

Fishing in White Lake

YES! You can eat the fish!

Although White Lake has had its share of problems, a lot of work has been done over the years to improve the environment in the area. There are fish you can safely eat from White Lake.

The Michigan Department of Community Health tests filets from fish taken from Michigan's lakes and rivers to learn which fish are safer to eat. This information can be found in MDCH's **Eat Safe Fish Guide (ESF Guide)**. MDCH will test the fish in White Lake and other lakes and rivers in Michigan for years to come. The guidelines below are taken from the **2014-2015 ESF Guide**:

Let's Go Fishing!

Everyone can eat up to **8 MI Servings** a month of these fish:

Bluegill

Pumpkinseed
(Sunfish)

- or -

Everyone can eat up to **4 MI Servings** a month of these fish:

Black Crappie
White Crappie

Rock Bass
Yellow Perch

- or -

Everyone can eat up to **2 MI Servings** a month of these fish:

Northern Pike

Largemouth Bass (under 18")

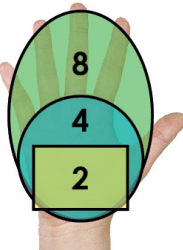
Smallmouth Bass (under 18")

NOTE: Some fish from White Lake & Lake Michigan should be eaten less often. Please check the MDCH *ESF Guide for Southwest Michigan* to learn more.

What is a MI Serving?

My Michigan, MI Serving Size

- ☑ **8 ounces of fish** = size of an adult's hand (large oval); serving size for a typical adult (~180 pounds)
- ☑ **4 ounces of fish** = size of the palm of an adult's hand (small circle) serving size for a child/teen (~90 pounds)
- ☑ **2 ounces of fish** = size of half a palm of an adult's hand (rectangle) serving size for a small child (~45 pounds)



Chemicals can be in fish you catch or buy from anywhere in the world, but there are always good options to eat. MDCH makes it easy to choose safer fish to eat. Visit www.michigan.gov/eatsafefish or call MDCH at 1-800-648-6942 to request a free **Eat Safe Fish Guide** today!



Michigan Department
of Community Health



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 the MDCH **Eat Safe Fish Guide** to see how often the fish is safe to eat.



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



Sheepshead
(Freshwater Drum)



Smallmouth Bass



Sucker



Walleye



White Bass
(Silver Bass)



White Crappie



Whitefish



Yellow Perch

Fish are not to scale.

Thank you to everyone who continues to work toward improving the environmental quality of White Lake! To learn more about this work, visit www.michigan.gov/eatsafefish and click on the **Find Your Area** button today!

