

# **Fish are part of a healthy diet**

# **but choose the safe ones!**



**Fish are high  
in protein and  
low in fat.**

**Some fish are  
high in healthy  
omega-3 oils.**

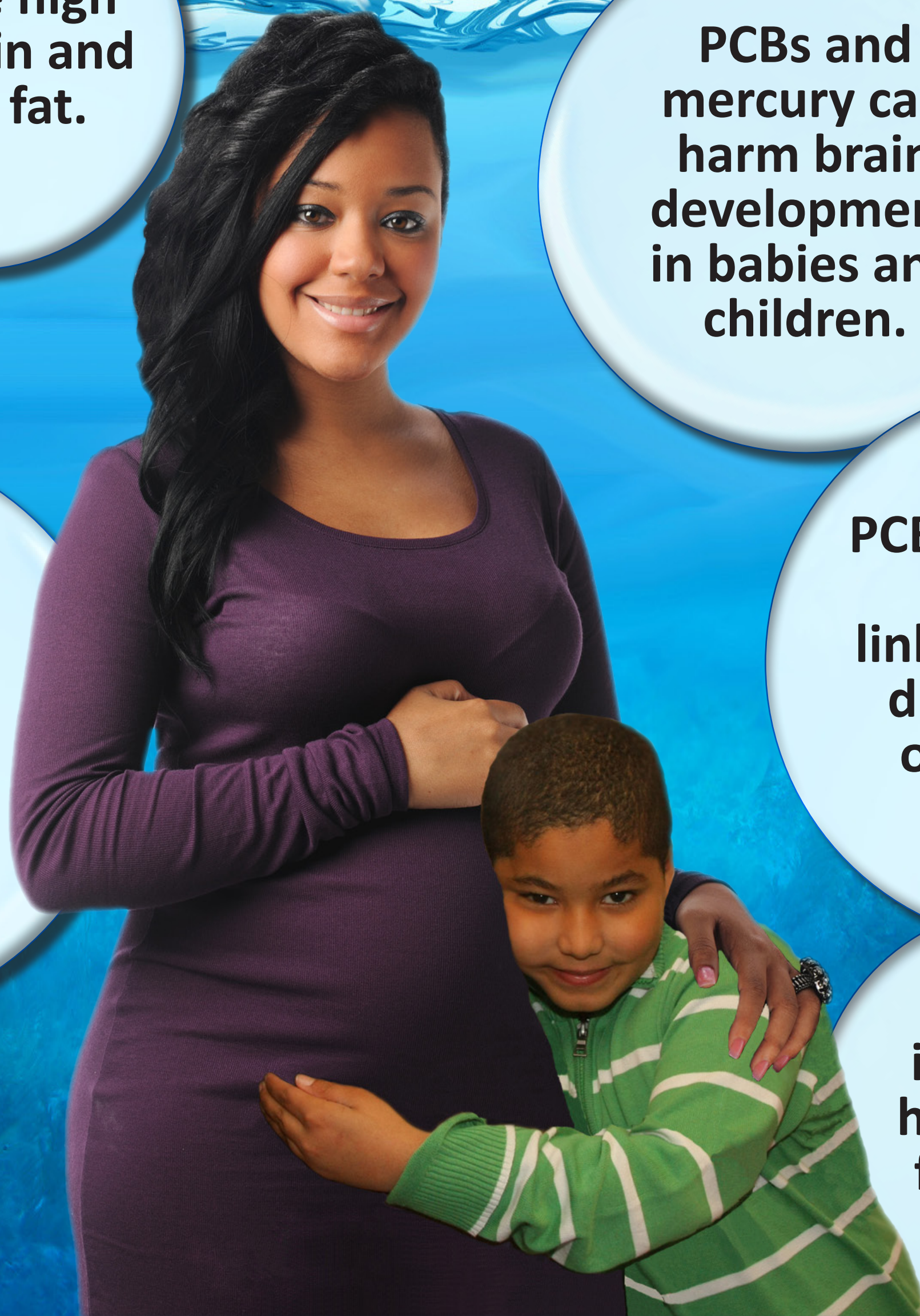
**Fish have  
oils that are  
important  
to brain  
development  
in babies and  
children.**

**Eating fish can  
help prevent  
heart disease  
in adults.**

**PCBs and  
mercury can  
harm brain  
development  
in babies and  
children.**

**PCBs and dioxins  
have been  
linked to cancer,  
diabetes, and  
other health  
problems.**

**Mercury  
in fish can  
harm heart  
function in  
adults.**



**Find out which fish are safe to eat. Ask for the  
Eat Safe Fish brochures or call the  
Michigan Department of Community Health  
at 1-800-648-6942 to get the Eat Safe Fish Guide.**



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