

Eat Safe Fish in the



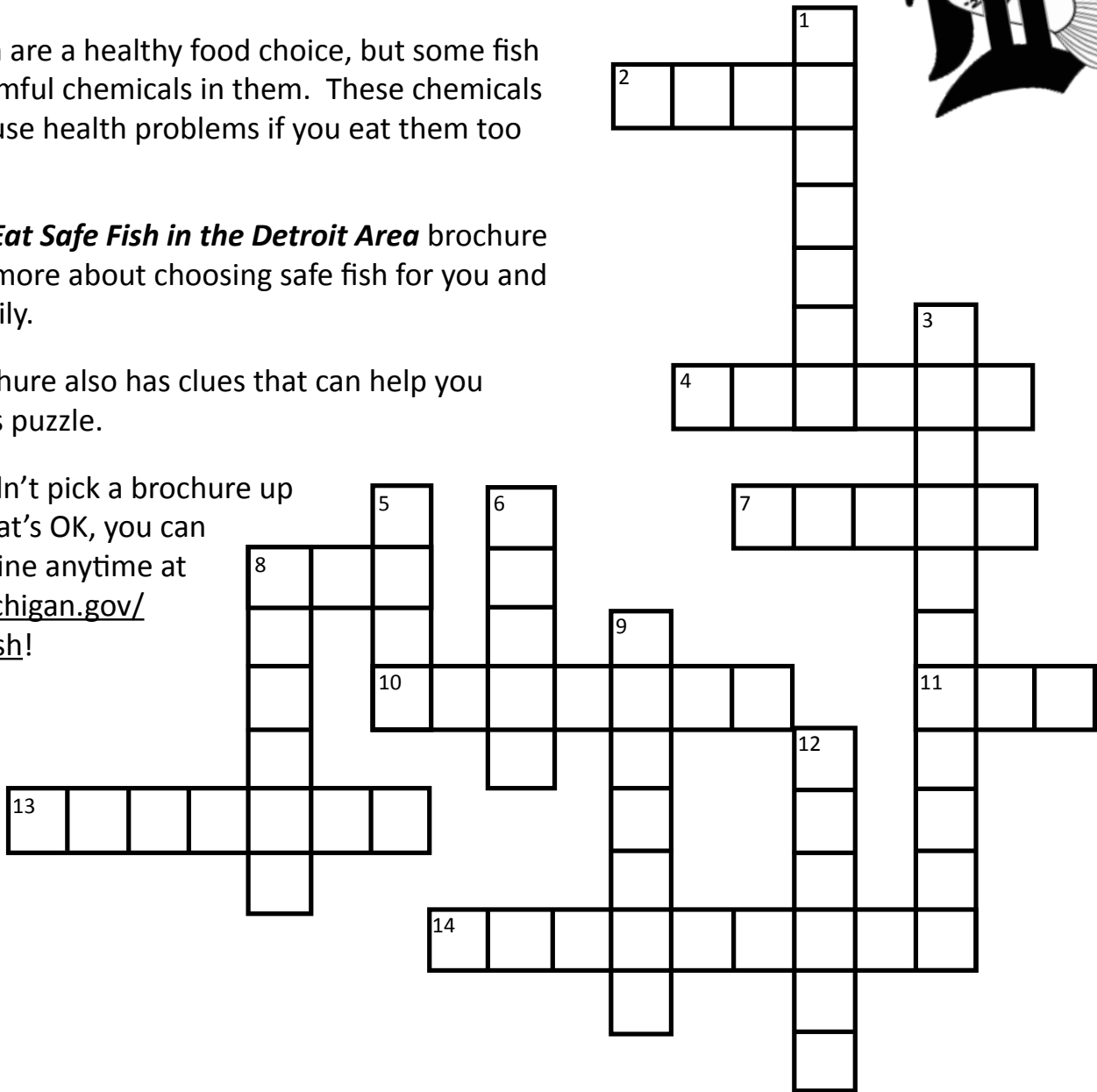
Hey kids!

Most fish are a healthy food choice, but some fish have harmful chemicals in them. These chemicals could cause health problems if you eat them too often.

Use the *Eat Safe Fish in the Detroit Area* brochure to learn more about choosing safe fish for you and your family.

The brochure also has clues that can help you solve this puzzle.

If you didn't pick a brochure up today, that's OK, you can get it online anytime at [www.michigan.gov/eatsafefish!](http://www.michigan.gov/eatsafefish)



Across

2. Ounces of uncooked fish that kids can eat
4. A health problem that could happen if you eat too many chemicals
7. A way to cook fish so the fat can drip away
8. Who can you call to find a place to catch safe catfish in the Detroit area
10. An unhealthy chemical that you can't remove from fish by trimming
11. An unhealthy chemical that can be found in fish
13. Type of fish NO ONE should eat from the Detroit River
14. A fish you should never eat because of mercury

Down

1. Fish have a lot of healthy _____, vitamins and minerals.
3. A fish under 10 inches that women and children can eat all they want of from the Detroit River.
5. A way to remove chemicals from fish with a knife
6. Eating fish is good for this organ that pumps blood through your body
8. A harmful chemical that can be found in fish
9. Women and children can eat these fish 4 times per month, as long as the fish are smaller than 18 inches long
12. The smallest people who are at risk from chemicals in fish

If you would like to learn more about eating safe fish in the Detroit area or have questions about the *Michigan Fish Advisory*, please visit www.michigan.gov/eatsafefish or call 1-800-648-6942.

