

Using the Eat Safe Fish Guidelines

MDHHS tests only the filets of the fish for chemicals to set these guidelines. *MI Servings* are set to be safe for everyone. This includes **children, pregnant or breastfeeding women, and people who have health problems like cancer or diabetes.**

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 pounds - 20 pounds = 70 pounds & 4 ounces - 1 ounce =
a *MI Serving* size of 3 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 pounds + 20 pounds = 110 pounds / 4 ounces plus 1 ounce =
a *MI Serving* size of 5 ounces

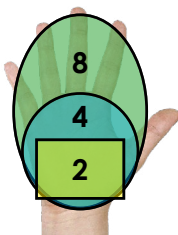
You might eat more than one *MI Serving* in a meal. That's OK, just keep track so you don't have too much.



Are you pregnant?

Fish is good for you and your baby! Use your pre-pregnancy weight to find your *MI Serving* size. It's also best to avoid eating fish labeled as "Limited" when you're pregnant or breastfeeding.

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)

What are 'safe' fish?

Safe fish are fish that are low in chemicals. If you use the **Eat Safe Fish Guide** when you choose fish to catch and eat, you will protect yourself and your family from chemicals that could someday make you sick.

If there are chemicals in the fish, why should I still eat it?

Fish have a lot of great health benefits.

- ☑ Fish can be a great low-fat source of protein.
- ☑ Fish are brain food.
- ☑ Some fish have heart-healthy omega-3s.



Plus, fishing is a fun way to get outside and enjoy Michigan's 11,000 lakes, rivers, and streams!



If you catch fish that have **fewer chemicals** in them, **trim away the fat**, and **grill or broil** the fish that you eat, you can get a lot of health benefits and have **very little risk**. PFOS and mercury can't be reduced by trimming and cooking.

Catching fish • Buying fish • Eating fish

For more information on safe fish, call MDHHS at 800-648-6942 or visit us online at www.michigan.gov/eatsafefish.



FREE LOCAL FISHING MAP & Eat Safe Fish Guidelines

eat safe fish

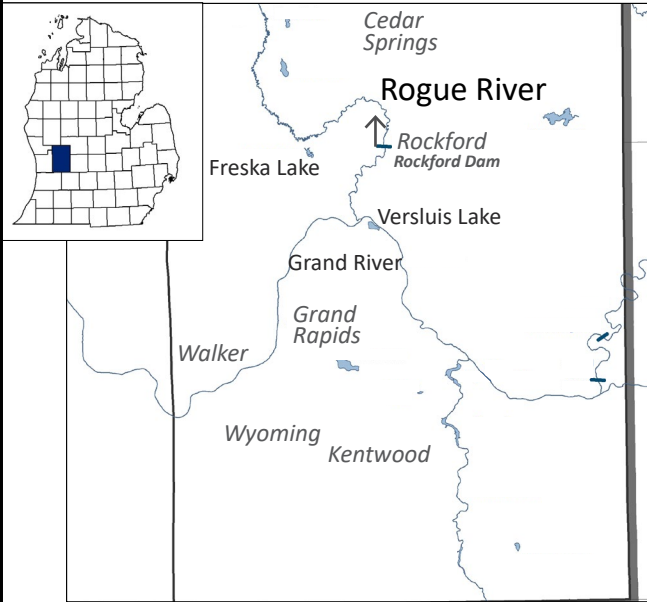
from the Rogue River



www.michigan.gov/eatsafefish

Eat Safe Fish Guidelines

Map of Kent County, Michigan



Rogue River

(upstream of Rockford Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings Per Month*
Largemouth Bass	PFOS & Mercury	Under 18"	2
	Mercury	Over 18"	1
Smallmouth Bass	PFOS & Mercury	Under 18"	2
	Mercury	Over 18"	1
Suckers	PFOS & Mercury	Any	4

PFOS and mercury can't be reduced by trimming and cooking.

Versluis Lake, the Grand River, and other area water bodies are listed in the Southwest Eat Safe Fish Guide.

Fish species not listed? Use the Statewide Guidelines below.

Statewide Guidelines

Only use the Statewide Guidelines if...



- the fish species from the Rogue River is not listed, OR
- the Kent County lake or river you are fishing in is not listed in this brochure or in the Eat Safe Fish Guide.

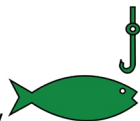
These guidelines are from the 2018 Southwest Eat Safe Fish Guide. To get the most up-to-date guidelines for lakes and rivers in Kent County or other areas of Michigan, please visit www.michigan.gov/eatsafefish to download a copy of the Eat Safe Fish Guide to your smartphone or call 800-648-6942 to get a print copy!






Best Choice

Do you eat fish at least twice a week?

When using the MDHHS *Eat Safe Fish Guide*, watch for this MDHHS "Best Choice" symbol. The hook and fish mark species that you and your family can safely eat 8 MI Servings or more each month!



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 the statewide guidelines. The MI Servings recommendation will be more exact for that lake or river because those filets have been tested.

Type of Fish	Chemicals 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