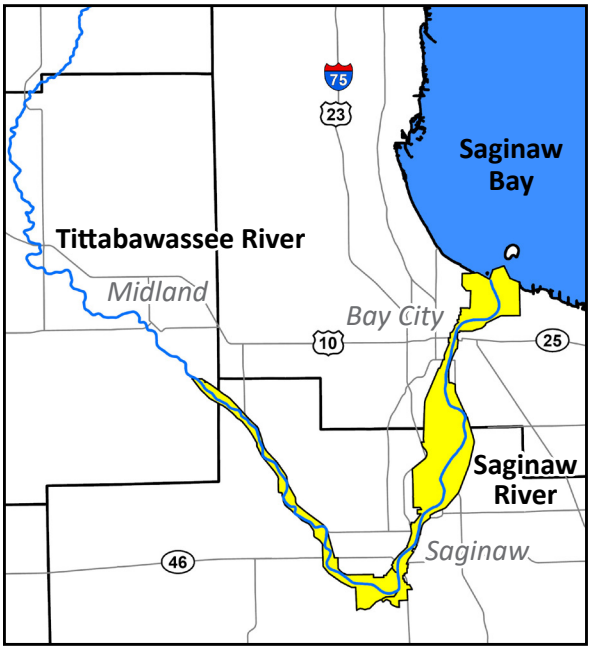
Eat Safe Wild Game

From Bay, Midland and Saginaw County

The Michigan Department of Health and Human Services (MDHHS) has issued consumption guidelines for wild game taken from the floodplain areas around the Saginaw and Tittabawassee Rivers, downstream of Midland. If you hunt in these areas highlighted on the map, you can use the guidelines in this factsheet to help you make informed decisions about what you are eating.



High amounts of dioxins have been measured in the soil and river sediment of these areas. Dioxins can build up in the bodies of wild game. When we eat wild game, dioxins can build up in our bodies too. Exposure to dioxins will not make you sick right away and does not mean that you will become sick. However, too much exposure to dioxins over time can contribute to:

- Development of cancer.
- Harm to fertility.
- Harm to thyroid function.

Wild Game Guidelines

Type of Game	Chemicals of Concern	*MI Servings* Per Month	Yearly Game Weight Total (for a 180-pound adult)
Duck (with skin)	Dioxins	6 Per Year	48 ounces (**6 *MI Servings* Per Year**)
Duck (without skin)	Dioxins	2	192 ounces (**24 *MI Servings* Per Year**)
Deer	Dioxins	8	768 ounces **(96 *MI Servings* Per Year)**
Goose (with or without skin)	Dioxins	4	384 ounces **(48 *MI Servings* Per Year)**
Rabbit	Dioxins	4	384 ounces **(48 *MI Servings* Per Year)**
Squirrel	Dioxins	8	786 ounces **(96 *MI Servings* Per Year)**
Turkey (with skin)	Dioxins	6 Per Year	48 ounces **(6 *MI Servings* Per Year)**
Turkey (without skin)	Dioxins	1	96 ounces **(12 *MI Servings* Per Year)**

No one should eat any organs, like the liver, heart, brains or gizzards, from wild game. Wild game organs can have much higher amounts of chemicals and metals than meat.

You can calculate how much wild game is safe to eat based on yearly or monthly amounts. The Game Weight Totals listed above are for a 180-pound adult. To customize your *MI Servings* based on your weight, use the calculations provided on the next page.

Calculate your *MI Serving* Size

The wild game consumption guidelines are set to be safe for everyone. **This includes children, those who are pregnant or breastfeeding and people who have health problems, like cancer or diabetes.** But these guidelines can also be used by healthy adults who want to avoid getting too many chemicals in their bodies. To follow the recommended consumption guidelines effectively, it is important to understand what a *MI Serving* is based on your weight.

Weight of Person	*MI Serving* Size
45 pounds	2 ounces
90 pounds	4 ounces
180 pounds	8 ounces

For every **20 pounds more** than the weight listed in the table, **add 1 ounce** of meat.

For every **20 pounds less** than the weight listed in the table, **subtract 1 ounce** of meat.

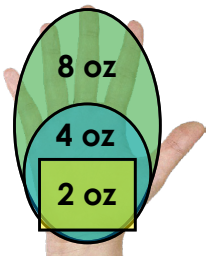
Are you pregnant? Use your pre-pregnancy weight to find your *MI Serving* size.

MI Serving Size

8 ounces = 1/2 pound of meat

4 ounces = 1/4 pound of meat

2 ounces = 1/8 pound of meat



Clean and Cook to Reduce Chemicals

The way you clean and cook your meat can help reduce dioxin exposure.

Dioxins are stored in the fat of an animal. To limit exposure to dioxins, it is recommended to:

Trim away the fat of any wild game.

Cook the meat on a rack or grill so extra fat can drip away.

Michigan Department of Health & Human Services

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More information about wild game:
Visit Michigan.gov/EatSafeGame.

More information about dioxins in this area:
Visit Eh.Michigan.gov/MDHHSDioxin.

Going fishing?
To get a free copy of the ***Eat Safe Fish Guide*** for this area visit Michigan.gov/EatSafeFish or call MDHHS at 800-648-6942.