

# Get to know the 3Cs

By choosing the right fish and then cleaning and cooking it the right way, you can reduce some of the chemicals in the fish by nearly half!



## Choose

**CHOOSE** fish that have fewer chemicals.

- Smaller fish tend to have fewer chemicals stored in their filet.\*\*
- **\*\*This trend does not apply to PFOS, so be sure to check the *Eat Safe Fish Guide* to see if PFOS is a concern for your catch.**
- Eat fewer fish that are bottom feeders (like catfish) and large fish that eat smaller fish (like walleye).
- Use the ***Eat Safe Fish Guide*** to find safer fish to eat from Michigan lakes and rivers.



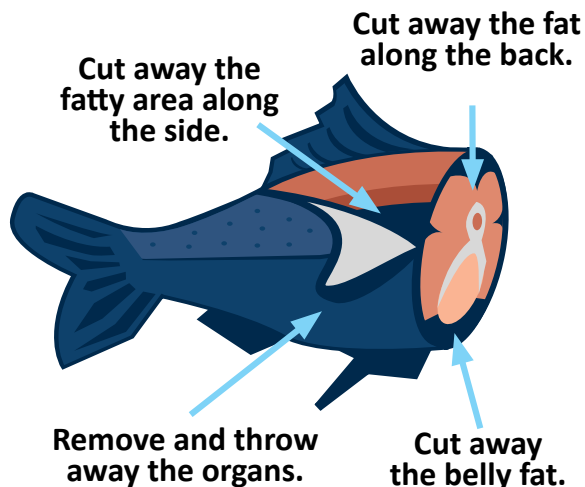
The *Eat Safe Fish Guides* can be found at [Michigan.gov/EatSafeFish](http://Michigan.gov/EatSafeFish)



## Clean

**CLEAN** away the fat, skin, and organs of the fish to help cut out some of the chemicals.

- Some chemicals, like PCBs and dioxins are stored in the fat and organs of fish. By trimming away the dark fatty tissue and the organs, you can remove some of these chemicals from the fish.



**MERCURY & PFOS:** Mercury and PFOS can't be removed by trimming away fat. They are stored in the filet.



## Cook

**COOK** fish in a way that gets rid of more fat.

Even after trimming away all the dark fatty tissue, some fat is still hidden inside the filet. To help get rid of chemicals found in the filet, you can:

- Poke holes in the skin or remove the skin so the fat in the filet drips away as it cooks.
- Cook your fish on a grill or broil it in the oven so the fat can drip away.

**Catching fish • Buying fish • Eating fish**

To obtain your free *Eat Safe Fish Guide*, call MDHHS at 800-648-6942 or visit [Michigan.gov/EatSafeFish](http://Michigan.gov/EatSafeFish).

