

fishy business



Most fish are healthy for you, but some have harmful chemicals. Michigan's Eat Safe Fish program can help you choose the best fish for you and your family.

Fish are brain food.

They are a great source of low-fat protein.

Fish are heart healthy.

Breastfed babies get health benefits, too!

Plan to eat 8 points or less each month for safer mercury levels. **Eat 8!** is safe for everyone to use, even pregnant women and kids!

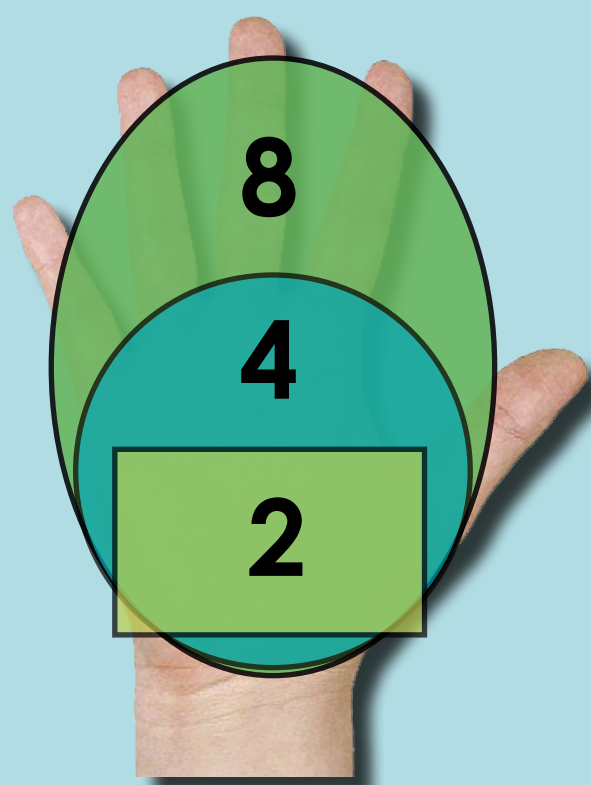


Example Monthly Plan		
2 servings of Tuna (canned light)	→ 4 points	= 8 points total
1 serving of Tilapia	→ 1 point	
1 serving of Cod	→ 2 points	
1 serving of Salmon (canned)	→ 1 point	

What is a "MI Serving"? Just use your hand!

For an adult, MI Serving is: 6-8 ounces of fish = size of an adult's hand

For a child, MI Serving is: 2-4 ounces of fish = size of the palm of an adult's hand



These fish have less mercury.

These fish have more mercury.

<ul style="list-style-type: none"> Anchovies Catfish (farm-raised) Crab Crawfish Flatfish (flounder, sole) Herring Mullet Oysters Perch (ocean or freshwater) 	<ul style="list-style-type: none"> Pollock Salmon (canned, frozen, fresh) Sardines Scallops Shrimp Squid Tilapia Trout (freshwater) Whitefish
<ul style="list-style-type: none"> Cod Freshwater Drum (aka Sheepshead) Jack Smelt 	<ul style="list-style-type: none"> Mahi Mahi Snapper Tuna (canned light)
<ul style="list-style-type: none"> Bass (sea, striped, rockfish) Bluefish Halibut Lobster Sablefish 	<ul style="list-style-type: none"> Scorpion Fish Tuna (Albacore, canned white) Tuna (fresh, frozen) Weakfish (sea trout)
<ul style="list-style-type: none"> Grouper Mackerel 	<ul style="list-style-type: none"> Marlin Orange Roughy

Do not eat these fish:
Shark, Swordfish, Tilefish, King Mackerel

- High in heart-healthy omega-3 fatty acids.
- Is the fish you're buying caught in Michigan waters? If so, please check the *Eat Safe Fish Guide* for advice.

Get to know the 3Cs for Michigan caught fish.



Choose

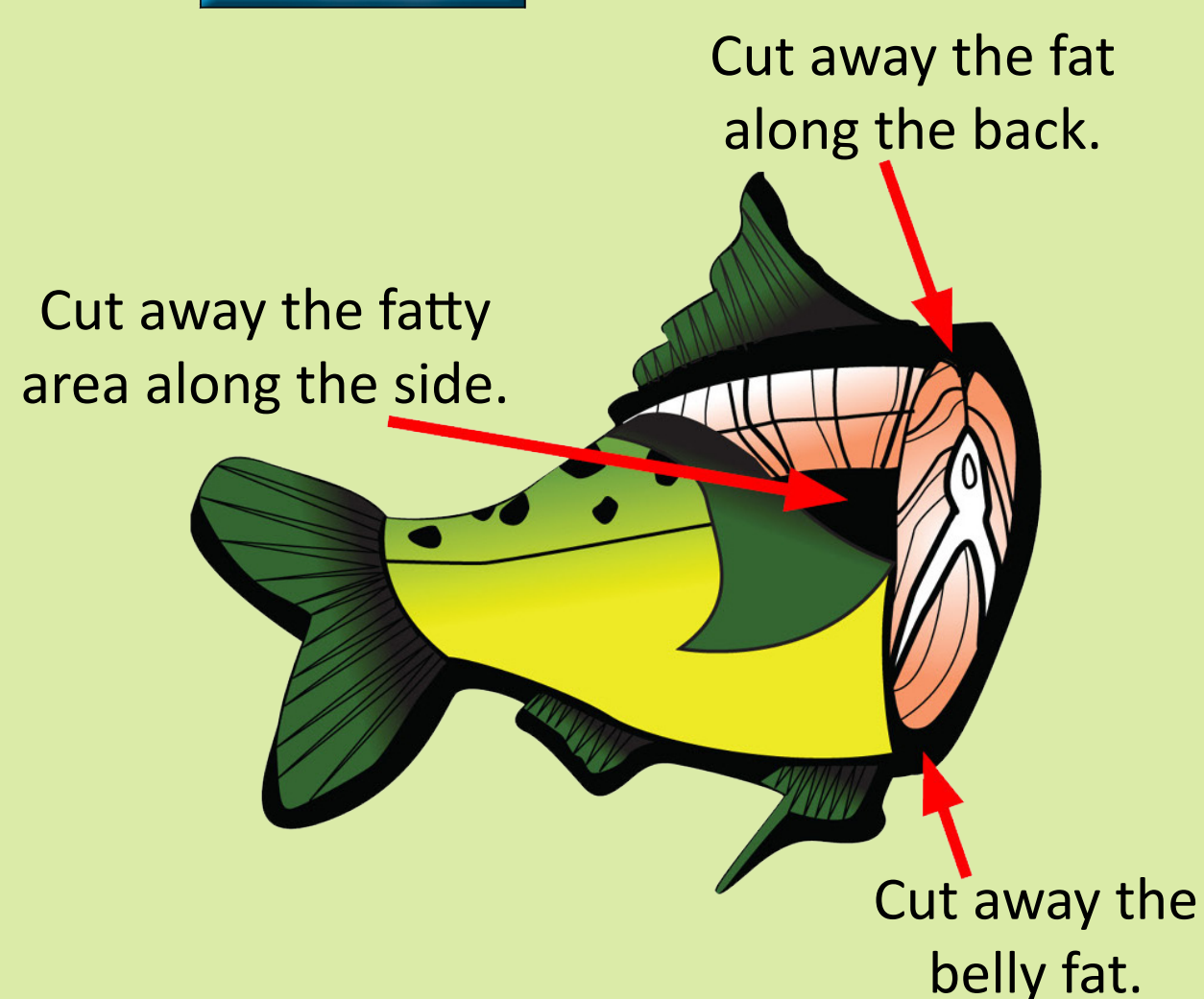
Choose fish with less chemicals! Use the *Eat Safe Fish Guide* to find:

- waters that are less polluted
- fish lower in chemicals

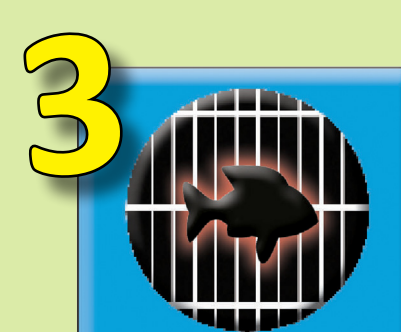
Keep the smaller fish while avoiding bottom feeders.



Clean



- Trim away fat you can see.
- Remove and throw away the organs, too.



Cook

Let the fat drip away:

- Remove skin or poke holes in it
- Cook on a grate or grill

Doing this can remove up to half of some chemicals. Mercury **cannot** be removed this way!

Want more info on Michigan caught fish? Check out the new *Eat Safe Fish Guide!*



Fish from Michigan waters have been tested!



Have questions? Want a free MDCH *Eat Safe Fish Guide*? Call MDCH at 1-800-648-6942 or visit www.michigan.gov/eatsafefish.

You can also scan the code with your smartphone to go to the Eat Safe Fish website.



Michigan Department of Community Health

MDCH

Rick Snyder, Governor
Nick Lyon, Director

Great Lakes RESTORATION