Lake Medora

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

Siskiwit Lake

(located on Isle Royale)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Lake Trout	PCBs & Mercury	Any	2

Thayers Lake


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

See which fish are safe to eat from Lake Superior on Page 21.

* See page 6

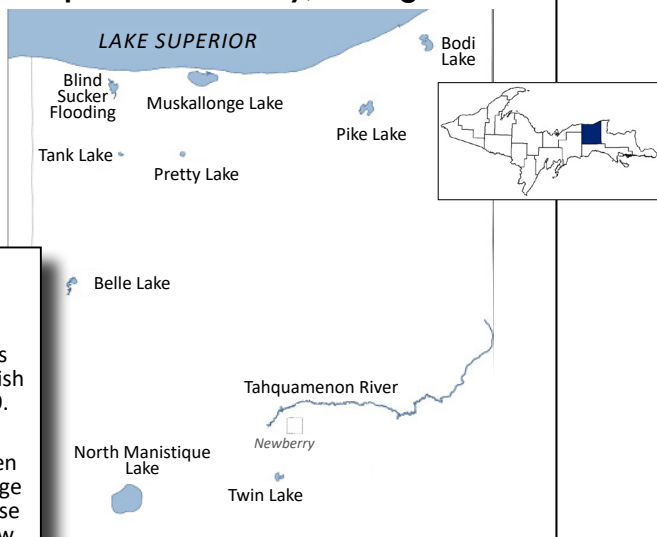
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Best Choice! = 

Luce County

Map of Luce County, Michigan



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 fish 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.

Belle 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

Blind Sucker Flooding

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

Bodi 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

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Best Choice! =

Luce County (continued)

Muskallonge Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	Mercury	Any	4
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year
Walleye	Mercury	Under 20"	1
		Over 20"	6 Per Year

North Manistique Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Any	2
Yellow Perch	Mercury	Any	4

Pike Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	PFOS	Any	1
Yellow Perch	Mercury	Under 10"	2
		Over 10"	1
Walleye	Mercury	Any	1

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

Pretty Lake


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20"	2
		Over 20"	1

(continued on the next page)

* See page 6

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Best Choice! = 

Tahquamenon River

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
Suckers	Mercury	Any	4
Walleye	Mercury	Any	1
Yellow Perch	Mercury	Any	2

When fishing the river downstream of the Tahquamenon Falls, please check the Lake Superior guidelines on page 21 for species not listed above.

Tank Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Splake	Mercury	Any	4

Twin 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

See which fish are safe to eat from Lake Superior on Page 21.

* See page 6

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Best Choice! =




Mackinac 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 fish 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.

Brevoort 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"	4
		Over 18"	2

Manistique Lake


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20"	2
		Over 20"	1

(continued on the next page)

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Best Choice! = 

Milakokia Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	Mercury	Any	2
Walleye	Mercury	Under 20" Over 20"	1 6 Per Year
Yellow Perch	Mercury	Any	4

Millecoquins Lake

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

South Manistique 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 20" Over 20"	4 2

**See which fish are safe to eat from Lake Huron on Page 16
and Lake Michigan on Page 19.**

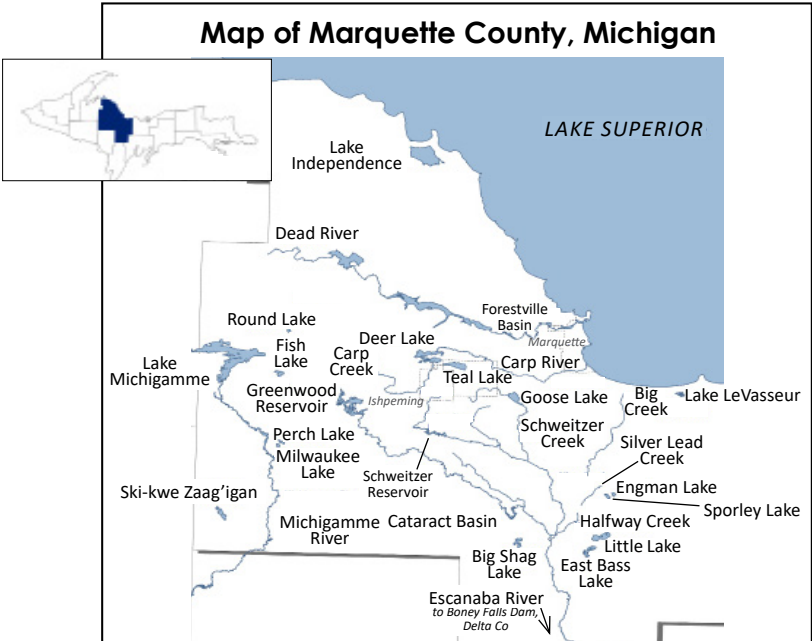
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Best Choice! = 

Marquette 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 fish 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 Creek

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brown Trout	Mercury	Under 12"	8
		Over 12"	2

(continued on the next page)

* See page 6

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Best Choice! =

Big Shag Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 24"	2
		24" to 34"	1
		Over 34"	6 Per Year

Carp Creek

(upstream of Deer Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brook Trout	Mercury	Under 10"	2
		Over 10"	1
Suckers	Mercury	Any	2

Carp River

(downstream of Deer Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brook Trout	Mercury	Any	4
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year
Suckers	Mercury	Any	2

Cataract Basin

(on the Escanaba River, Forsyth Township)


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20"	1
		Over 20"	6 Per Year

(continued on the next page)

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Best Choice! = 

Marquette County (continued)

Dead River

(including the Silver Lake Basin, Dead River Basin/Hoist Basin, McClure Basin, Forestville Basin, and Tourist Park Basin)

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"	6 Per Year
		Over 30"	Do Not Eat▲
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Walleye	Mercury	Under 20"	1
		Over 20"	6 Per Year


Deer 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▲
Suckers	Mercury	Any	2
Walleye	Mercury	Under 22"	6 Per Year
		Over 22"	Do Not Eat▲
Yellow Perch	Mercury	Any	2
All Other Species	Mercury	Any	Do Not Eat▲

East Bass Lake

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

(continued on the next page)

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

Engman 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

Escanaba River

- **East Branch**
(upstream of Gwinn, including Warner Creek, Goose Lake Outlet, Goose Lake Inlet, Schweitzer Creek, Ely Creek and other tributaries)
- **Green Creek**
(from the Empire Tailings dam to the Middle Branch of the river)
- **Middle Branch**
(from Cataract Dam to Gwinn)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brook Trout	Selenium	Any	4
Suckers	Selenium	Any	4

Selenium can't be reduced by trimming and cooking. Do not double MI Servings.
When fishing the river near Lake Michigan, check the guidelines on page 19, too.

Escanaba River

(from Gwinn in Marquette Co. to Boney Falls Dam
in Delta Co. - including Boney Falls Impoundment)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brook Trout	Selenium	Any	4
Rock Bass	Mercury	Any	2
Suckers	Selenium	Any	4

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

Fish 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)

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Best Choice! = 

Marquette County (continued)

Goose Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	PCBs	Any	1 ^{2x}
Suckers	PCBs	Any	6 Per Year ^{2x}
Walleye	PCBs	Any	1 ^{2x}
Yellow Perch	PCBs	Any	1 ^{2x}

Greenwood Reservoir

(on the Escanaba River near Ely, MI)

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

Halfway Creek

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brook Trout	PFOS & Mercury	Any	4

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

Lake Independence


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

(continued on the next page)

* See page 6

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Best Choice! = 

Lake LeVasseur

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	6 Per Year
		Over 30"	Do Not Eat▲

Lake Michigamme

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Burbot	Mercury	Any	2
Lake Herring	Mercury	Any	2
Lake Whitefish	Mercury	Any	4
Northern Pike	Mercury	Under 30"	6 Per Year
		Over 30"	Do Not Eat▲
Rock Bass	Mercury	Any	1
Suckers	Mercury	Under 18"	4
		Over 18"	2
Walleye	Mercury	Under 20"	6 Per Year
		Over 20"	Do Not Eat▲
Yellow Perch	Mercury	Any	2

Little Lake

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

(continued on the next page)

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Best Choice! = 



Marquette County (continued)

Michigamme River

(Includes Michigamme Basin in Marquette Co. and Michigamme Reservoir, Peavy Pond, and Michigamme Lake in Iron Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Burbot	Mercury	Any	2
Lake Whitefish	Mercury	Any	4
Northern Pike	Mercury	Under 24"	1
		Over 24"	6 Per Year
Rock Bass	Mercury	Any	2
Suckers	Mercury	Any	2
Walleye	Mercury	Under 20"	1
		Over 20"	6 Per Year
Yellow Perch	Mercury	Any	2

Milwaukee Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
 Bluegill	Mercury	Under 8"	12
		Over 8"	4
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
 Sunfish	Mercury	Under 8"	12
		Over 8"	4

Perch 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

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Best Choice! = 

Marquette County (continued)

Round Lake

(near Champion Twp, MI)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	6 Per Year
		Over 18"	Do Not Eat [▲]
Smallmouth Bass	Mercury	Under 18"	6 Per Year
		Over 18"	Do Not Eat [▲]

Schweitzer Reservoir

(on Schweitzer Creek near Palmer, MI)

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

Silver Lead Creek

(near the K.I. Sawyer Air Force Base)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brook Trout	PCBs & PFOS	Any	2

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

Ski-kwe Zaag'igan

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
Rainbow Trout	Mercury	Any	8
Splake	Mercury	Any	4
Suckers	Mercury	Any	8
Yellow Perch	Mercury	Any	4

(continued on the next page)

* See page 6

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Best Choice! =



Marquette County (continued)

Sporley Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Splake	Mercury	Any	2
Suckers	None	Any	16 ^{2x}

Teal Lake


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 18"	4
		18" to 24"	2
		Over 24"	1

See which fish are safe to eat from Lake Superior on Page 21.

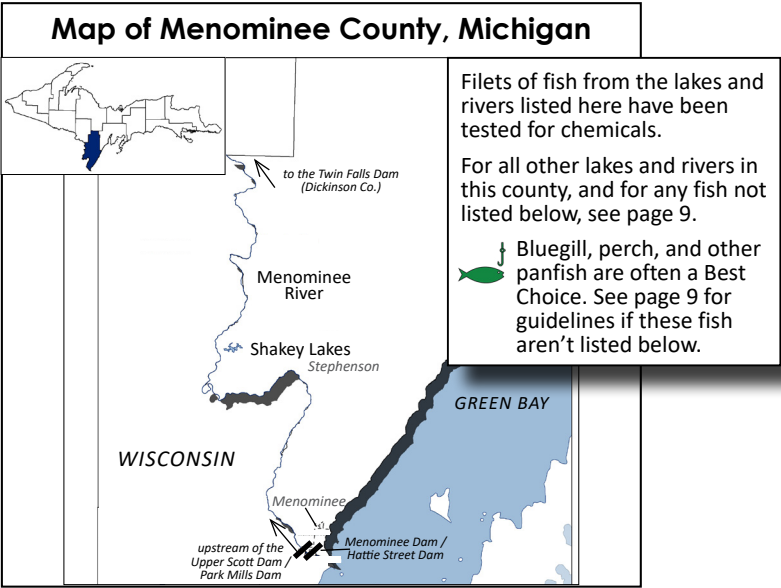
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Best Choice! = 

Menominee County



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.

(continued on the next page)

* See page 6

▲ See page 7

^{2x} See page 8

Best Choice! =

Menominee River

(downstream of the Twin Falls Dam to Upper Scott (Park Mill) Dam in Menominee Co.; includes the Big & Little Quinnesec Falls Impoundments in Dickinson Co., and the Chalk Hill Impoundment, White Rapids Impoundment, Grand Rapids Impoundment, and the Upper Scott Flowage in Menominee Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	Mercury	Any	1
Northern Pike	Mercury	Any	1
Rock Bass	Mercury	Any	4
Smallmouth Bass	Mercury	Any	1
Suckers	Mercury	Under 18"	4
		Over 18"	1
Walleye	Mercury	Any	1

Menominee River

(between the Upper Scott [Park Mill] Dam and the Menominee Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs & Mercury	Any	1
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Rock Bass	Mercury	Any	2
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Suckers	Mercury	Any	6 Per Year
Walleye	Mercury	Under 20"	1
		Over 20"	6 Per Year

(continued on the next page)

* See page 6

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^{2x} See page 8

Best Choice! = 

Menominee County (continued)

Menominee River

(between the Menominee Dam and Green Bay)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
 Black Crappie	Mercury	Under 9"	8
	PCBs & Mercury	Over 9"	4
 Bluegill	Mercury	Any	8
Carp	PCBs	Any	Do Not Eat [▲]
Largemouth Bass	PCBs & Mercury	Any	1
Northern Pike	Mercury	Any	1
Smallmouth Bass	PCBs & Mercury	Any	1
 Sunfish	Mercury	Any	8
 White Crappie	Mercury	Under 9"	8
	PCBs & Mercury	Over 9"	4
Yellow Perch	Mercury	Any	4

When fishing the river downstream of the Menominee Dam, please use the Green Bay guidelines on page 20 for species not listed above.

Shakey Lakes

(includes Bass Lake, Baker Lake, Becher Lake, East Lake, Long Lake, Resort Lake, and Spring 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

See which fish are safe to eat from Lake Michigan on Page 19.

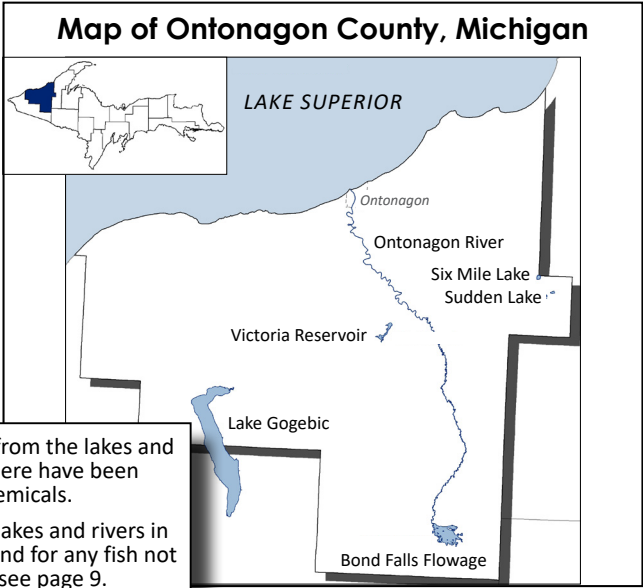
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Best Choice! = 

Ontonagon 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 fish 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.

Bond Falls Flowage

(part of Ontonagon River, Ottawa National Forest)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20"	1
		Over 20"	6 Per Year

Lake Gogebic

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Any	2
Suckers	Mercury	Any	4
Walleye	Mercury	Under 20"	2
		Over 20"	1

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* See page 6

▲ See page 7

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Best Choice! = ↓

Ontonagon County (continued)

Six Mile Lake

Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	4
Sunfish	Mercury	Any	4
Walleye	Mercury	Under 20" Over 20"	1 6 Per Year

Sudden Lake

Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 20" Over 20"	1 6 Per Year

Victoria Reservoir

(part of Ontonagon River, Ottawa National Forest)


Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 28" Over 28"	2 1
Walleye	Mercury	Under 20" Over 20"	1 6 Per Year

See which fish are safe to eat from Lake Superior on Page 21.

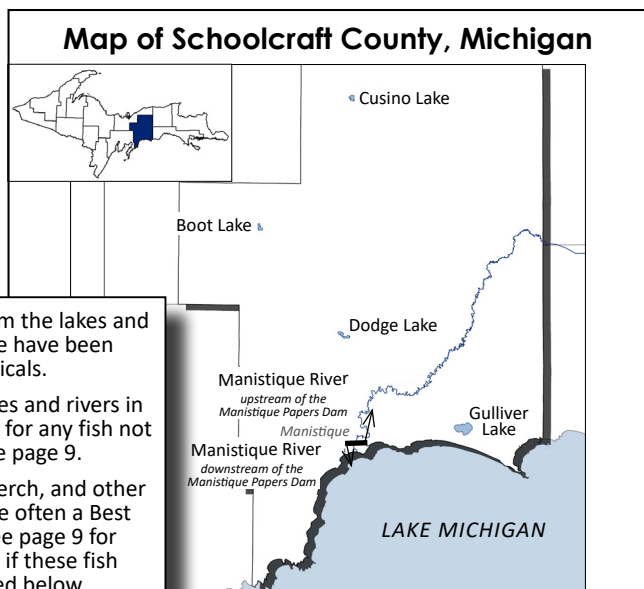
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Best Choice! = 

Schoolcraft County



Boot Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	Mercury	Under 24"	2
		Over 24"	1

Cusino Lake

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

Dodge Lake

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

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* See page 6

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Best Choice! =

Schoolcraft County (continued)

Dodge Lake

(continued from page 75)

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

Gulliver 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
Walleye	Mercury	Under 20"	2
		Over 20"	1

Manistique River

(upstream from Manistique Papers Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	Mercury	Any	4

Manistique River

(downstream from Manistique Papers Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PCBs	Any	2 ^{2x}
Carp	PCBs	Any	Do Not Eat [▲]
Catfish	PCBs	Any	Limited [▲]
Largemouth Bass	PCBs	Any	1 ^{2x}
Rock Bass	Mercury	Any	2

(continued on the next page)

* See page 6

▲ See page 7

^{2x} See page 8

Best Choice! = 

Manistique River

(downstream from Manistique Papers Dam, continued from page 76)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Smallmouth Bass	PCBs	Any	1 ^{2x}
Suckers	PCBs	Any	6 Per Year ^{2x}
Sunfish	PCBs	Any	2 ^{2x}
Walleye	PCBs	Any	1 ^{2x}


When fishing the river downstream of the dam, please use the Lake Michigan guidelines on page 19 for species not listed above.

See which fish are safe to eat from Lake Michigan on Page 19.

* See page 6

▲ See page 7

^{2x} See page 8

Best Choice! = 

Upper Peninsula Michigan Lakes & Rivers

Don't see a certain lake or river listed?

For the guidelines to all other lakes and rivers in the Upper Peninsula, please see page 9. To get an *ESF Guide* for another region, visit Michigan.gov/EatSafeFish or call 800-648-6942.

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Engman Lake 64

Escanaba River (Delta Co.) 32

Escanaba River (Marquette Co.) 64

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What Are the Chemicals of Concern?

The chemicals that cause Michigan’s Eat Safe Fish guidelines are DDT, dioxins, mercury, PCBs, PFOS, selenium, and toxaphene. Many of these chemicals were put into the environment - by accident or on purpose - before we knew the long-term health and environmental problems they can cause.

These chemicals can travel through the air, and they can be carried by rain run-off and storm drains into our lakes, rivers, and wetlands. Once in the water, the chemicals sink to the bottom and become a part of the fish food chain. Some of these chemicals can stay in the environment, in the fish, and in the human body for a long time.

Efforts to reduce pollution under the U.S. Clean Water Act and U.S. Clean Air Act have cut the levels of these chemicals in the environment. 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, might stay in the environment for a long time.

Chemical of Concern	What is it?	Potential Health Problems
DDT (dichlorodiphenyl-trichloroethane)	<ul style="list-style-type: none">• was one of the first modern insecticides• was banned in 1972	<ul style="list-style-type: none">• linked to the development of cancer• linked to the development of diabetes
Dioxins	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• linked to the development of cancer• can harm fertility• can harm thyroid function

(continued on the next page)

Chemicals of Concern (continued from page 83)

Chemical of Concern	What is it?	Potential Health Problems
Mercury	<ul style="list-style-type: none"> is a natural element can be released from smokestacks of coal-fired power plants and other industry 	<ul style="list-style-type: none"> can harm brain development in fetuses and children can harm heart function in older adults can harm the immune system
PCBs (polychlorinated biphenyls)	<ul style="list-style-type: none"> were used in electrical equipment - like transformers were found in hydraulic oils 	<ul style="list-style-type: none"> can harm brain development in fetuses and children linked to the development of cancer linked to the development of diabetes can harm the immune system
PFOS (perfluorooctane sulfonate)	<ul style="list-style-type: none"> is used for waterproofing clothes, in fire-fighting foams, papers and packaging, cleaning products, and pesticides is now rarely used in the United States 	<ul style="list-style-type: none"> can harm thyroid function can harm brain development in fetuses and children
Selenium	<ul style="list-style-type: none"> is a natural element is needed for your body to function, but too much is harmful through mining activities, selenium-rich rock and water were added into waterways 	<ul style="list-style-type: none"> hair loss loss of fingernails fatigue irritability mild nerve damage
Toxaphene	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> can harm the immune system

NOTES

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Other Regional Eat Safe Fish Guides

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

