

Choose safe fish now to reduce potential health risks later!

Fish are high in protein and low in fat.



Some fish are high in healthy omega-3 fats.



Fish can be a local and affordable food.



But, if you eat fish remember...

Some fish have chemicals that can stay in your body for a long time.



You can go to www.mi.gov/eatsafefish to find out which fish are lower in chemicals and safe to eat.



Find out which fish are safe to eat. Ask your clinic for the Eat Safe Fish brochures or contact the Michigan Department of Community Health at **1-800-648-6942** or **www.michigan.gov/eatsafefish**.



Scan this code with your phone to go to our website.

