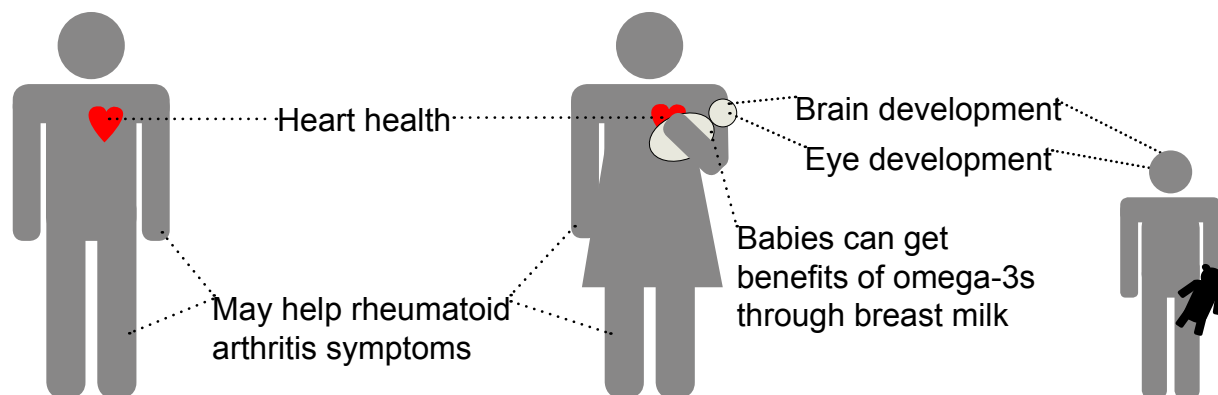


# Eat Safe Fish For Your Health!

Fish can be part of a healthy diet for everyone. They are a great low-fat source of protein and some types of fish are high in omega-3 fatty acids. Keep reading to learn about choosing safe fish that are good for your health!

## What are Omega-3 fatty acids?

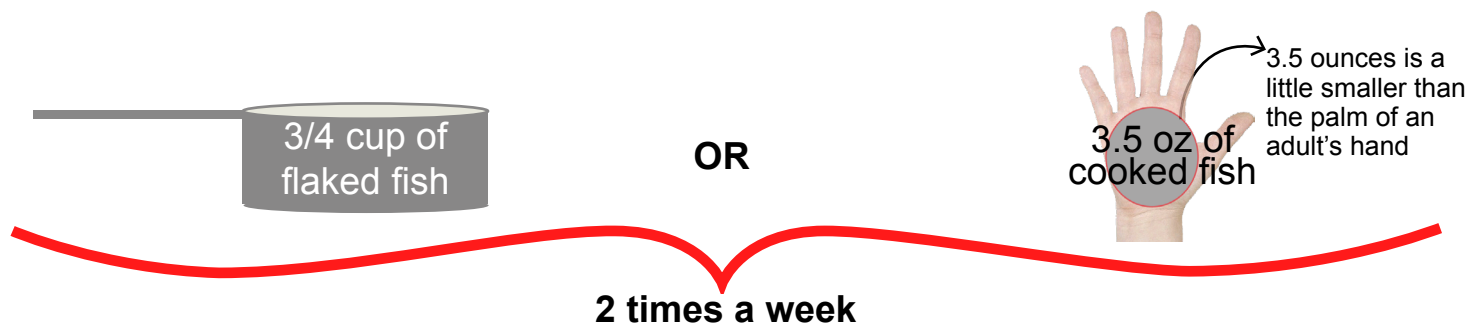
Omega-3 fatty acids (Omega-3s) are a healthy fat found in some foods. Some fish have a lot of omega-3s. Here are some benefits of omega-3s from fish:



Omega-3s are important fats that your body needs. One way to get more of them is to eat foods that are naturally high in omega-3s. Some types of fish, like salmon and anchovies, have more omega-3s. Use the Eat 8 tool on the back to find fish that have more omega-3s.

## How much fish should adults eat for heart health?

For heart health, the American Heart Association suggests that adults eat:



But keep in mind, almost all fish have mercury in them. Eating too much mercury can harm your health. Different types of fish have different amounts of mercury. See the back of this flyer to learn how to stay within safe mercury levels while enjoying your fish and getting great health benefits.

# At the grocery store or restaurant: How much fish can I safely eat?

Different types of fish have different amounts of mercury. Use the Eat 8 tool below to find out how many MI Servings of fish from the restaurant or store you can safely eat each month.

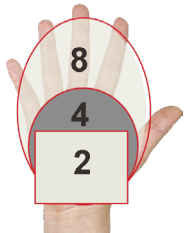


High in heart-healthy omega-3 fatty acids

Was the fish you're buying caught in Michigan waters? If so, please check the *Eat Safe Fish Guide* for advice.

Per MI Serving 1 Point	Per MI Serving 2 Points	Per MI Serving 4 Points	Per MI Serving 8 Points	Do not eat these fish:
Anchovies Catfish (farm-raised) Crab Crawfish Flatfish (flounder, sole) Herring Mullet Oysters Perch (ocean or freshwater) Pollock Salmon (canned, frozen, fresh) Sardines Scallops Shrimp Squid Tilapia Trout (freshwater) Whitefish	Cod Jack Smelt Freshwater Drum (aka Sheepshead) Mahi Mahi Snapper Tuna (canned light)	Bass (sea, striped, rockfish) Bluefish Halibut Lobster Sablefish Scorpion Fish Tuna (Albacore, canned white) Tuna (fresh, frozen) Weakfish (sea trout)	Grouper Mackerel Marlin Orange Roughy	Shark Swordfish Tilefish King Mackerel

## What's a MI Serving?



A MI Serving is a serving size of fish based on how much a person weighs. Each person in the family could have a different MI Serving.

- A 180 pound person's MI serving is 8 ounces.
- A 90 pound person's MI Serving is 4 ounces.
- A 45 pound person's MI Serving is 2 ounces.

## Eating Michigan fish?

Whether you're buying fish or catching it yourself, it's important to know how much of your Michigan-caught fish is safe to eat. Michigan Department of Health and Human Services works with our partners to test fish filets from all over Michigan. That's how we learn the level of chemicals in each type of fish. We share that information in our *Eat Safe Fish Guide* every year. Contact us to get a FREE copy of the *Eat Safe Fish Guide* for your area.



Want to know more about Eat Safe Fish?  
Contact us!

1-800-648-6942

[www.michigan.gov/eatsafefish](http://www.michigan.gov/eatsafefish)

