

Safe Fish

for You and Your Family

Fish and shellfish can be part of a healthy diet.



Fish are a great low-fat source of protein.



Some have heart-healthy omega-3 fats.



Omega-3s are good for healthy brain development in babies and children. Breastfed babies can get omega-3s from breastmilk.



Some fish have mercury in them. Too much mercury is bad for your health.

Pregnant individuals, breastfeeding persons and young children should eat fish that are low in mercury.

**Find fish low in mercury
on the back!**



Choose *one* of the following options each week.

*These fish tend to be lower in mercury. You can eat up to **two MI Servings a week** of fish from this list.*

**Eat These
Two Times
per Week**

Salmon*+
Shrimp
Pollack
Sardines+

Tilapia
Perch*
Anchovies+
Crab

-or-

*These fish tend to have more mercury. You can eat up to **one MI Serving a week** of fish from this list.*

**Eat These
One Time
per Week**

Cod
Snapper
Mahi Mahi
Tuna (canned light)

These fish tend to have the highest levels of mercury. It is best to avoid eating fish from this list.

Do NOT Eat

Shark
Tilefish
Swordfish
King Mackerel

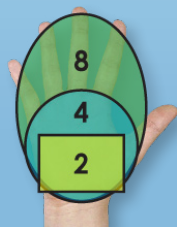
*If you eat fish from Michigan lakes or rivers, check the *Eat Safe Fish Guide* for your waterbody.

+High in heart-healthy omega-3s.

What is a MI Serving?

For adults: One *MI Serving* is 6-8 ounces of fish (about the size of an adult's hand).

For children: One *MI Serving* is 2-4 ounces of fish (about the size of an adult's palm).



For more information or to get an *Eat Safe Fish Guide*, scan the QR code below, visit Michigan.gov/EatSafeFish, or call 800-648-6942.

