

Quick Start to Safer Fish

Michigan Department of Health and Human Services

The fish listed here can be found in lakes and rivers around Michigan. However, some fish should only be eaten once in a while because of the chemicals in them.

The MDHHS Quick Start can be used if:

1. you only eat Michigan fish once or twice a year, and you are older than 15, do not have health problems, are not pregnant or breastfeeding, and are not fishing in an area posted with MDHHS signs, **OR**
2. you don't have the full *Eat Safe Fish Guide (ESF Guide)* with you. Use MDHHS Quick Start to choose safer fish options until you can get a free copy of the *ESF Guide* (see page 2).

Choose and eat safer fish using these Quick Start signals:



A better choice in most locations. They are generally low in chemicals.



Don't eat too much. These fish tend to have more chemicals.



Stop and check the *ESF Guide*. These fish tend to have the most chemicals.



Black Crappie



Bluegill



Brook Trout



Brown Trout



Burbot



Carp



Channel Catfish



Chinook Salmon
(King Salmon)



Coho Salmon



Lake Herring



Lake Trout



Largemouth Bass
(Green Bass)



Muskellunge
(Muskie)



Northern Pike



Pumpkinseed
(Sunfish)



Rainbow Trout



Rock Bass



Sheephead
(Freshwater Drum)



Siscowet



Smallmouth Bass



Sucker



Walleye



White Bass
(Silver Bass)



White Crappie



Whitefish



Yellow Perch



To get a free copy of the *Eat Safe Fish Guide*, please call MDHHS at 1-800-648-6942 or visit www.michigan.gov/eatsafefish.

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.

