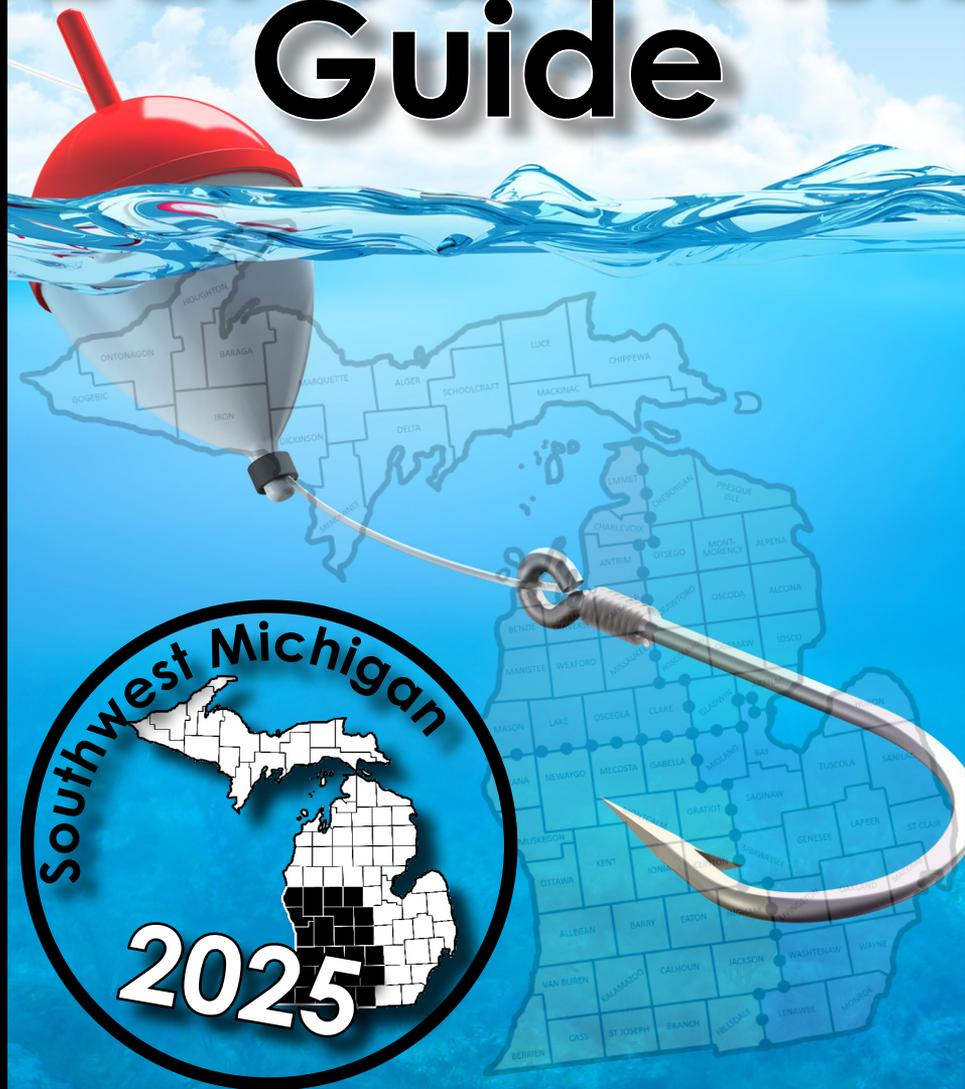


Michigan Department of Health and Human Services'

Eat Safe Fish Guide



Some fish contain chemicals that can harm your health. MDHHS tests filets of fish taken from Michigan's lakes and rivers to learn which fish are safer to eat. The *Eat Safe Fish Guide* lists the fish that have been tested and how much is safe to eat.





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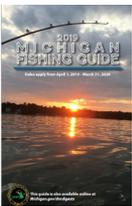
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About the Guide

The *Eat Safe Fish Guide (ESF Guide)* is provided by the Michigan Department of Health and Human Services (MDHHS).

- The fish listed under each lake or river in the *ESF Guide* have been tested for chemicals.
- Scientists from MDHHS test only the part of the fish you would eat — typically the filet — to determine the guidelines included in the *ESF Guide*.
- MDHHS uses the test results from the edible portions to find the average amount of chemicals in the fish species from that lake or river. They use this information to determine how much fish is safe to eat per month.
- The *ESF Guide* is not a rulebook. These are only guidelines to help you make safer choices for you and your family. You are not required to use it.
- The *ESF Guide* does not include rules and regulations about catching or keeping legally-sized fish.
- The *ESF Guide* provides advice for the size range of fish that are typically caught and eaten.

Michigan DNR Fishing Laws



You should get a copy of the *DNR Michigan Fishing Guide* when you purchase your fishing license. If you lost your *Fishing Guide* or have other questions about fishing legally, please call the Michigan Department of Natural Resources (DNR) at 517-284-5830 or visit Michigan.gov/Fishing.

Questions About Eating Safe Fish?

If you have questions about choosing safer fish to eat or would like the *ESF Guide* for another region, please call the Michigan Department of Health and Human Services at 800-648-6942 or visit Michigan.gov/EatSafeFish.



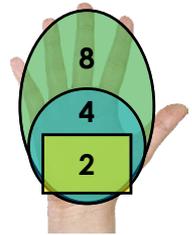
*Choosing Safer Fish

The guidelines in the *ESF Guide* are set to be safe for everyone. **This includes children, people who are pregnant or breastfeedings and people who have health problems, like cancer or diabetes.**

But the *ESF Guide* is also for healthy adults who want to avoid getting too many chemicals in their bodies. Polychlorinated biphenyls (PCBs), dioxins and perfluorooctane sulfonate (PFOS) are linked to cancer and other illnesses. Mercury can cause damage to your brain and nerves. MDHHS uses chemical limits in the *ESF Guide* that will protect everyone who eats fish.

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)



How much is a 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.
 $90 \text{ pounds} - 20 \text{ pounds} = 70 \text{ pounds}$
 $4 \text{ ounces} - 1 \text{ ounce} = \text{a } MI \text{ Serving size of } 3 \text{ ounces}$

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.
 $90 \text{ pounds} + 20 \text{ pounds} = 110 \text{ pounds}$
 $4 \text{ ounces} + 1 \text{ ounce} = \text{a } MI \text{ Serving size of } 5 \text{ ounces}$



Are you pregnant?

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

Special MI Serving Categories

Limited[▲]

MDHHS suggests you **avoid eating all fish listed as “Limited”** because of higher levels of chemicals if you:



- Are under the age of 15.
- **OR** -
- Have health problems, like cancer or diabetes.
- **OR** -
- Might have children in the next several years, are currently pregnant or are breastfeeding.

If **NONE** of the above apply to you, it is usually OK to eat fish listed as “Limited” **one or two times each year**.

Do Not Eat[▲]

No one should eat fish listed as Do Not Eat, regardless of age or health.



When these fish were tested, MDHHS found very high levels of chemicals. Eating even one meal of these fish could possibly lead to health problems in the future, regardless of age or health.

Finding a Balance

Sometimes a child might eat more than 2 ounces of fish or a 180 pound adult might eat more than 8 ounces of fish in one sitting. It's OK; count the number of *MI Servings* you eat in that meal.

For example, let's say the 180 pound adult ate 16 ounces of fish during one meal. That is two *MI Servings* of fish for a person of that size. If the fish is listed as two, four or twelve *MI Servings* in the *ESF Guide*, they're still within their recommended range. If the fish is listed as one *MI Serving* per month or “Limited”, they might want to avoid eating other meals of fish for a while to give their body time to process the chemicals.

No one should eat any amount of fish listed as Do Not Eat in the *ESF Guide*.



Get to know the 3Cs



Choose

If you eat fish often, you can use the *ESF Guide* to choose the safest fish to eat from any Michigan lake or river.



Clean

To help cut out some of the chemicals in your fish, clean away the fat, skin and organs of the fish. Some chemicals, like PCBs and dioxins, are stored in the fat and organs. Note, you can't remove mercury or PFOS from your fish by trimming. Mercury and PFOS are stored in the filet.



Cook

Not only is grilling or broiling your fish healthier than frying, it also helps to get rid of more chemical-carrying fat. Cooking your fish on a grate lets the fat can drip away as it cooks. This removes even more chemicals.

If you follow the 3Cs carefully, you can remove up to half of the chemicals in your fish.

If you see the ^{2x} symbol, that means you can double the number of *MI Servings* per month, if:

- Mercury or PFOS are **not listed** in the “**Chemical of Concern**” column.
- The *MI Serving* is not listed as “**Limited**”.

For example:

Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*	Can you double?
Brown Trout	Dioxins	Any Size	Limited [▲]	No, it is “Limited.”
 Burbot	PCBs	Any Size	12 ^{2x}	Yes! 24 meals are OK, if you follow the 3Cs.
Carp	Mercury	Any Size	4	No, mercury is listed as a chemical in the fish.

 Fish with eight *MI Servings* or more are considered the best choice to eat.

Use the Statewide Safe Fish Guidelines ONLY if:



- Your lake or river is not listed in the regional *Eat Safe Fish Guide*.

OR

- Your lake or river is listed in the *Eat Safe Fish Guide*, but the fish species is not listed.

Statewide Safe Fish Guidelines

Type of Fish	Chemical 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 ^{2x}
Catfish	Mercury, PCBs	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

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

* See page 6

^{2x} See page 8

FAQs

How often is the Eat Safe Fish Guide (ESF Guide) updated?

The *ESF Guide* is updated regularly, but due to time and funding, not all fish from all bodies of water listed in the *ESF Guide* are tested every year. If there are special problems in the area, fish may be tested more often or sooner than planned.

PCBs, dioxins, mercury, PFOS and other chemicals that can be found in fish stay in our environment for a very long time. The amount of chemicals found in the fish is not expected to change a lot from year to year.



What part of the fish is tested for the ESF Guide?

While the entire headless, gutted smelt is tested for chemicals, for all other fish it is only the filets of the fish that are tested for chemicals. The skin is left on or taken off depending on common practice when cooking the fish. The organs and head are not tested for the *ESF Guide*. Internal organs (liver, fish eggs, etc.) typically have higher levels of chemicals than the filet and shouldn't be eaten.

Can I review the data myself?

Yes. All of the data, procedures and scientific reports used to create the *ESF Guide* are available online under Reports & Science at Michigan.gov/EatSafeFish. If you do not have internet access, call MDHHS at 800-648-6942 and we will provide you with the information.

Will I be able to tell if the fish are safe to eat by looking at them?

No. You will not be able to see any of the chemicals, even mercury or PFOS, in the fish. You also can't taste or smell the chemicals listed in the *ESF Guide*.

To find the chemicals, MDHHS tests the fish in a laboratory. MDHHS only tests the part of the fish that most people eat — typically the filets — for chemicals.

You can't see these chemicals in the water, either. Some very clear lakes or rivers can still have fish with higher levels of chemicals. If you eat a lot of Michigan fish, you can check the *ESF Guide* to find the safest options from the lake or river that you're fishing.



Is it safe to touch a fish that has chemicals in it?

Yes. You do not need to wear gloves or worry about getting the chemicals on you. They will not absorb into your skin from the fish.

Catch and release is almost always safe in Michigan regardless of where you're fishing. However, sometimes your local health department may issue a temporary warning against touching the water - including the fish that live in the water - because of problems like sewage overflow or harmful algae blooms.

You can contact your local health department or visit EGLE.state.mi.us/beach/ for local warnings about water quality.

Why should I use the Eat Safe Fish Guide?

If you eat fish, you might also be eating chemicals — like mercury, PCBs, PFOS or dioxins. These chemicals can stay in your body for a long time.

The *ESF Guide* is designed to protect everybody — men, women and children — who eats fish on a regular basis.

Using the *ESF Guide* and following the MI Serving suggestions will keep you from getting too many chemicals in your body at once. Scientists set the limits in the *ESF Guide* so that you are protected from possible health problems from the chemicals, no matter how long they stay in your body.

The *ESF Guide* is designed to protect any person who eats fish on a regular basis. If you are a healthy adult who is not pregnant and only eats Michigan fish once or twice a year from waters that are not posted with MDHHS signs, then you don't *need* to use the *ESF Guide*.

The 3Cs in the MDHHS *Eat Safe Fish in Michigan* brochure will help the occasional Michigan fish eater avoid eating too many chemicals. Call 800-648-6942 to get a free copy of the brochure.

You may choose to eat more fish than the *ESF Guide* recommends. These guidelines are not rules; it is your choice. Not everyone will get sick from eating too many of these chemicals. The chemicals in the fish won't make you sick right away, either. Some people will be fine after years of eating fish with these chemicals in them. Others can have health problems. It is difficult to know who might get sick from the chemicals in fish and who won't.

I don't see a fish species/fishing spot listed in the ESF Guide. What does this mean?

Michigan is lucky to have over 11,000 lakes, rivers and streams. Because of that huge number, it is not possible to test every fish species from every body of water in the state.

If you don't see the fish species you're planning to eat listed in the *ESF Guide* for your lake or river OR you don't see the lake or river listed at all, see page 9 for the **Statewide Safe Fish Guidelines**.

Common Michigan Fish

The fish listed here can be found in lakes and rivers around Michigan. Once you ID your fish, you can use the guidelines in this booklet to see how often the fish is safe to eat.



Black Crappie



Black Buffalo



Bluegill



Brook Trout



Brown Trout



Burbot



Carp



Channel Catfish



Chinook Salmon
(aka King Salmon)



Coho Salmon



Creek Chub



Gizzard Shad



Lake Herring



Lake Trout



Largemouth Bass
(aka Green Bass)

Fish are not to scale.

Common Michigan Fish

(continued)



Northern Pike



Muskellunge
(aka Muskie)



Pumpkinseed
(aka Sunfish)



Rainbow Trout



Rock Bass



Siscowet



Sheepshead
(aka Freshwater Drum)



Smallmouth Bass



Smelt



Sucker



Walleye



White Bass
(aka Silver Bass)



White Crappie



Whitefish



Yellow Perch

If you need more help finding out what kind of fish you caught, please visit Michigan.gov/FishID or call your local DNR Operations Center.

Fish are not to scale.

Fish Eating Guidelines by County

The fish species listed on the following pages have been tested for chemicals by the Michigan Department of Health and Human Services (MDHHS).

The guidelines issued by MDHHS are based only on the amount of chemicals in the filet of the fish — the part that you would eat.

All fish listed here are not tested every year. Because the chemicals found in fish don't break down quickly, the amount of chemicals in the fish will not change that much from year to year and neither will the guidelines.

If you would like to review the data collected to support these guidelines, they are available at Michigan.gov/EatSafeFish. If you do not have access to the internet or have additional questions, we are available at 800-648-6942, Monday-Friday, 8 a.m. to 5 p.m.



Michigan.gov/EatSafeFish

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See page 112 for a list of all lakes and rivers included in this booklet.

Special thanks to the Michigan Department of Environment, Great Lakes, and Energy and the Michigan Department of Natural Resources for providing technical support for the development of the *Eat Safe Fish Guides*.

Lake Michigan



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brown Trout	PCBs	Any	Limited [▲]
Burbot	PCBs	Any	1 ^{2x}
Carp	PCBs	Any	Do Not Eat [▲]
Chinook Salmon	PCBs	Any	6 Per Year ^{2x}
Coho Salmon	PCBs	Any	1 ^{2x}
Lake Herring	PCBs, PFOS	Any	2
Lake Trout	Dioxins	Under 24" Over 24"	6 Per Year ^{2x} Limited [▲]
Lake Whitefish	Dioxins, PCBs	Any	6 Per Year ^{2x}
Largemouth Bass	Mercury, PCBs	Under 18"	2
	Mercury	Over 18"	1

(Continued on the next page.)

Lake Michigan (continued)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rainbow Trout	PCBs	Any	1 ^{2x}
Smallmouth Bass	Mercury, PCBs	Under 18"	2
	Mercury	Over 18"	1
Smelt	PFOS	Any	1
Steelhead	PCBs	Any	1 ^{2x}
Suckers	PCBs	Any	6 Per Year ^{2x}
Walleye	Mercury, PCBs, PFOS	Under 18"	2
		18" to 22"	6 Per Year ^{2x}
	PCBs	Over 22"	Limited [▲]
Yellow Perch	PCBs	Under 10"	4 ^{2x}
	Mercury, PCBs	Over 10"	4

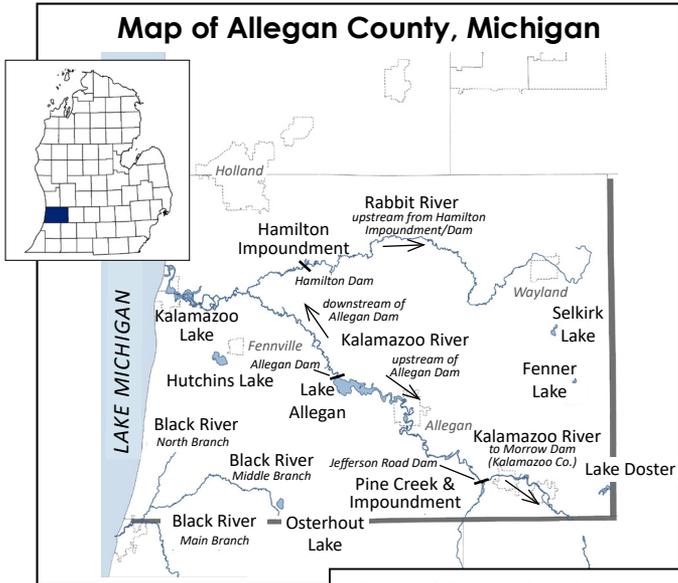
Green Bay, Big Bay de Noc and Little Bay de Noc

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Do Not Eat [▲]
Largemouth Bass	Mercury, PCBs	Under 18"	2
		Over 18"	1
Northern Pike	Mercury	Any	1
Rock Bass	Mercury	Any	8
Smallmouth Bass	Mercury, PCBs	Under 18"	2
		Over 18"	1
Suckers	PCBs	Any	6 Per Year ^{2x}

Use the Lake Michigan guidelines for any fish species not listed above.



Allegan County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.

 Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Black River

(including the North and Middle Branches, South Branch in Van Buren Co. and all tributaries)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Suckers	Mercury, PCBs	Under 16"	4
	Mercury	Over 16"	2

(Continued on the next page.)

Allegan County (continued)

Fenner Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 16"	2
		Over 16"	1
Smallmouth Bass	Mercury	Under 16"	2
		Over 16"	1

Hutchins Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	1
		Over 30 "	6 Per Year

Kalamazoo Lake

(same guidelines as the Kalamazoo River downstream of Allegan Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PCBs	Any	Limited [▲]
Bluegill	PFOS	Any	Do Not Eat [▲]
Brown Trout	PCBs	Any	Do Not Eat [▲]
Carp	Dioxins, PCBs	Any	Do Not Eat [▲]
Catfish	PCBs	Any	Do Not Eat [▲]
Freshwater Drum	PCBs	Any	Do Not Eat [▲]
Largemouth Bass	PFOS	Any	Do Not Eat [▲]
Northern Pike	PCBs	Any	Do Not Eat [▲]
Rainbow Trout	PCBs	Any	Do Not Eat [▲]
Rock Bass	PCBs	Any	Limited [▲]
Smallmouth Bass	PFOS	Any	Do Not Eat [▲]
Steelhead	PCBs	Any	Do Not Eat [▲]
Suckers	PCBs	Any	Limited [▲]
Sunfish	PFOS	Any	Do Not Eat [▲]

(Continued on the next page.)

Allegan County (continued)

Kalamazoo Lake

(continued from page 19)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	PCBs	Any	Limited [▲]
White Crappie	PCBs	Any	Limited [▲]
Yellow Perch	PCBs	Any	Limited [▲]
All Other Species	PCBs	Any	Limited [▲]

Kalamazoo River

(upstream of Allegan Dam to Morrow Dam in Kalamazoo Co., including Lake Allegan)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PCBs	Any	Do Not Eat [▲]
Bluegill	PCBs, PFOS	Any	Do Not Eat [▲]
Carp	PCBs	Any	Do Not Eat [▲]
Catfish	PCBs	Any	Do Not Eat [▲]
Largemouth Bass	PCBs, PFOS	Any	Do Not Eat [▲]
Northern Pike	PCBs	Any	Do Not Eat [▲]
Rock Bass	PCBs	Any	Do Not Eat [▲]
Smallmouth Bass	PCBs, PFOS	Any	Do Not Eat [▲]
Suckers	PCBs	Any	Do Not Eat [▲]
Sunfish	PCBs, PFOS	Any	Do Not Eat [▲]
Walleye	PCBs	Any	Do Not Eat [▲]
White Crappie	PCBs	Any	Do Not Eat [▲]
All Other Species	PCBs	Any	Do Not Eat [▲]

(Continued on the next page.)

Allegan County (continued)

Kalamazoo River

(downstream of Allegan Dam, including Kalamazoo Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PCBs	Any	Limited [▲]
Bluegill	PFOS	Any	Do Not Eat [▲]
Brown Trout	PCBs	Any	Do Not Eat [▲]
Carp	Dioxins, PCBs	Any	Do Not Eat [▲]
Catfish	PCBs	Any	Do Not Eat [▲]
Freshwater Drum	PCBs	Any	Do Not Eat [▲]
Largemouth Bass	PFOS	Any	Do Not Eat [▲]
Northern Pike	PCBs	Any	Do Not Eat [▲]
Rainbow Trout	PCBs	Any	Do Not Eat [▲]
Rock Bass	PCBs	Any	Limited [▲]
Smallmouth Bass	PFOS	Any	Do Not Eat [▲]
Steelhead	PCBs	Any	Do Not Eat [▲]
Suckers	PCBs	Any	Limited [▲]
Sunfish	PFOS	Any	Do Not Eat [▲]
Walleye	PCBs	Any	Limited [▲]
White Crappie	PCBs	Any	Limited [▲]
Yellow Perch	PCBs	Any	Limited [▲]
All Other Species	PCBs	Any	Limited [▲]

Lake Allegan

(same guidelines as the Kalamazoo River upstream of Allegan Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PCBs	Any	Do Not Eat [▲]
Bluegill	PCBs, PFOS	Any	Do Not Eat [▲]
Carp	PCBs	Any	Do Not Eat [▲]
Catfish	PCBs	Any	Do Not Eat [▲]

(Continued on the next page.)

Alleghan County (continued)

Lake Alleghan

(continued from page 21)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	PCBs, PFOS	Any	Do Not Eat [▲]
Northern Pike	PCBs	Any	Do Not Eat [▲]
Rock Bass	PCBs	Any	Do Not Eat [▲]
Smallmouth Bass	PCBs, PFOS	Any	Do Not Eat [▲]
Suckers	PCBs	Any	Do Not Eat [▲]
Sunfish	PCBs, PFOS	Any	Do Not Eat [▲]
Walleye	PCBs	Any	Do Not Eat [▲]
White Crappie	PCBs	Any	Do Not Eat [▲]
All Other Species	PCBs	Any	Do Not Eat [▲]

Lake Doster

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	2
Sunfish	PFOS	Any	2

Osterhout Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

(Continued on the next page.)

Pine Creek and Impoundment

(upstream of Jefferson Road Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PCBs	Any	4 ^{2x}
Carp	PCBs	Any	1 ^{2x}
Largemouth Bass	Mercury	Under 17"	2
		Over 17"	1
Smallmouth Bass	Mercury	Under 17"	2
		Over 17"	1
Sunfish	PCBs	Any	4 ^{2x}

Rabbit River

(upstream of Hamilton Dam, including the Hamilton Impoundment)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Rock Bass	Mercury, PCBs	Any	4
Suckers	Mercury	Under 16"	4
		Over 16"	2

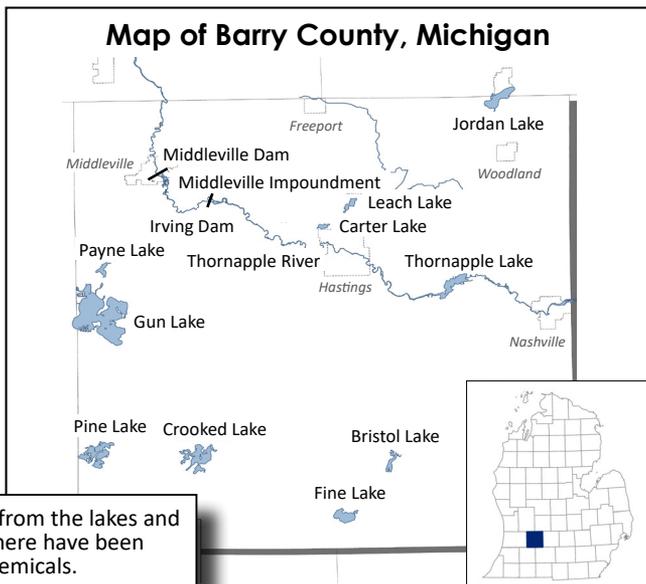
When fishing in the Rabbit River near the Kalamazoo River, please use the Kalamazoo River (downstream of Allegan Dam) guidelines on page 21.

Selkirk Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	Mercury	Any	1
Largemouth Bass	Mercury	Under 16"	2
		Over 16"	1
Smallmouth Bass	Mercury	Under 16"	2
		Over 16"	1

See which fish are safe to eat from Lake Michigan on Page 16.

Barry County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.



Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Bristol Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	Mercury	Any	8



Carter Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	16
Sunfish	Mercury	Any	16



(Continued on the next page.)

Crooked Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	Mercury	Any	2

Fine Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Any	1
Walleye	Mercury	Under 20"	4
		Over 20"	2

Gun Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Jordan Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1 ^{2x}
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

(Continued on the next page.)

Leach Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	8
Largemouth Bass	Mercury	Any	1
Smallmouth Bass	Mercury	Any	1
Sunfish	Mercury	Any	8



Payne Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30" Over 30 "	1 6 Per Year

Pine Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Under 9"	4
		Over 9"	2
Northern Pike	Mercury	Under 30"	1
		Over 30 "	6 Per Year
White Crappie	Mercury	Under 9"	4
		Over 9"	2

(Continued on the next page.)

Thornapple Lake

(same guidelines as the Thornapple River upstream of the Middleville Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	2
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Northern Pike	Mercury	Under 26"	2
		Over 26"	1
Rock Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Suckers	Mercury	Any	4
Sunfish	PFOS	Any	2

Thornapple River

(upstream of the Middleville Dam, which includes the Middleville Impoundment, the Irving Impoundment and Thornapple Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	2
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Northern Pike	Mercury	Under 26"	2
		Over 26"	1
Rock Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Suckers	Mercury	Any	4
Sunfish	PFOS	Any	2

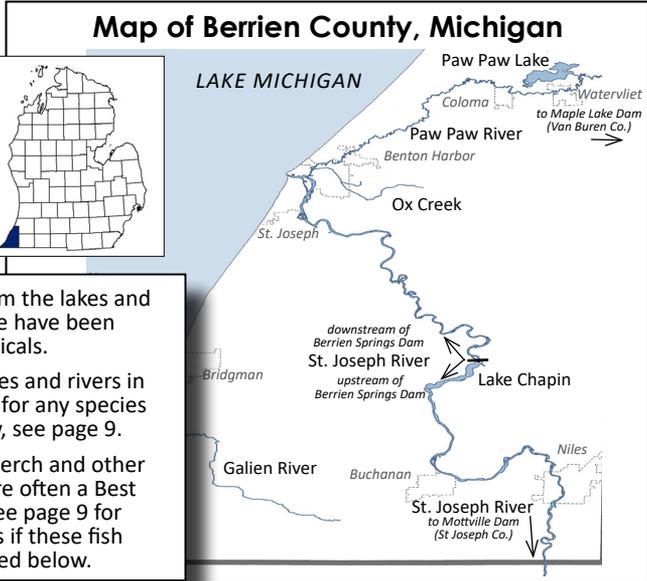
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Thornapple River

(downstream of the Middleville Dam, which includes the Ada Impoundment, the Cascade Impoundment and the LaBarge Impoundment in Kent Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	2
Carp	Mercury, PCBs	Any	2
Largemouth Bass	Mercury, PFOS	Under 18"	2
	Mercury	Over 18"	1
Rock Bass	Mercury, PFOS	Any	4
Smallmouth Bass	Mercury, PFOS	Under 18"	2
	Mercury	Over 18"	1
Sunfish	PFOS	Any	2

Berrien County



Files of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.

 Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Galien River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	6 Per Year ^{2x}

When fishing the river near Lake Michigan, please check the lake guidelines on page 16 too.

Ox Creek

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	6 Per Year
Largemouth Bass	PFOS	Any	6 Per Year
Rock Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	PFOS	Any	6 Per Year
Sunfish	PFOS	Any	6 Per Year

(Continued on the next page.)

Paw Paw Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	6 Per Year
Largemouth Bass	PFOS	Under 16"	1
	Mercury, PFOS	Over 16"	1
Smallmouth Bass	PFOS	Under 16"	1
	Mercury, PFOS	Over 16"	1
Sunfish	PFOS	Any	6 Per Year

Paw Paw River - Main Branch

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	6 Per Year
Northern Pike	Mercury, PFOS	Under 30"	2
	Mercury	Over 30"	1
Rock Bass	PFOS	Any	6 Per Year
Suckers	Mercury, PFOS	Any	2
Sunfish	PFOS	Any	6 Per Year

St. Joseph River

(between the Mottville Dam in St. Joseph Co. and the Berrien Springs Dam, including Lake Chapin)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	1
Carp	PCBs	Any	6 Per Year ^{2x}
Largemouth Bass	PCBs, PFOS	Under 18"	1
	Mercury, PCBs, PFOS	Over 18"	1

(Continued on the next page.)

Berrien County (continued)

St. Joseph River

(between the Mottville Dam in St. Joseph Co. and the Berrien Springs Dam, including Lake Chapin, continued from page 30)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Smallmouth Bass	PCBs, PFOS	Under 18"	1
	Mercury, PCBs, PFOS	Over 18"	1
Sunfish	PFOS	Any	1

St. Joseph River

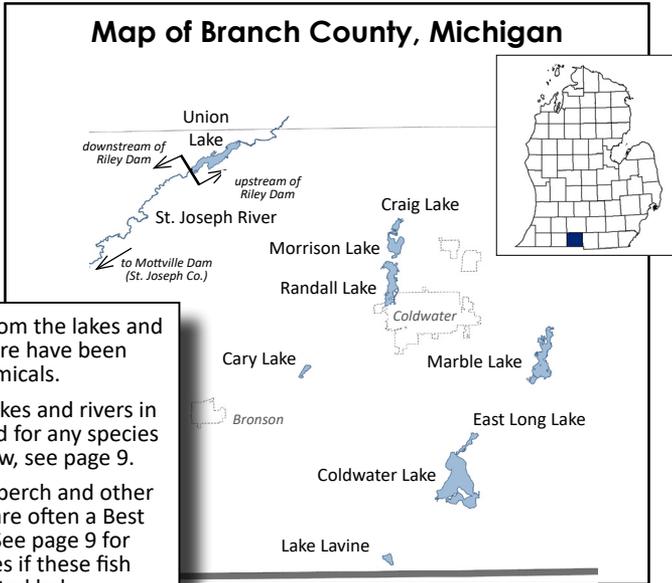
(downstream of the Berrien Springs Dam, including the Paw Paw River's north branch and south branch downstream of Maple Lake Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	6 Per Year
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	PCBs, PFOS	Under 18"	1
	Mercury, PCBs, PFOS	Over 18"	1
Rock Bass	PFOS	Any	6 Per Year
Smallmouth Bass	PCBs, PFOS	Under 18"	1
	Mercury, PCBs, PFOS	Over 18"	1
Sunfish	PFOS	Any	6 Per Year
Walleye	PCBs	Any	2 ^{2x}

When fishing the river near Lake Michigan, please check the lake guidelines on page 16 too.

See which fish are safe to eat from Lake Michigan on Page 16.

Branch County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.

 Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Cary Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Suckers	Mercury	Any	8

(Continued on the next page.)

Coldwater Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	2
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Sunfish	Mercury	Any	2

East Long Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year

Lake Lavine

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Any	1

Marble Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury, PFOS	Any	16
Sunfish	Mercury, PFOS	Any	16

(Continued on the next page.)

Randall Lake Chain

(includes Morrison Lake, Randall Lake and Craig Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Under 10"	2
		Over 10"	1
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Northern Pike	Mercury	Any	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
White Crappie	Mercury	Under 10"	2
		Over 10"	1

St. Joseph River

(upstream of Riley Dam, includes Union Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury, PCBs	Under 24"	4
	PCBs	Over 24"	1 ^{2x}
Catfish	PCBs	Any	4 ^{2x}
Largemouth Bass	Mercury, PFOS	Under 18"	2
	Mercury	Over 18"	1
Smallmouth Bass	Mercury, PFOS	Under 18"	2
	Mercury	Over 18"	1
Walleye	Mercury	Under 20"	2
		Over 20"	1

(Continued on the next page.)

Branch County (continued)

St. Joseph River

(upstream of Mottville Dam to Riley Dam, including Sturgeon Lake, the Sturgis Impoundment, the Three Rivers Impoundment and the Constantine Impoundment)

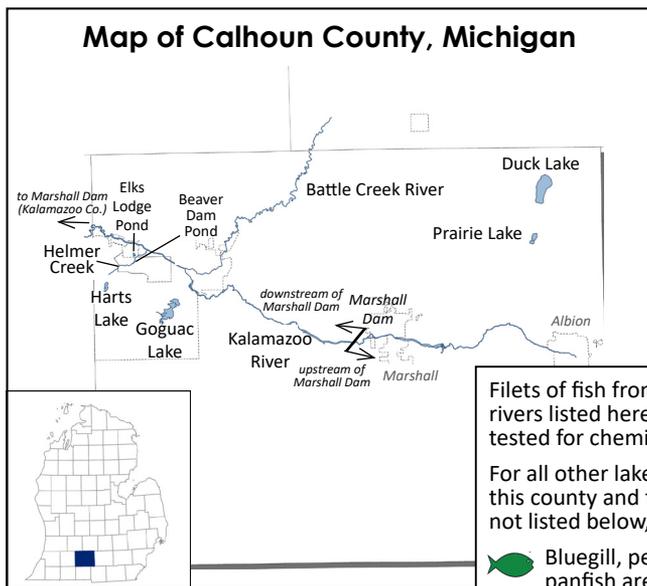
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	4
Carp	Mercury	Any	4
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Northern Pike	Mercury	Under 30"	2
		Over 30"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Sunfish	PFOS	Any	4
Walleye	Mercury, PCBs	Under 20"	2
	Mercury	Over 20"	1

Union Lake

(same guidelines as the St. Joseph River upstream of the Riley Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury, PCBs	Under 24"	4
	PCBs	Over 24"	1 ^{2x}
Catfish	PCBs	Any	4 ^{2x}
Largemouth Bass	Mercury, PFOS	Under 18"	2
	Mercury	Over 18"	1
Smallmouth Bass	Mercury, PFOS	Under 18"	2
	Mercury	Over 18"	1
Walleye	Mercury	Under 20"	2
		Over 20"	1

Calhoun County



Files of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.

 Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Battle Creek River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	PCBs	Under 18"	1 ^{2x}
	Mercury, PCBs	Over 18"	1
Smallmouth Bass	PCBs	Under 18"	1 ^{2x}
	Mercury, PCBs	Over 18"	1

Beaver Dam Pond

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
All Species	PFOS	Any	Do Not Eat [▲]

(Continued on the next page.)

Duck Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	12
Sunfish	Mercury	Any	12
Yellow Perch	Mercury	Any	4

Elks Lodge Pond

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	4
Sunfish	Mercury	Any	4

Goguac Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	4
Largemouth Bass	Mercury, PFOS	Any	2
Smallmouth Bass	Mercury, PFOS	Any	2
Sunfish	PFOS	Any	4

Harts Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	2
Sunfish	Mercury	Any	2

(Continued on the next page.)

Calhoun County (continued)

Helmer Creek

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
All Species	PFOS	Any	Do Not Eat [▲]

Kalamazoo River

(upstream of Marshall Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury, PCBs	Any	4
Largemouth Bass	Mercury, PFOS	Under 18"	4
	Mercury	Over 18"	2
Rock Bass	Mercury	Any	8
Smallmouth Bass	Mercury, PFOS	Under 18"	4
	Mercury	Over 18"	2



Kalamazoo River

(between Marshall Dam and Morrow Dam in Kalamazoo Co.)

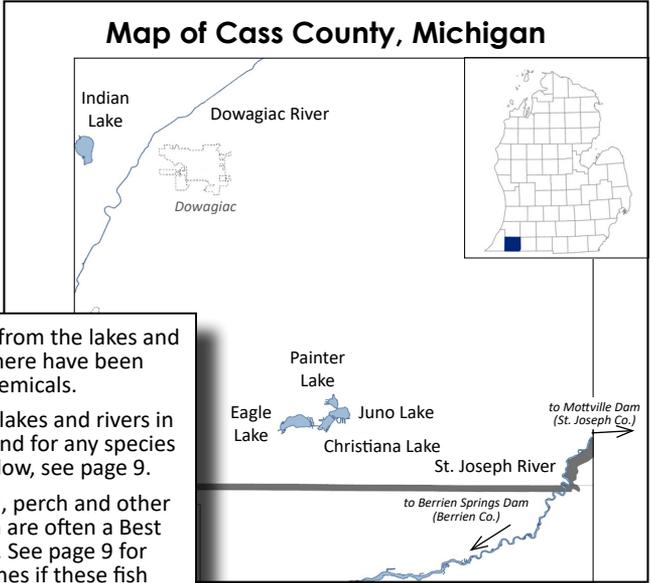
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	4
Carp	Dioxins	Any	6 Per Year ^{2x}
Catfish	Dioxins, PCBs	Any	6 Per Year ^{2x}
Largemouth Bass	PFOS	Any	6 Per Year
Rock Bass	PFOS	Any	1
Smallmouth Bass	PFOS	Any	6 Per Year
Sunfish	PFOS	Any	4

(Continued on the next page.)

Prairie Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Any	1
Smallmouth Bass	Mercury	Any	1

Cass County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.

 Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Christiana Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Any	1

Dowagiac River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1 ^{2x}

Eagle Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

(Continued on the next page.)

Juno Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Any	1

Painter Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Any	1

Indian Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	16
Walleye	Mercury	Under 22"	2
		Over 22"	1

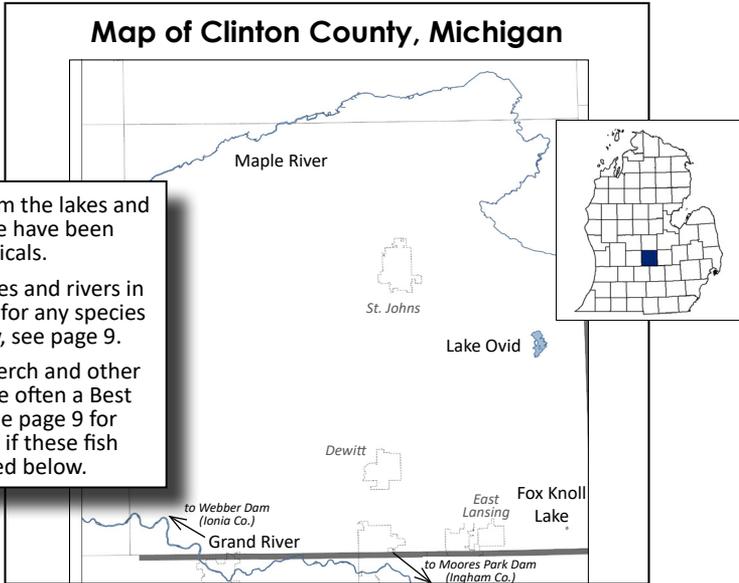
St. Joseph River

(between Mottville Dam in St. Joseph Co. and Berrien Springs Dam in Berrien Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	1
Carp	PCBs	Any	6 Per Year ^{2x}
Largemouth Bass	PCBs, PFOS	Under 18"	1
	Mercury, PCBs, PFOS	Over 18"	1
Smallmouth Bass	PCBs, PFOS	Under 18"	1
	Mercury, PCBs, PFOS	Over 18"	1
Sunfish	PFOS	Any	1

Clinton County

Map of Clinton County, Michigan



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.



Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Fox Knoll Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	4
Sunfish	Mercury	Any	4

Grand River

(between Moors Park Dam in Ingham Co. and Webber Dam in Ionia Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	Do Not Eat [▲]
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	PFOS	Under 18"	1
	Mercury, PFOS	Over 18"	1
Rock Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	PFOS	Under 18"	1
	Mercury, PFOS	Over 18"	1
Sunfish	PFOS	Any	Do Not Eat [▲]

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Lake Ovid

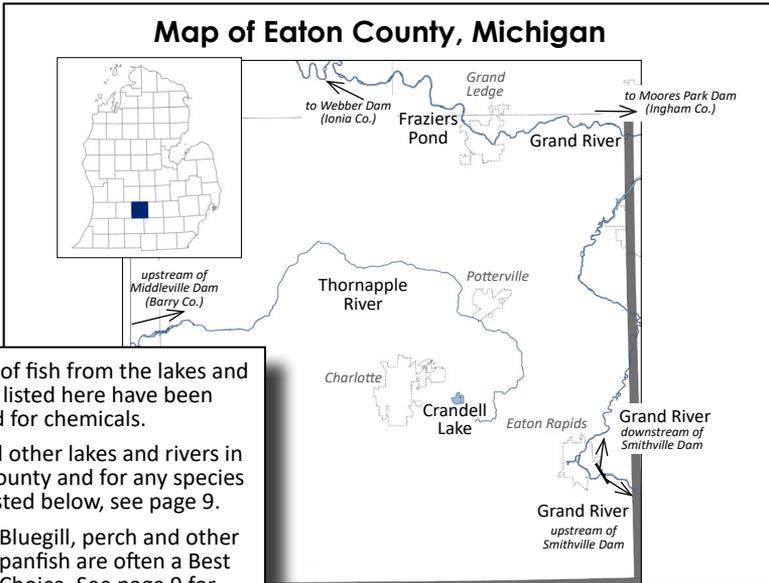


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	Mercury	Any	8
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

Maple River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	2

Eaton County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.

 Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Crandell Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Any	6 Per Year
Smallmouth Bass	Mercury	Any	6 Per Year

Fraziers Pond

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury, PFOS	Any	2
Sunfish	Mercury, PFOS	Any	2

(Continued on the next page.)

Grand River

(upstream of Smithville Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	2
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	PFOS	Under 18"	1
	Mercury, PFOS	Over 18"	1
Rock Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	PFOS	Under 18"	1
	Mercury, PFOS	Over 18"	1
Suckers	PCBs	Any	1 ^{2x}
Sunfish	PFOS	Any	2
Walleye	PCBs	Under 20"	1 ^{2x}
	Mercury, PCBs	Over 20"	1

Grand River

(between Smithville Dam and Moores Park Dam in Ingham Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	2
Carp	PCBs	Any	1 ^{2x}
Catfish	PCBs	Any	1 ^{2x}
Largemouth Bass	Mercury, PFOS	Under 18"	1
	Mercury	Over 18"	6 Per Year
Northern Pike	Mercury, PCBs	Under 30"	1
		Over 30"	6 Per Year

(Continued on the next page.)

Grand River

(between Smithville Dam and Moores Park Dam in Ingham Co., continued from page 45)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Smallmouth Bass	Mercury, PFOS	Under 18"	1
	Mercury	Over 18"	6 Per Year
Sunfish	PFOS	Any	2
Walleye	Mercury	Any	1

Grand River

(between Moores Park Dam in Ingham Co. and Webber Dam in Ionia Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	Do Not Eat [▲]
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	Mercury	Under 18"	1
	Mercury, PFOS	Over 18"	1
Rock Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	Mercury	Under 18"	1
	Mercury, PFOS	Over 18"	1
Sunfish	PFOS	Any	Do Not Eat [▲]

Thornapple River

(upstream of Middleville Dam in Barry Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	2
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Northern Pike	Mercury	Under 26"	2
		Over 26"	1

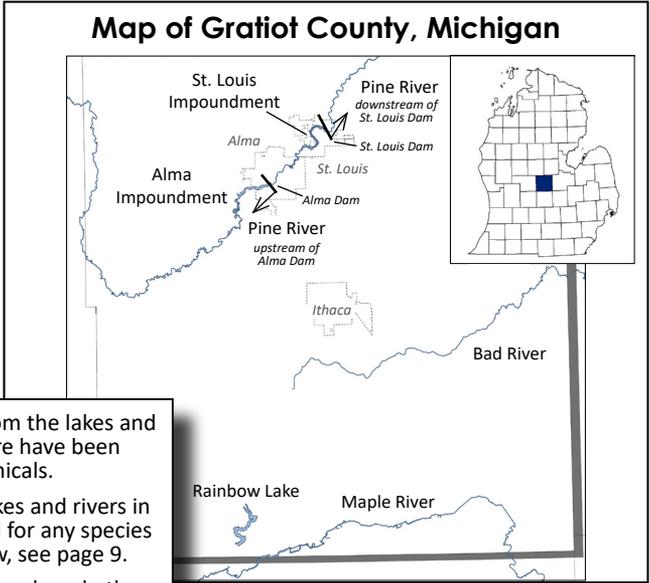
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Thornapple River

(upstream of Middleville Dam in Barry Co., continued from page 46)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Suckers	Mercury	Any	4
Sunfish	PFOS	Any	2

Gratiot County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.



Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Bad River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Catfish	PCBs	Under 18"	1 ^{2x}
		Over 18"	6 Per Year ^{2x}
Northern Pike	Mercury, PCBs	Any	2

Maple River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	2

(Continued on the next page.)

Gratiot County (continued)

Pine River

(upstream of Alma Dam, including the Alma Impoundment)



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	8
Carp	PCBs	Any	6 Per Year ^{2x}
Catfish	Mercury	Under 26"	4
		Over 26"	2
Largemouth Bass	Mercury	Under 17"	2
		Over 17"	1
Rock Bass	Mercury	Under 10"	4
		Over 10"	2
Smallmouth Bass	Mercury	Under 17"	2
		Over 17"	1
Suckers	Mercury	Any	4
Sunfish	Mercury	Any	8



Pine River

(between Alma Dam and St. Louis Dam, including the St. Louis Impoundment)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	DDT	Any	Do Not Eat [▲]
Bluegill	DDT	Any	Do Not Eat [▲]
Carp	Dioxins	Any	Do Not Eat [▲]
Catfish	Dioxins	Any	Do Not Eat [▲]
Largemouth Bass	DDT	Any	Do Not Eat [▲]
Northern Pike	DDT	Any	Do Not Eat [▲]
Rock Bass	DDT	Any	Do Not Eat [▲]
Smallmouth Bass	DDT	Any	Do Not Eat [▲]
Suckers	DDT	Any	Do Not Eat [▲]
Sunfish	DDT	Any	Do Not Eat [▲]

(Continued on the next page.)

Pine River

(between Alma Dam and St. Louis Dam, continued from page 49)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
White Crappie	DDT	Any	Do Not Eat [▲]
All Other Species	DDT	Any	Do Not Eat [▲]

Pine River

(downstream of St. Louis Dam to the Chippewa River)

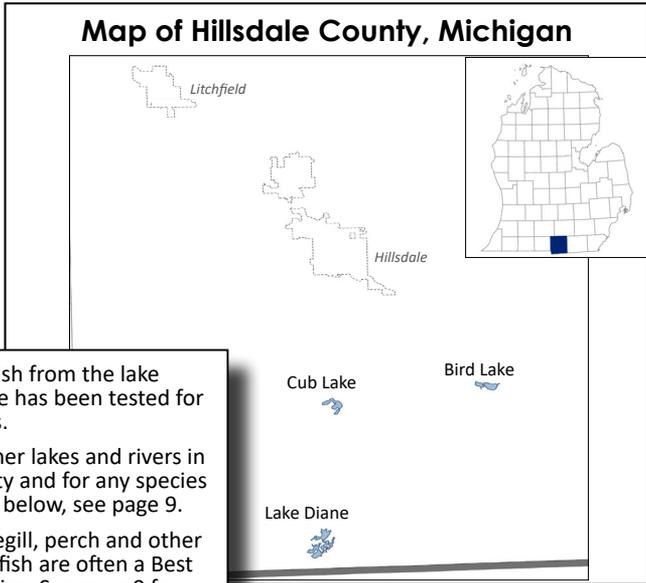
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	DDT	Any	Do Not Eat [▲]
Catfish	DDT	Any	Do Not Eat [▲]
Largemouth Bass	DDT	Any	Do Not Eat [▲]
Rock Bass	DDT	Any	Do Not Eat [▲]
Smallmouth Bass	DDT	Any	Do Not Eat [▲]
Suckers	DDT	Any	Do Not Eat [▲]
All Other Species	DDT	Any	Do Not Eat [▲]

Rainbow Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	12
Sunfish	PFOS	Any	12

Hillsdale County



Filets of fish from the lake listed here has been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.

 Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Bird Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	4
Sunfish	Mercury	Any	4
Yellow Perch	Mercury	Any	4

Cub Lake

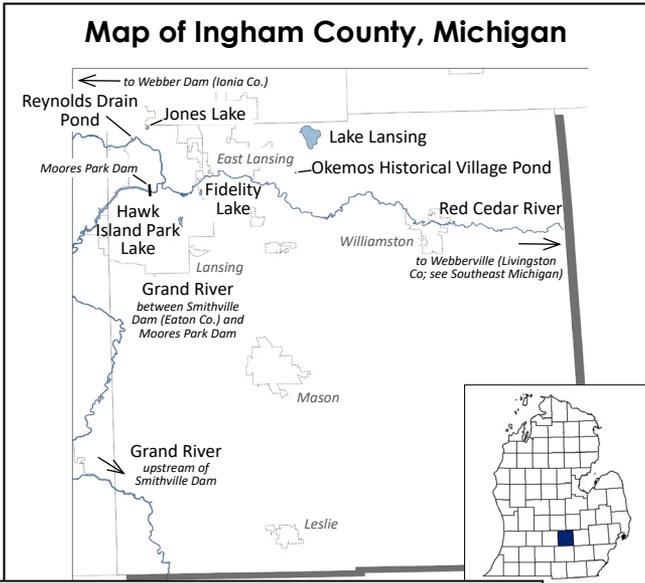


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Yellow Perch	Mercury	Any	12

Lake Diane

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Catfish	Mercury	Any	4

Ingham County



Files of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.

 Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Fidelity Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PFOS	Any	2
Bluegill	PFOS	Any	2
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Sunfish	PFOS	Any	2
White Crappie	PFOS	Any	2

(Continued on the next page.)

Grand River

(upstream of Smithville Dam in Eaton Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	2
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	PFOS	Under 18"	1
	Mercury, PFOS	Over 18"	1
Rock Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	PFOS	Under 18"	1
	Mercury, PFOS	Over 18"	1
Suckers	PCBs	Any	1 ^{2x}
Sunfish	PFOS	Any	2
Walleye	PCBs	Under 20"	1 ^{2x}
	Mercury, PCBs	Over 20"	1

Grand River

(between Smithville Dam in Eaton Co. and Moores Park Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	2
Carp	PCBs	Any	1 ^{2x}
Catfish	PCBs	Any	1 ^{2x}
Largemouth Bass	Mercury, PFOS	Under 18"	1
	Mercury	Over 18"	6 Per Year
Northern Pike	Mercury, PCBs	Under 30"	1
		Over 30"	6 Per Year
Smallmouth Bass	Mercury, PFOS	Under 18"	1
	Mercury	Over 18"	6 Per Year
Sunfish	PFOS	Any	2
Walleye	Mercury	Any	1

(Continued on the next page.)

Ingham County (continued)

Grand River

(between Moores Park Dam in Ingham Co. and Webber Dam in Ionia Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	Do Not Eat [▲]
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	Mercury	Under 18"	1
	Mercury, PFOS	Over 18"	1
Rock Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	Mercury	Under 18"	1
	Mercury, PFOS	Over 18"	1
Sunfish	PFOS	Any	Do Not Eat [▲]

Hawk Island Park Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PFOS	Any	1
Bluegill	PFOS	Any	2
Sunfish	PFOS	Any	2
White Crappie	PFOS	Any	1

Jones Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	Do Not Eat [▲]
Sunfish	PFOS	Any	Do Not Eat [▲]

(Continued on the next page.)

Lake Lansing

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Under 9"	4
		Over 9"	2
Bluegill	PFOS	Any	Do Not Eat [▲]
Largemouth Bass	PFOS	Under 18"	1
	Mercury, PFOS	Over 18"	1
Smallmouth Bass	PFOS	Under 18"	1
	Mercury, PFOS	Over 18"	1
Sunfish	PFOS	Any	Do Not Eat [▲]
White Crappie	Mercury	Under 9"	4
		Over 9"	2

Okemos Historical Village Pond

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PFOS	Any	Do Not Eat [▲]
White Crappie	PFOS	Any	Do Not Eat [▲]

Red Cedar River

(between East Lansing and Webberville in Livingston Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	Mercury, PCBs	Under 18"	2
	Mercury	Over 18"	1
Northern Pike	Mercury, PCBs	Under 30"	4
	Mercury	Over 30"	2

(Continued on the next page.)

Red Cedar River

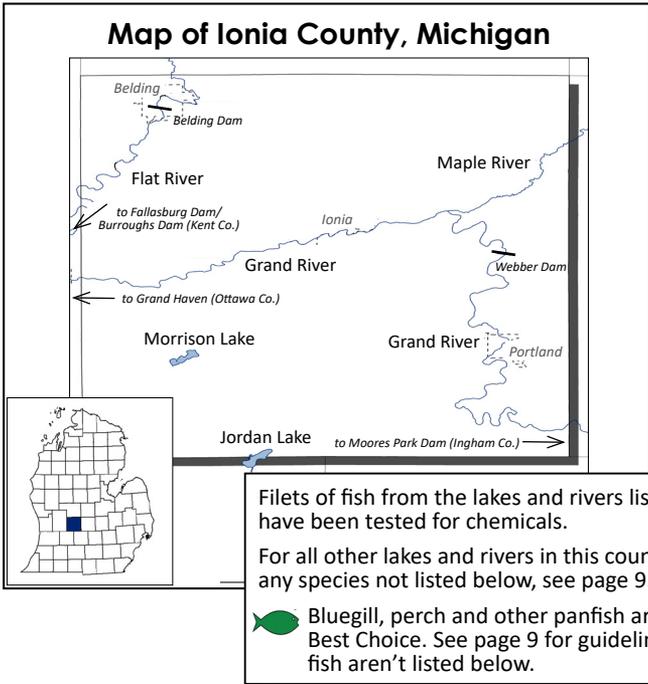
(between East Lansing and Webberville in Livingston Co., continued from page 55)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Any	4
Smallmouth Bass	Mercury, PCBs	Under 18"	2
	Mercury	Over 18"	1

Reynolds Drain Pond

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	Do Not Eat [▲]
Sunfish	PFOS	Any	Do Not Eat [▲]

Ionia County



Flat River

(between Belding Dam and Fallsburg Dam/Burroughs Dam in Kent Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	1
Carp	PCBs	Any	1
Rock Bass	PFOS	Any	Do Not Eat [▲]
Suckers	PCBs	Any	2 ^{2x}
Sunfish	PFOS	Any	1

(Continued on the next page.)

Ionia County (continued)

Grand River

(between Moores Park Dam in Ingham Co. and Webber Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	Do Not Eat [▲]
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	Mercury	Under 18"	1
	Mercury, PFOS	Over 18"	1
Rock Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	Mercury	Under 18"	1
	Mercury, PFOS	Over 18"	1
Sunfish	PFOS	Any	Do Not Eat [▲]

Grand River

(between Webber Dam and Grand Haven in Ottawa Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	1
Carp	PFOS	Any	Do Not Eat [▲]
Catfish	PCBs	Any	1 ^{2x}
Largemouth Bass	PFOS	Any	6 Per Year
Northern Pike	PCBs	Under 30"	2 ^{2x}
	Mercury, PCBs	Over 30"	2
Rock Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	PFOS	Any	6 Per Year
Suckers	PCBs	Any	1 ^{2x}
Sunfish	PFOS	Any	1
Walleye	PCBs	Any	6 Per Year ^{2x}

(Continued on the next page.)

Jordan Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1 ^{2x}
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

Maple River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	2

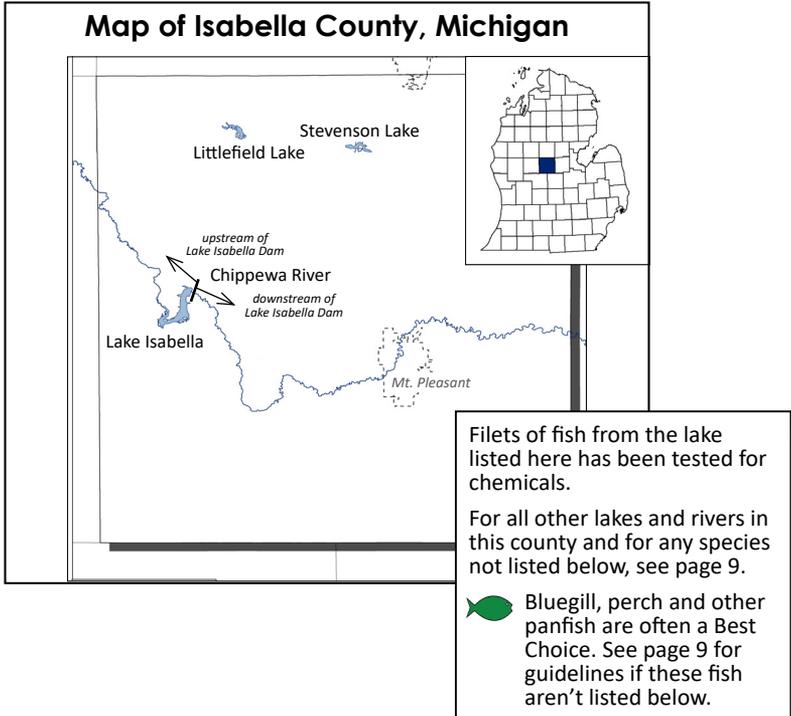
Morrison Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	16
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Suckers	PCBs	Any	12 ^{2x}
Walleye	Mercury	Any	4



Isabella County



Chippewa River

(upstream of Lake Isabella Dam, including Lake Isabella)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Under 8"	4
		Over 8"	2
Suckers	Mercury	Under 13"	4
		Over 13"	2

(Continued on the next page.)

Chippewa River

(downstream of Lake Isabella Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Dioxins, PCBs	Any	Limited [▲]
Rock Bass	Mercury, PFOS	Under 8"	4
	Mercury	Over 8"	2
Suckers	Mercury	Under 13"	4
		Over 13"	2

Littlefield Lake

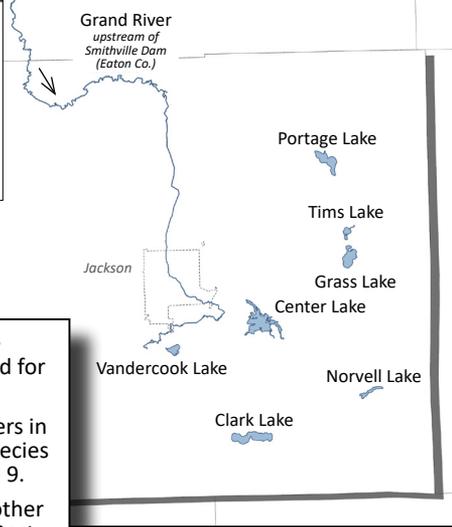
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Stevenson Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	Mercury	Any	2
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Jackson County

Map of Jackson County, Michigan



Filets of fish from the lake listed here has been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.

 Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Center Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Any	1

Clark Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Any	4
Rock Bass	Mercury	Any	4
White Crappie	Mercury	Any	4

(Continued on the next page.)

Grand River

(upstream of Smithville Dam in Eaton Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	2
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	PFOS	Under 18"	1
	Mercury, PFOS	Over 18"	1
Rock Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	PFOS	Under 18"	1
	Mercury, PFOS	Over 18"	1
Suckers	PCBs	Any	1 ^{2x}
Sunfish	PFOS	Any	2
Walleye	PCBs	Under 20"	1 ^{2x}
	Mercury, PCBs	Over 20"	1

Grass Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	1
Rock Bass	PFOS	Any	Do Not Eat [▲]
Sunfish	PFOS	Any	1

Norvell Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury, PCBs	Under 22"	4
	PCBs	Over 22"	2 ^{2x}

(Continued on the next page.)

Portage Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Under 10"	4
		Over 10"	2
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year
White Crappie	Mercury	Under 10"	4
		Over 10"	2

Tims Lake

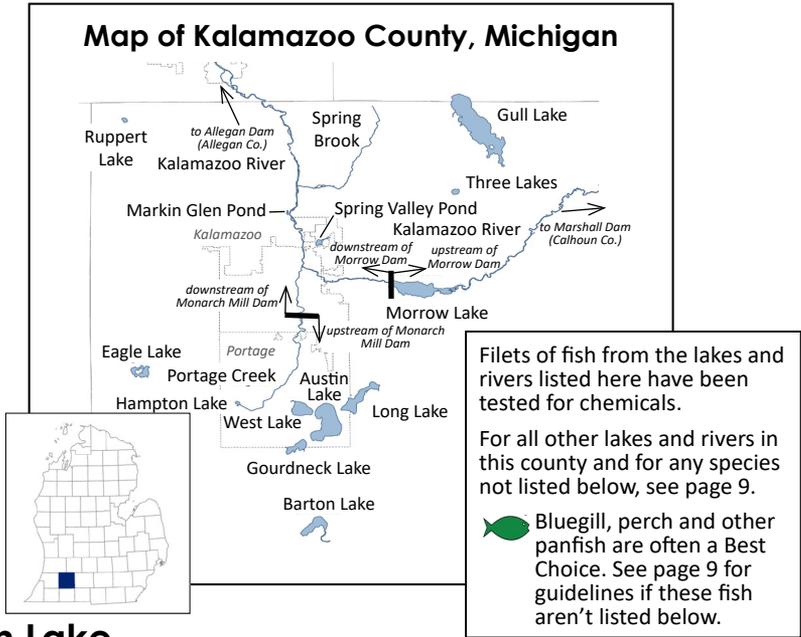
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PFOS	Any	1
Bluegill	PFOS	Any	2
Largemouth Bass	Mercury, PFOS	Under 18"	1
	Mercury	Over 18"	6 Per Year
Smallmouth Bass	Mercury, PFOS	Under 18"	1
	Mercury	Over 18"	6 Per Year
Sunfish	PFOS	Any	2
White Crappie	PFOS	Any	1

(Continued on the next page.)

Vandercook Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury, PFOS	Any	4
Carp	Mercury	Any	2
Sunfish	Mercury, PFOS	Any	4
Yellow Perch	PFOS	Any	4

Kalamazoo County



Austin Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	1
Bullhead	Mercury	Under 10"	8
		Over 10"	4
Carp	Mercury, PCBs	Under 30"	16
	PCBs	30 to 34"	8 ^{2x}
	PCBs	Over 34"	2 ^{2x}
Largemouth Bass	PFOS	Under 18"	1
	Mercury, PFOS	Over 18"	1
Smallmouth Bass	PFOS	Under 18"	1
	Mercury, PFOS	Over 18"	1
Sunfish	PFOS	Any	1

(Continued on the next page.)

Kalamazoo County (continued)

Barton Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1 ^{2x}
Northern Pike	Mercury	Any	6 Per Year

Eagle Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

Gourdneck Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Any	1

Gull Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
 Bluegill	Mercury	Any	8
Largemouth Bass	Mercury	Any	1
Northern Pike	Mercury	Any	1
 Rock Bass	Mercury	Any	8
Smallmouth Bass	Mercury	Any	1
Smelt	PFOS	Any	2
 Sunfish	Mercury	Any	8

(Continued on the next page.)

Kalamazoo County (continued)

Kalamazoo River

(downstream of Morrow Dam to Allegan Dam in Allegan Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PCBs	Any	Do Not Eat [▲]
Bluegill	PCBs, PFOS	Any	Do Not Eat [▲]
Carp	PCBs	Any	Do Not Eat [▲]
Catfish	PCBs	Any	Do Not Eat [▲]
Largemouth Bass	PCBs, PFOS	Any	Do Not Eat [▲]
Northern Pike	PCBs	Any	Do Not Eat [▲]
Rock Bass	PCBs	Any	Do Not Eat [▲]
Smallmouth Bass	PCBs, PFOS	Any	Do Not Eat [▲]
Suckers	PCBs	Any	Do Not Eat [▲]
Sunfish	PCBs, PFOS	Any	Do Not Eat [▲]
Walleye	PCBs	Any	Do Not Eat [▲]
White Crappie	PCBs	Any	Do Not Eat [▲]
All Other Species	PCBs	Any	Do Not Eat [▲]

Kalamazoo River

(upstream of Morrow Dam to Marshall Dam in Calhoun Co., includes Morrow Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	1
Carp	Dioxins	Any	6 Per Year ^{2x}
Catfish	Dioxins, PCBs	Any	6 Per Year ^{2x}
Largemouth Bass	PFOS	Any	6 Per Year
Rock Bass	PFOS	Any	1
Smallmouth Bass	PFOS	Any	6 Per Year
Sunfish	PFOS	Any	1

(Continued on the next page.)

Kalamazoo County (continued)

Long Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Any	2
Bullhead	None	Any	16 ^{2x}
White Crappie	Mercury	Any	2

Markin Glen Pond

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	1
Sunfish	PFOS	Any	1

Morrow Lake

(same guidelines as the Kalamazoo River on page 68 - between Marshall Dam and Morrow Dam in Calhoun Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	1
Carp	Dioxins	Any	6 Per Year ^{2x}
Catfish	Dioxins, PCBs	Any	6 Per Year ^{2x}
Largemouth Bass	PFOS	Any	6 Per Year
Rock Bass	PFOS	Any	1
Smallmouth Bass	PFOS	Any	6 Per Year
Sunfish	PFOS	Any	1

(Continued on the next page.)

Kalamazoo County (continued)

Portage Creek

(downstream of Monarch Mill Dam, including Bryant Millpond)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Suckers	PCBs	Any	6 Per Year ^{2x}
All Other Species	PCBs	Any	Do Not Eat [▲]

Portage Creek

(upstream of Monarch Mill Dam, including Monarch Millpond and Hampton Lake)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1 ^{2x}

Ruppert Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Spring Brook

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brown Trout	PFOS	Any	Do Not Eat [▲]

(Continued on the next page.)

Kalamazoo County (continued)

Spring Valley Pond

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	4
Largemouth Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	PFOS	Any	Do Not Eat [▲]
Sunfish	PFOS	Any	4

Three Lakes

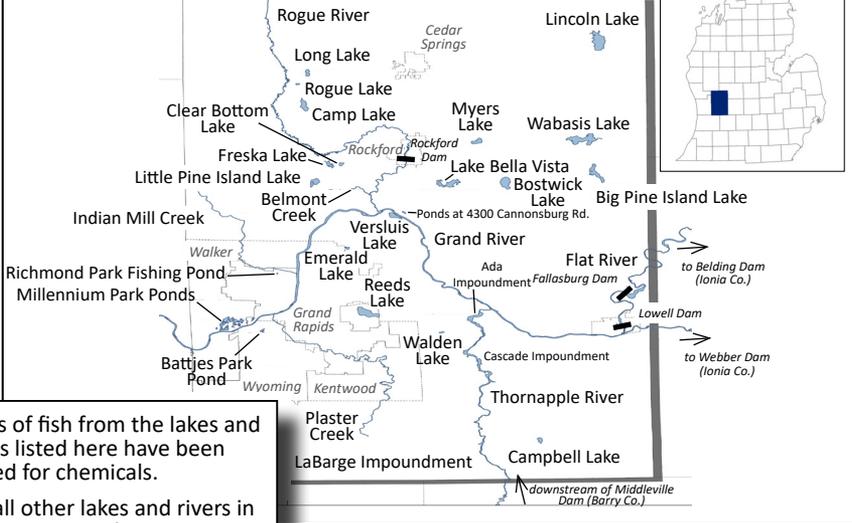
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	2
Largemouth Bass	Mercury	Any	1
Smallmouth Bass	Mercury	Any	1
Sunfish	Mercury	Any	2

West Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	Do Not Eat [▲]
Largemouth Bass	PFOS	Any	1
Smallmouth Bass	PFOS	Any	1
Sunfish	PFOS	Any	Do Not Eat [▲]

Kent County

Map of Kent County, Michigan



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.

 Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Battjes Park Pond

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PFOS	Any	Do Not Eat [▲]
Bluegill	PFOS	Any	Do Not Eat [▲]
Carp	PFOS	Any	Do Not Eat [▲]
Largemouth Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	PFOS	Any	Do Not Eat [▲]
Sunfish	PFOS	Any	Do Not Eat [▲]
White Crappie	PFOS	Any	Do Not Eat [▲]
All Other Species	PFOS	Any	Do Not Eat [▲]

(Continued on the next page.)

Belmont Creek



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brook Trout	PFOS	Under 9"	8
	Mercury, PFOS	Over 9"	8

Big Pine Island Lake

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

Bostwick Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	12
Largemouth Bass	Mercury, PFOS	Under 18"	2
	Mercury	Over 18"	1
Smallmouth Bass	Mercury, PFOS	Under 18"	2
	Mercury	Over 18"	1
Sunfish	Mercury	Any	12



(Continued on the next page.)

Camp Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	DDT, Mercury, PCBs	Any	8
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

Campbell Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Clear Bottom Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	8
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Sunfish	PFOS	Any	8

(Continued on the next page.)

Emerald Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Yellow Perch	PFOS	Any	4

Flat River

(between Belding Dam in Ionia Co. and Fallasburg Dam/Burroughs Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	1
Carp	PCBs	Any	1
Rock Bass	PFOS	Any	Do Not Eat [▲]
Suckers	PCBs	Any	2 ^{2x}
Sunfish	PFOS	Any	1

Flat River

(between Fallasburg Dam/Burroughs Dam and Lowell Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	1
Carp	PCBs	Any	1 ^{2x}
Largemouth Bass	Mercury, PFOS	Under 18"	2
	Mercury	Over 18"	1
Rock Bass	PFOS	Any	6 Per Year
Smallmouth Bass	Mercury, PFOS	Under 18"	2
	Mercury	Over 18"	1
Suckers	Mercury	Any	8
Sunfish	PFOS	Any	1

(Continued on the next page.)



Freska Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	Do Not Eat [▲]
Largemouth Bass	PFOS	Under 18"	1
	Mercury, PFOS	Over 18"	1
Smallmouth Bass	PFOS	Under 18"	1
	Mercury, PFOS	Over 18"	1
Sunfish	PFOS	Any	Do Not Eat [▲]

Grand River

(between Webber Dam in Ionia Co. and Grand Haven in Ottawa Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	1
Carp	PFOS	Any	Do Not Eat [▲]
Catfish	PCBs	Any	1 ^{2x}
Largemouth Bass	PFOS	Any	6 Per Year
Northern Pike	PCBs	Under 30"	2 ^{2x}
	Mercury, PCBs	Over 30"	2
Rock Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	PFOS	Any	6 Per Year
Suckers	PCBs	Any	1 ^{2x}
Sunfish	PFOS	Any	1
Walleye	PCBs	Any	6 Per Year ^{2x}

Indian Mill Creek

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brown Trout	PFOS	Any	Do Not Eat [▲]
Rainbow Trout	PFOS	Any	Do Not Eat [▲]

(Continued on the next page.)

Lake Bella Vista



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Yellow Perch	Mercury	Any	16

Lincoln Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury, PFOS	Any	4
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Rock Bass	Mercury	Any	4
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Sunfish	Mercury, PFOS	Any	4
Walleye	Mercury	Under 18"	1
		Over 18"	6 Per Year

Little Pine Island Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PFOS	Any	2
Bluegill	PFOS	Any	2
Sunfish	PFOS	Any	2
White Crappie	PFOS	Any	2

Long Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

(Continued on the next page.)

Millenium Park Ponds

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	6 Per Year
Sunfish	PFOS	Any	6 Per Year

Myers Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	PFOS	Any	2
Bluegill	PFOS	Any	4
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Sunfish	PFOS	Any	4
White Crappie	PFOS	Any	2

Plaster Creek

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	PFOS	Any	Do Not Eat [▲]

Ponds at 4300 Cannonsburg Rd., Belmont

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
All Species	PFOS	Any	Do Not Eat [▲]

(Continued on the next page.)

Reeds Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	DDT, Mercury, PCBs	Under 18"	2
		Over 18"	1
Northern Pike	Mercury	Under 30"	2
	Mercury, PCBs	Over 30"	1
Smallmouth Bass	DDT, Mercury, PCBs	Under 18"	2
		Over 18"	1
Walleye	DDT, Mercury, PCBs	Under 26"	1
	DDT, PCBs	Over 26"	1 ^{2x}

Richmond Park Fishing Pond

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	4
Sunfish	PFOS	Any	4

Rogue Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	2
Sunfish	PFOS	Any	2

(Continued on the next page.)

Rogue River

(upstream of Rockford Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brown Trout	PFOS	Any	Do Not Eat [▲]
Largemouth Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	PFOS	Any	Do Not Eat [▲]
Suckers	PFOS	Any	6 Per Year

Rogue River

(downstream of Rockford Dam)



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brown Trout	PFOS	Any	Do Not Eat [▲]
Crayfish	Mercury, PFOS	Any	8
Rock Bass	PFOS	Any	6 Per Year

Thornapple River

(downstream of Middleville Dam in Barry County, includes the Ada Impoundment, the Cascade Impoundment and the LaBarge Impoundments)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	2
Carp	Mercury, PCBs	Any	2
Largemouth Bass	Mercury, PFOS	Under 18"	2
	Mercury	Over 18"	1
Rock Bass	Mercury, PFOS	Any	4
Smallmouth Bass	Mercury, PFOS	Under 18"	2
	Mercury	Over 18"	1
Sunfish	PFOS	Any	2

(Continued on the next page.)

Versluis Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	6 Per Year
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Northern Pike	Mercury	Under 30"	2
		Over 30"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Sunfish	PFOS	Any	6 Per Year
Walleye	Mercury	Under 20"	2
		Over 20"	1

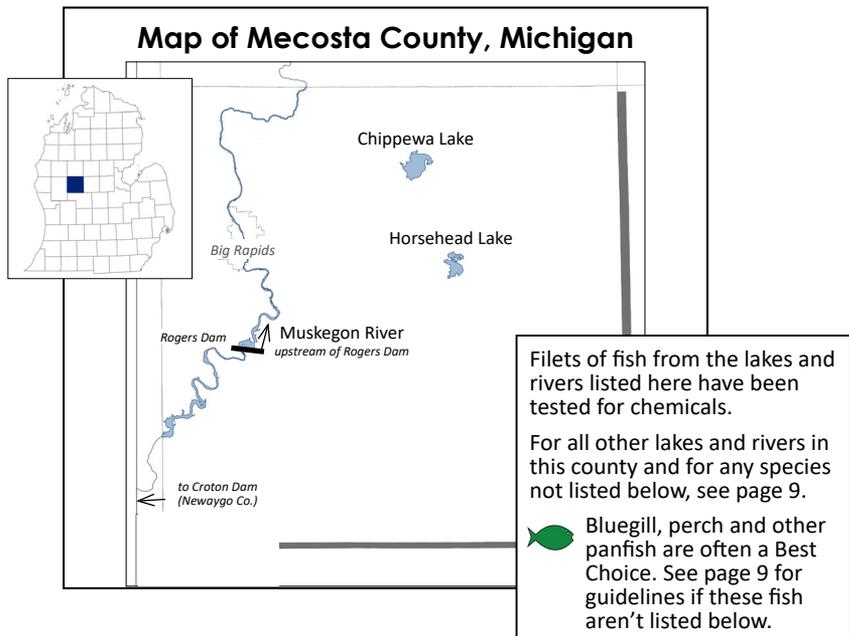
Wabasis Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Walden Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
All Species	PFOS	Any	Do Not Eat [▲]

Mecosta County



Chippewa Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	16
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Sunfish	Mercury	Any	16

Horsehead Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

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Muskegon River

(upstream from Croton Dam in Newaygo Co. to Rogers Dam)

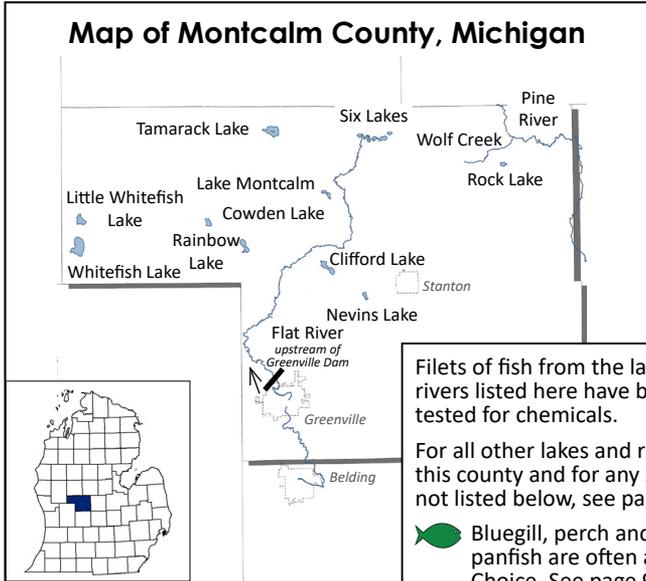
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year
Rock Bass	Mercury	Under 9"	4
		Over 9"	2
Suckers	Mercury, PCBs	Under 18"	4
	Mercury	Over 18"	2
Walleye	Mercury	Any	1
Yellow Perch	Mercury	Any	4

Muskegon River

(upstream of Rogers Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	4
Carp	Mercury	Any	2
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Sunfish	PFOS	Any	4

Montcalm County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.

 Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Clifford Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Cowden Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	16
Sunfish	Mercury	Any	16

(Continued on the next page.)

Montcalm County (continued)

Flat River

(upstream of Greenville Dam)



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Any	4
Suckers	Mercury	Under 12"	12
		Over 12"	8

Lake Montcalm

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Any	1
Smallmouth Bass	Mercury	Any	1

Little Whitefish Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Nevins Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

(Continued on the next page.)

Montcalm County (continued)

Pine River

(upstream of Alma Dam, including the Alma Impoundment)



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	8
Carp	PCBs	Any	6 Per Year ^{2x}
Catfish	Mercury	Under 26"	4
		Over 26"	2
Largemouth Bass	Mercury	Under 17"	2
		Over 17"	1
Rock Bass	Mercury	Under 10"	4
		Over 10"	2
Smallmouth Bass	Mercury	Under 17"	2
		Over 17"	1
Suckers	Mercury	Any	4
Sunfish	Mercury	Any	8



Rainbow Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 32"	6 Per Year
		Over 32"	Do Not Eat [▲]

Rock Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Walleye	Mercury	Under 20"	2
		Over 20"	1

(Continued on the next page.)

Montcalm County (continued)

Six Lakes

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year

Tamarack Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury, PFOS	Any	12
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Sunfish	Mercury, PFOS	Any	12



Whitefish Lake

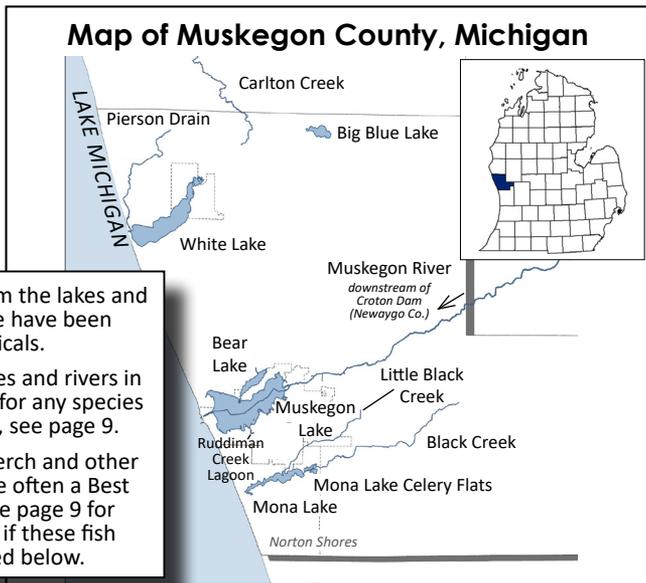
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	4
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Rock Bass	Mercury	Any	4
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Sunfish	PFOS	Any	4

Wolf Creek



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Rock Bass	Mercury	Any	2
Suckers	Mercury	Any	8

Muskegon County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.



Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Bear Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	4
Carp	PCBs	Any	Do Not Eat [▲]
Lake Herring	PCBs	Any	6 Per Year ^{2x}
Largemouth Bass	PFOS	Any	1
Northern Pike	Mercury, PCBs	Any	2
Rock Bass	Mercury, PFOS	Any	4
Smallmouth Bass	PFOS	Any	1
Sunfish	PFOS	Any	4
Walleye	Mercury	Under 18"	4
	PCBs	18" to 22"	6 Per Year ^{2x}
		Over 22"	Limited [▲]
Yellow Perch	PFOS	Any	1
All Other Species	PCBs	Any	6 Per Year ^{2x}

(Continued on the next page.)

Muskegon County (continued)

Big Blue Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 16"	2
		Over 16"	1
Smallmouth Bass	Mercury	Under 16"	2
		Over 16"	1

Black Creek

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Creek Chub	PCBs, PFOS	Any	6 Per Year
Largemouth Bass	PCBs	Any	1 ^{2x}
Smallmouth Bass	PCBs	Any	1 ^{2x}
Suckers	PCBs	Any	6 Per Year ^{2x}
Walleye	PCBs	Under 20"	1 ^{2x}
		Over 20"	6 Per Year ^{2x}
Yellow Perch	PFOS	Any	6 Per Year
All Other Species	PCBs	Any	6 Per Year ^{2x}

Carlton Creek

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brook Trout	PFOS	Any	6 Per Year

Little Black Creek

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Creek Chub	PCBs, PFOS	Any	6 Per Year
Largemouth Bass	PCBs	Any	1 ^{2x}

(Continued on the next page.)

Muskegon County (continued)

Little Black Creek

(continued from page 89)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Smallmouth Bass	PCBs	Any	1 ^{2x}
Suckers	PCBs	Any	6 Per Year ^{2x}
Walleye	PCBs	Under 20"	1 ^{2x}
		Over 20"	6 Per Year ^{2x}
Yellow Perch	PFOS	Any	6 Per Year ^{2x}
All Other Species	PCBs	Any	6 Per Year ^{2x}

Mona Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Creek Chub	PCBs, PFOS	Any	6 Per Year
Largemouth Bass	PCBs	Any	1 ^{2x}
Smallmouth Bass	PCBs	Any	1 ^{2x}
Suckers	PCBs	Any	6 Per Year ^{2x}
Walleye	PCBs	Under 20"	1 ^{2x}
		Over 20"	6 Per Year ^{2x}
Yellow Perch	PFOS	Any	6 Per Year
All Other Species	PCBs	Any	6 Per Year ^{2x}

Mona Lake Celery Flats

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Creek Chub	PCBs, PFOS	Any	6 Per Year
Largemouth Bass	PCBs	Any	1 ^{2x}
Smallmouth Bass	PCBs	Any	1 ^{2x}
Suckers	PCBs	Any	6 Per Year ^{2x}

(Continued on the next page.)

Muskegon County (continued)

Mona Lake Celery Flats

(continued from page 90)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Walleye	PCBs	Under 20"	1 ^{2x}
		Over 20"	6 Per Year ^{2x}
Yellow Perch	PFOS	Any	6 Per Year
All Other Species	PCBs	Any	6 Per Year ^{2x}

Muskegon Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	4
Carp	PCBs	Any	Do Not Eat [▲]
Lake Herring	PCBs	Any	6 Per Year ^{2x}
Largemouth Bass	PFOS	Any	1
Northern Pike	Mercury, PCBs	Any	2
Rock Bass	Mercury, PFOS	Any	4
Smallmouth Bass	PFOS	Any	1
Sunfish	PFOS	Any	4
Walleye	Mercury	Under 18"	4
	PCBs	18" to 22"	6 Per Year ^{2x}
		Over 22"	Limited [▲]
Yellow Perch	PFOS	Any	1
All Other Species	PCBs	Any	6 Per Year ^{2x}

Muskegon River

(downstream from Croton Dam in Newaygo Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	Mercury	Any	2
Walleye	PCBs	Any	6 Per Year ^{2x}

(Continued on the next page.)

Muskegon County (continued)

Pierson Drain

(including Sadony Bayou)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	Do Not Eat [▲]
Sunfish	PFOS	Any	Do Not Eat [▲]

Ruddiman Creek Lagoon

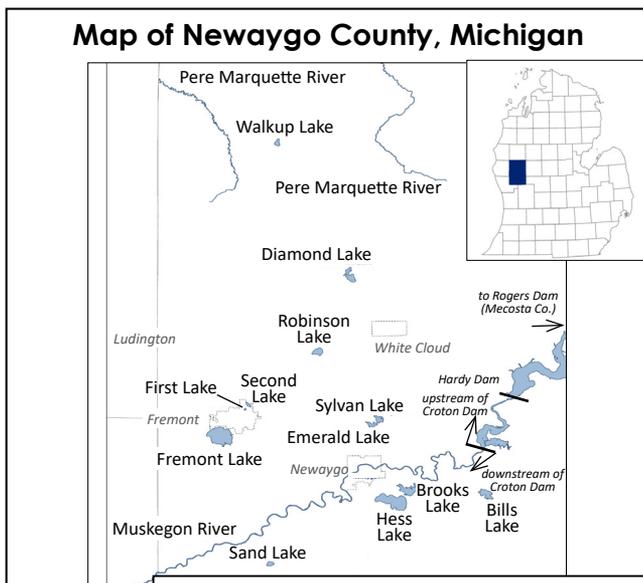
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Do Not Eat [▲]
Largemouth Bass	PCBs	Any	1 ^{2x}
Smallmouth Bass	PCBs	Any	1 ^{2x}
All Other Species	PCBs	Any	6 Per Year ^{2x}

White Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Northern Pike	Mercury, PCBs	Any	2
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Suckers	Mercury	Any	2
Walleye	PCBs	Any	6 Per Year ^{2x}

See which fish are safe to eat from Lake Michigan on Page 16.

Newaygo County



Files of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.

 Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Bills Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
 Bluegill	Mercury	Any	8
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
 Sunfish	Mercury	Any	8

(Continued on the next page.)

Newaygo County (continued)

Brooks Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Any	4
White Crappie	Mercury	Any	4

Diamond Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

Emerald Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 26"	2
		Over 26"	1

First Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	2
Sunfish	PFOS	Any	2

Fremont Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	1 ^{2x}
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

(Continued on the next page.)

Newaygo County (continued)

Hess Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	2 ^{2x}
Largemouth Bass	Mercury	Under 18"	4
		18" to 20"	2
		Over 20"	1
Smallmouth Bass	Mercury	Under 18"	4
		18" to 20"	2
		Over 20"	1

Muskegon River

(downstream from Croton Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	Mercury	Any	2
Walleye	PCBs	Any	6 Per Year ^{2x}

Muskegon River

(upstream from Croton Dam to Rogers Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year
Rock Bass	Mercury	Under 9"	4
		Over 9"	2

(Continued on the next page.)

Newaygo County (continued)

Muskegon River

(upstream from Croton Dam to Rogers Dam, continued from page 95)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	Mercury, PCBs	Under 18"	4
	Mercury	Over 18"	2
Walleye	Mercury	Any	1
Yellow Perch	Mercury	Any	4

Pere Marquette River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	Do Not Eat [▲]
Brown Trout	PCBs	Any	1 ^{2x}
Northern Pike	Mercury, PCBs	Under 30"	2
	PCBs	Over 30"	6 Per Year ^{2x}
Rock Bass	PFOS	Any	Do Not Eat [▲]
Suckers	Mercury, PCBs	Under 18"	4
	PCBs	Over 18"	6 Per Year ^{2x}
Sunfish	PFOS	Any	Do Not Eat [▲]
Yellow Perch	PFOS	Any	Do Not Eat [▲]

Robinson Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	2
		Over 30"	1

(Continued on the next page.)

Newaygo County (continued)

Sand Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Black Crappie	Mercury	Under 9"	16
		Over 9"	4
Northern Pike	Mercury	Under 30"	2
		Over 30"	1
White Crappie	Mercury	Under 9"	16
		Over 9"	4



Second Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Under 8"	2
	Mercury, PFOS	Order 8"	2
Sunfish	PFOS	Under 8"	2
	Mercury, PFOS	Over 8"	2

Sylvan Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

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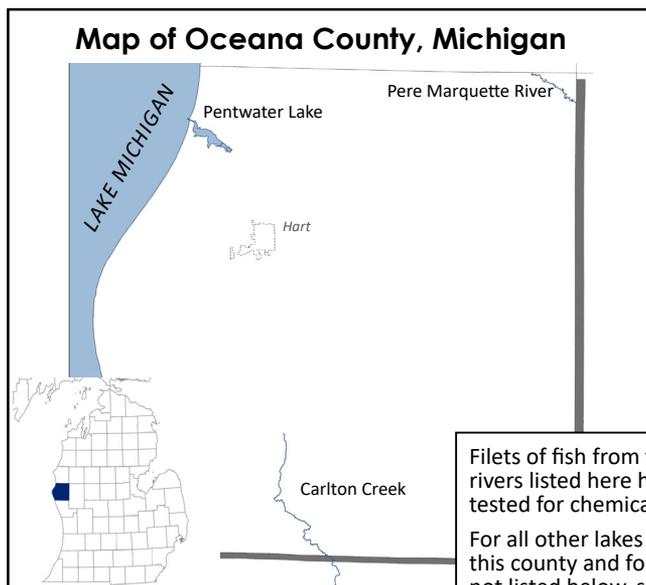
Newaygo County (continued)

Walkup Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	Mercury	Any	16
Sunfish	Mercury	Any	16

Oceana County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.

 Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Carlton Creek

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Brook Trout	PFOS	Any	6 Per Year

Pentwater Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Any	2

When fishing the river near Lake Michigan, please check the lake guidelines on page 16 too.

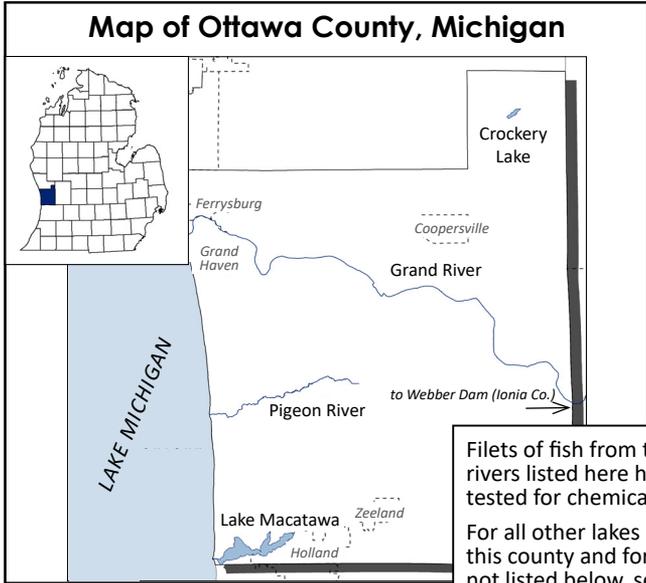
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Pere Marquette River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	Do Not Eat [▲]
Brown Trout	PCBs	Any	1 ^{2x}
Northern Pike	Mercury, PCBs	Under 30"	2
	PCBs	Over 30"	6 Per Year ^{2x}
Rock Bass	PFOS	Any	Do Not Eat [▲]
Suckers	Mercury, PCBs	Under 18"	4
	PCBs	Over 18"	6 Per Year ^{2x}
Sunfish	PFOS	Any	Do Not Eat [▲]
Yellow Perch	PFOS	Any	Do Not Eat [▲]

See which fish are safe to eat from Lake Michigan on Page 16.

Ottawa County



Files of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.

 Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Crockery Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

(Continued on the next page.)

Grand River

(between Webber Dam in Ionia Co. and Grand Haven in Ottawa Co., including Bruce Bayou, Llyod Bayou, Millhouse Bayou, Pottawattomie Bayou, Robinson Bayou, Spring Lake and Stearns Bayou)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	1
Carp	PFOS	Any	Do Not Eat [▲]
Catfish	PCBs	Any	1 ^{2x}
Largemouth Bass	PFOS	Any	6 Per Year
Northern Pike	PCBs	Under 30"	2 ^{2x}
	Mercury, PCBs	Over 30"	2
Rock Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	PFOS	Any	6 Per Year
Suckers	PCBs	Any	1 ^{2x}
Sunfish	PFOS	Any	1
Walleye	PCBs	Any	6 Per Year ^{2x}

When fishing the river near Lake Michigan, please use the guidelines on page 16.

Lake Macatawa

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	6 Per Year
Carp	PCBs	Any	Do Not Eat [▲]
Freshwater Drum	PCBs	Any	Limited [▲]
Largemouth Bass	PFOS	Any	1
Smallmouth Bass	PFOS	Any	1
Sunfish	PFOS	Any	6 Per Year
Walleye	PCBs	Any	Limited [▲]
Yellow Perch	PFOS	Any	1

(Continued on the next page.)

Pigeon River

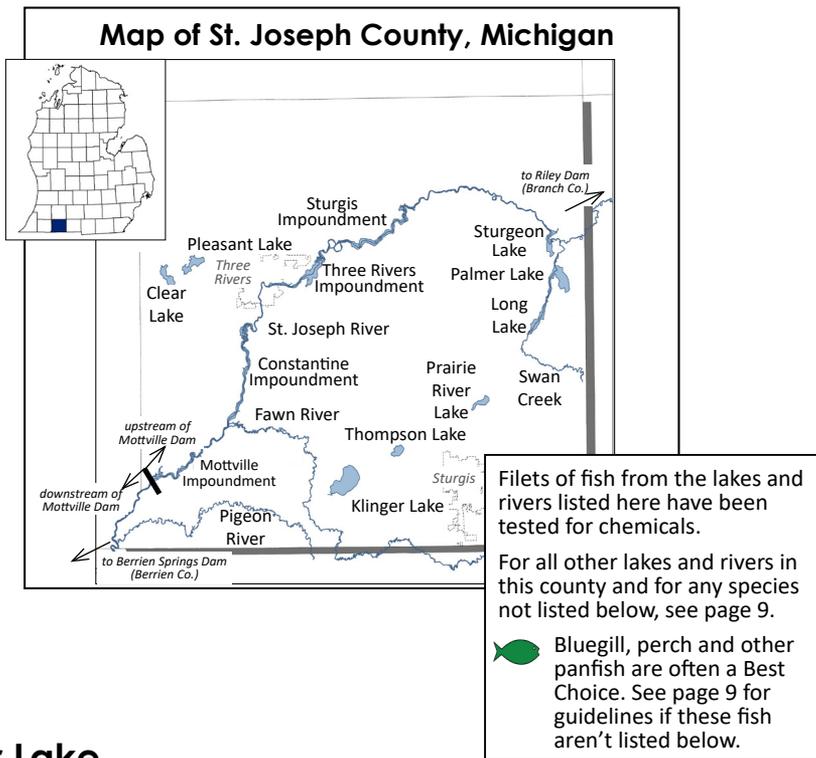


Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Suckers	Mercury	Under 15"	8
		Over 15"	4

When fishing the river near Lake Michigan, please use the guidelines on page 16.

See which fish are safe to eat from Lake Michigan on Page 16.

St. Joseph County



Clear Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 28"	2
		Over 28"	1

Fawn River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Any	4
Largemouth Bass	Mercury	Under 16"	2
		Over 16"	1
Rock Bass	Mercury	Under 7"	12
		Over 7"	4

(Continued on the next page.)

St. Joseph County (continued)

Fawn River

(continued from page 104)



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Smallmouth Bass	Mercury	Under 16"	2
		Over 16"	1
Suckers	Mercury	Any	12

Klinger Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1

Long Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	2
Bullhead	Mercury, PCBs	Any	4
Largemouth Bass	PFOS	Any	1
Smallmouth Bass	PFOS	Any	1
Sunfish	PFOS	Any	2

(Continued on the next page.)

St. Joseph County (continued)

Palmer Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	2
Bullhead	Mercury, PCBs	Any	4
Largemouth Bass	PFOS	Any	1
Smallmouth Bass	PFOS	Any	1
Sunfish	PFOS	Any	2

Pigeon River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Rock Bass	PFOS	Any	Do Not Eat [▲]
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Suckers	Mercury, PCBs, PFOS	Any	2

Pleasant Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

(Continued on the next page.)

St. Joseph County (continued)

Prairie River Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

St. Joseph River

(upstream of Mottville Dam to Riley Dam in Branch Co., including Sturgeon Lake, the the Mottville Impoundment, the Sturgis Impoundment, the Three Rivers Impoundment and the Constantine Impoundment)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	4
Carp	Mercury	Any	4
Largemouth Bass	Mercury	Under 18"	2
		Over 18"	1
Northern Pike	Mercury	Under 30"	2
		Over 30"	1
Smallmouth Bass	Mercury	Under 18"	2
		Over 18"	1
Sunfish	PFOS	Any	4
Walleye	Mercury, PCBs	Under 20"	2
	Mercury	Over 20"	1

(Continued on the next page.)

St. Joseph County (continued)

St. Joseph River

(downstream of Mottville Dam to Berrien Springs Dam in Berrien Co.)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	1
Carp	PCBs	Any	6 Per Year ^{2x}
Largemouth Bass	PCBs, PFOS	Under 18"	1
	Mercury, PCBs, PFOS	Over 18"	1
Smallmouth Bass	PCBs, PFOS	Under 18"	1
	Mercury, PCBs, PFOS	Over 18"	1
Sunfish	PFOS	Any	1

Swan Creek

(including Long Lake and Palmer Lake)

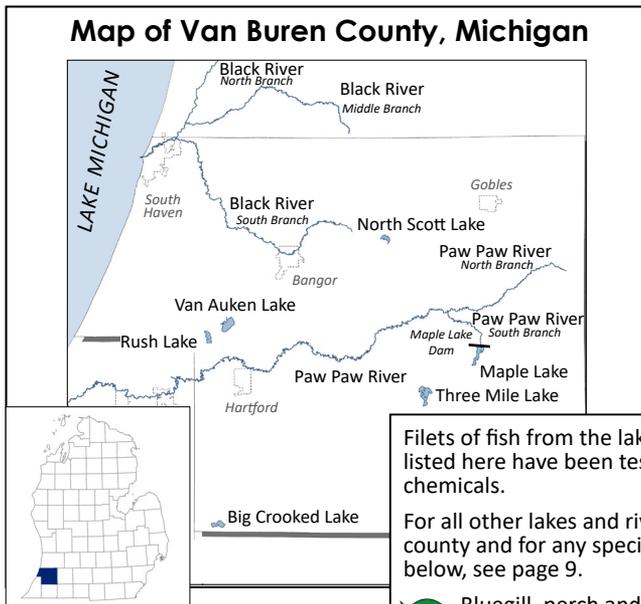
Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	2
Bullhead	Mercury, PCBs	Any	4
Largemouth Bass	PFOS	Any	1
Smallmouth Bass	PFOS	Any	1
Sunfish	PFOS	Any	2

Thompson Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bullhead	Mercury	Any	16
Largemouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year
Smallmouth Bass	Mercury	Under 18"	1
		Over 18"	6 Per Year

Van Buren County



Filets of fish from the lakes and rivers listed here have been tested for chemicals.

For all other lakes and rivers in this county and for any species not listed below, see page 9.

 Bluegill, perch and other panfish are often a Best Choice. See page 9 for guidelines if these fish aren't listed below.

Big Crooked Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Largemouth Bass	Mercury	Under 18"	4
		Over 18"	2
Smallmouth Bass	Mercury	Under 18"	4
		Over 18"	2

Black River

(Including South Branch, North and Middle Branches in Allegan Co. and all tributaries)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	PCBs	Any	Limited [▲]
Suckers	Mercury, PCBs	Under 16"	4
	Mercury	Over 16"	2

(Continued on the next page.)

Van Buren County (continued)

Maple Lake



Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Carp	Mercury	Under 20"	8
	PCBs	20" to 26"	1 ^{2x}
		Over 26"	6 Per Year ^{2x}
Largemouth Bass	Mercury	Under 18"	4
		Over 18"	2
Smallmouth Bass	Mercury	Under 18"	4
		Over 18"	2

North Scott Lake

Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Any	6 Per Year

Paw Paw River

(main branch, north branch and south branch downstream of the Maple Lake Dam)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month*
Bluegill	PFOS	Any	6 Per Year
Northern Pike	Mercury, PFOS	Under 30"	2
	Mercury	Over 30"	1
Rock Bass	PFOS	Any	6 Per Year
Suckers	Mercury, PFOS	Any	2
Sunfish	PFOS	Any	6 Per Year

Rush Lake

Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	1
		Over 30"	6 Per Year

(Continued on the next page.)

Van Buren County (continued)

Three Mile Lake

Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	2
		Over 30"	1

Van Auken Lake

Type of Fish	Chemical of Concern	Size of Fish (length in inches)	MI Servings per Month*
Northern Pike	Mercury	Under 30"	2
		Over 30"	1

See which fish are safe to eat from Lake Michigan on Page 16.

Southwest Michigan Lakes & Rivers

Don't see a certain lake or river listed?

For the guidelines to all other lakes and rivers in Southwest Michigan, please see page 9. To get an *ESF Guide* for another region, visit Michigan.gov/EatSafeFish or call 800-648-6942.

Ada Impoundment (Thornapple River)	80
Alma Impoundment (Pine River)	87
Austin Lake	66
Bad River	48
Barton Lake.....	67
Battjes Park Pond	72
Battle Creek River	36
Bear Lake	88
Beaver Dam Pond	36
Belmont Creek.....	73
Big Blue Lake	89
Big Crooked Lake	109
Big Pine Island Lake	73
Bills Lake	93
Bird Lake	51
Black Creek	89
Black River (Allegan Co.)	18
Black River (Van Buren Co.)	109
Bostwick Lake	73
Bristol Lake	24
Brooks Lake	94
Bryant Millpond (Portage Creek)	70
Campbell Lake	74
Camp Lake	74
Carlton Creek (Muskegon Co.)	89
Carlton Creek (Oceana Co.).....	99
Carter Lake	24
Cary Lake	32
Cascade Impoundment (Thornapple River).....	80
Center Lake.....	62
Chippewa Lake.....	82
Chippewa River.....	60
Christiana Lake	40
Clark Lake	62
Clear Bottom Lake	74
Clear Lake	104
Clifford Lake.....	84
Coldwater Lake	33

Constantine Impoundment (St. Joseph River)	108
Cowden Lake	84
Craig Lake (Randall Lake Chain)	34
Crandell Lake	44
Crockery Lake	101
Crooked Lake	25
Cub Lake	51
Diamond Lake.....	94
Dowagiac River	40
Duck Lake	37
Eagle Lake (Cass Co.)	40
Eagle Lake (Kalamazoo Co.)	67
East Long Lake	33
Elks Lodge Pond.....	37
Emerald Lake (Kent Co.)	75
Emerald Lake (Newaygo Co.).....	94
Fawn River	104
Fenner Lake	19
Fidelity Lake.....	52
Fine Lake.....	25
First Lake.....	94
Flat River (Ionia Co.)	57
Flat River (Kent Co.)	75
Flat River (Montcalm Co.)	85
Fox Knoll Lake	42
Fraziers Pond	44
Fremont Lake.....	94
Freska Lake	76
Galien River	29
Goguac Lake	37
Gourdneck Lake.....	67
Grand River (Clinton Co.)	42
Grand River (Eaton Co.)	45
Grand River (Ingham Co.).....	53
Grand River (Ionia Co.)	58
Grand River (Jackson Co.)	63
Grand River (Kent Co.).....	76
Grand River (Ottawa Co.).....	102
Grass Lake.....	63
Green Bay, Big Bay de Noc and Little Bay de Noc.....	17
Gull Lake	67
Gun Lake.....	25
Hamilton Impoundment (Rabbit River).....	23
Harts Lake.....	37
Hawk Island Park Lake	54
Helmer Creek.....	38

Hess Lake	95
Horsehead Lake	82
Hutchins Lake	19
Indian Lake	41
Indian Mill Creek	76
Irving Impoundment (Thornapple River).....	27
Jones Lake	54
Jordan Lake (Barry Co.).....	25
Jordan Lake (Ionia Co.)	59
Juno Lake	41
Kalamazoo Lake	19
Kalamazoo River (Allegan Co.)	20
Kalamazoo River (Calhoun Co.)	38
Kalamazoo River (Kalamazoo Co.).....	68
Klinger Lake	105
LaBarge Impoundment (Thornapple River)	80
Lake Allegan.....	21
Lake Bella Vista.....	77
Lake Chapin (St. Joseph River)	31
Lake Diane	51
Lake Doster.....	22
Lake Isabella (Chippewa River).....	60
Lake Lansing	55
Lake Lavine	33
Lake Macatawa.....	102
Lake Michigan.....	16
Lake Montcalm	85
Lake Ovid	43
Leach Lake	26
Lincoln Lake	77
Little Black Creek	89
Littlefield Lake	61
Little Pine Island Lake	77
Little Whitefish Lake	85
Long Lake (Kalamazoo Co.)	69
Long Lake (Kent Co.).....	77
Long Lake (St. Joseph Co.)	105
Maple Lake	110
Maple River (Clinton Co.).....	43
Maple River (Gratiot Co.).....	48
Maple River (Ionia Co.).....	59
Marble Lake.....	33
Markin Glen Pond.....	69
Middleville Impoundment (Thornapple River).....	27
Millenium Park Ponds.....	78
Mona Lake	90
Mona Lake Celery Flats.....	90

Monarch Millpond (Portage Creek)	70
Morrison Lake (Randall Lake Chain, Branch Co.).....	34
Morrison Lake (Ionia Co.).....	59
Morrow Lake	69
Muskegon Lake.....	91
Muskegon River (Mecosta Co.)	83
Muskegon River (Muskegon Co.).....	91
Muskegon River (Newaygo Co.).....	95
Myers Lake	78
Nevins Lake.....	85
North Scott Lake	110
Norvell Lake.....	63
Okemos Historical Village Pond	55
Osterhout Lake	22
Ox Creek	29
Painter Lake	41
Palmer Lake	106
Paw Paw Lake	30
Paw Paw River (Berrien Co.)	30
Paw Paw River (Van Buren Co.).....	110
Payne Lake	26
Pentwater Lake.....	99
Pere Marquette River (Newaygo Co.).....	96
Pere Marquette River (Oceana Co.)	100
Pierson Drain	92
Pigeon River (Ottawa Co.).....	103
Pigeon River (St. Joseph Co.)	106
Pine Creek & Impoundment.....	23
Pine Lake	26
Pine River (Gratiot Co.).....	49
Pine River (Montcalm Co.).....	86
Plaster Creek	78
Pleasant Lake.....	106
Ponds at 4300 Cannonsburg Rd., Belmont.....	78
Portage Creek.....	70
Portage Lake.....	64
Prairie Lake.....	39
Prairie River Lake.....	107
Rabbit River	23
Rainbow Lake (Gratiot Co.).....	50
Rainbow Lake (Montcalm Co.).....	86
Randall Lake Chain.....	34
Red Cedar River	55
Reeds Lake.....	79
Reynolds Drain Pond	56
Richmond Park Fishing Pond	79

Robinson Lake	96
Rock Lake.....	86
Rogue Lake	79
Rogue River	80
Ruddiman Creek Lagoon	92
Ruppert Lake	70
Rush Lake.....	110
Sadony Bayou (Pierson Drain)	92
Sand Lake.....	97
Second Lake.....	97
Selkirk Lake.....	23
Six Lakes	87
Spring Brook	70
Spring Valley Pond.....	71
Stevenson Lake.....	61
Sturgeon Lake (St. Joseph River)	107
Sturgis Impoundment (St. Joseph River).....	107
St. Joseph River (Berrien Co.).....	30
St. Joseph River (Branch Co.)	34
St. Joseph River (Cass Co.)	41
St. Joseph River (St. Joseph River).....	107
St. Louis Impoundment (Pine River)	49
Swan Creek.....	108
Sylvan Lake	97
Tamarack Lake	87
Thompson Lake	108
Thornapple Lake.....	27
Thornapple River (Barry Co.).....	27
Thornapple River (Eaton Co.)	46
Thornapple River (Kent Co.).....	80
Three Lakes	71
Three Mile Lake	111
Three Rivers Impoundment (St. Joseph River).....	108
Tims Lake.....	64
Union Lake.....	35
Van Auken Lake	111
Vandercook Lake	65
Versluis Lake	81
Wabasis Lake	81
Walden Lake	81
Walkup Lake	98
West Lake	71
White Lake.....	92
Whitefish Lake.....	87
Wolf Creek.....	87

What Are the Chemicals of Concern?

The chemicals that cause Michigan’s Eat Safe Fish guidelines are DDT, dioxins, mercury, PCBs, PFOS, selenium and toxaphene. Many of these chemicals were put into the environment - by accident or on purpose - before we knew the long-term health and environmental problems they can cause.

These chemicals can travel through the air, and they can be carried by rain run-off and storm drains into our lakes, rivers and wetlands. Once in the water, the chemicals sink to the bottom and become a part of the fish food chain. Some of these chemicals can stay in the environment, in the fish and in the human body for a long time.

Efforts to reduce pollution under the U.S. Clean Water Act and U.S. Clean Air Act have cut the levels of these chemicals in the environment. In fact, the amount of DDT, dioxins, PCBs and toxaphene in our fish are slowly going down. However, mercury continues to be a worldwide problem and contaminants of emerging concern, like PFOS, are being monitored in fish.

Chemical of Concern	What is it?	Potential Health Problems
DDT (dichlorodiphenyl-trichloroethane)	<ul style="list-style-type: none"> • was one of the first modern insecticides • was banned in 1972 	<ul style="list-style-type: none"> • linked to the development of cancer • linked to the development of diabetes
Dioxins	<ul style="list-style-type: none"> • are not made on purpose • are created when chlorine chemicals are made or used • can be released when things that have chlorine in them - like paper or plastic - are burned • also can be released from old or poorly contained waste sites or intentional dumping 	<ul style="list-style-type: none"> • linked to the development of cancer • fertility can be harmed • thyroid function can be harmed

(continued on the next page)

Chemicals of Concern (continued from page 117)

Chemical of Concern	What is it?	Potential Health Problems
Mercury	<ul style="list-style-type: none"> • is a natural element • can be released from smokestacks of coal-fired power plants and other industry 	<ul style="list-style-type: none"> • brain development can be harmed in fetuses and children • heart function can be harmed in older adults • immune system can be harmed
PCBs (polychlorinated biphenyls)	<ul style="list-style-type: none"> • were used in electrical equipment - like transformers • were found in hydraulic oils 	<ul style="list-style-type: none"> • brain development can be harmed in fetuses and children • linked to the development of cancer • linked to the development of diabetes • immune system can be harmed
PFOS (perfluorooctane sulfonate)	<ul style="list-style-type: none"> • is used for waterproofing clothes, in fire-fighting foams, papers and packaging, cleaning products and pesticides • is now rarely used in the United States 	<ul style="list-style-type: none"> • fertility can be harmed • immune system can be harmed • linked to high cholesterol • linked to low birth weight • linked to pre-eclampsia in pregnant people • liver function can be harmed • thyroid function can be harmed
Selenium	<ul style="list-style-type: none"> • is a natural element • is needed for your body to function, but too much is harmful • through mining activities, selenium-rich rock and water got into lakes and rivers 	<ul style="list-style-type: none"> • hair loss • loss of fingernails • fatigue • irritability • mild nerve damage

Chemicals of Concern (continued from page 118)

Chemical of Concern	What is it?	Potential Health Problems
Toxaphene	<ul style="list-style-type: none">• was an insecticide for cotton and vegetables and on livestock and poultry• was sometimes added to lakes to kill unwanted fish• was banned in 1990	<ul style="list-style-type: none">• immune system can be harmed

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Other Regional Eat Safe Fish Guides

Call 800-648-6942 or visit Michigan.gov/EatSafeFish to get a free copy of the *Eat Safe Fish Guides* for other regions in Michigan.

