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!

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

Get to know the 3 Cs for Michigan caught fish.

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

Cut away the fat along the back.
Cut away the fatty area along the side.
Cut away the belly fat.

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!

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.

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.