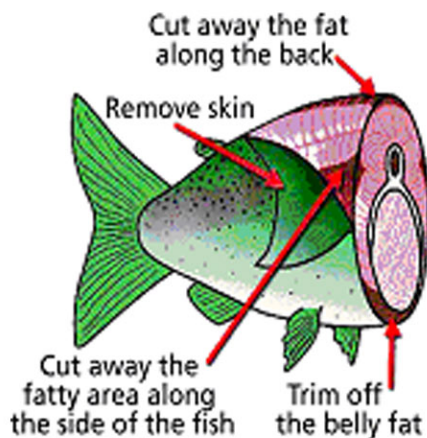


Preparation

- Proper cleaning and cooking can remove up to half of the chemicals in the fish.
- Cut off all the fatty areas.
- Remove or poke holes in the skin before cooking.
- Bake, broil, grill or smoke the fish so that the fat drips away from the meat.
- Do not eat the organs, skin, head or dark fatty tissue along the backbone, sides or belly.
- Throw away the fat and drippings. Do not use them in other foods.



Many areas in the Great Lakes, including the lower Manistique River, were polluted with industrial waste.

Advisories for eating some fish species from the lower Manistique River are in place because of chemicals such as PCBs and mercury that build up in the fish. The River is improving as a result of federal, state, and local cleanup actions. The amount of PCBs in the fish should continue to decrease.

Watch for fish consumption advisories to change as the river continues to improve.

For more information about eating safe fish, go to www.michigan.gov/fishandgameadvisory or call 1-800-648-6942.



Manistique's Family Guide to Eating Fish

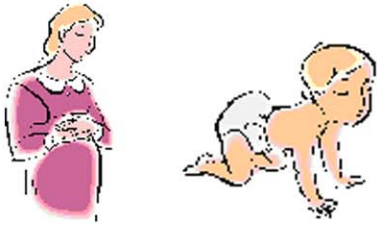
A guide to eating fish from the lower Manistique River, Michigan waters, grocery stores and restaurants



ARE FISH GOOD FOR ME TO EAT?

Yes they are!
Make good choices. Follow the advice in this brochure.

Fish are an excellent low-fat food for you and your family. Fish are a healthy source of protein, vitamins and minerals for growing children. But some fish should not be eaten too often by:



- women who are or may become pregnant
- women who are breastfeeding
- young children

You need to know the:

1. Source: Where the fish came from.
2. Species: What kind of fish it is.
3. Preparation: How to clean and cook the fish. Cleaning and cooking the fish the right way will remove some of the chemicals, except for mercury. Mercury is stored in the meat and cannot be removed.



A growing child or an unborn baby is more at risk of harm from chemicals than adults.

Source

Depending on where they come from, fish can have more than one chemical in their bodies. The chemicals can include PCBs, mercury and dioxin.

- Don't eat the same type of fish every meal. Eat a variety of fish from different places.
- Follow the Michigan Family Fish Consumption Guide and choose fish that are safer to eat from local lakes and rivers.
- Buy seafood low in mercury including: pollock, shrimp, farm-raised catfish, lake whitefish, lake herring, salmon and trout. Use the MDCH brochure titled Avoid Mercury in Fish and Seafood Shopping and Restaurant Guide.

To get these Guides, go to www.michigan.gov/fishandgameadvisory or call MDCH at 800-648-6942.

Species

Choose fish that are lower in chemical contamination.

- Eat smaller, younger fish. They have had less time to build up unwanted chemicals.
- Eat leaner fish like perch, crappie and bluegill. The chemicals are mainly stored in the fat.
- Choose fish that do not eat off the bottom of the lake or river. Catfish and carp are usually higher in chemicals. They live and eat on the bottom of lakes and rivers where the chemicals are found.
- Use the Michigan Family Fish Consumption Guide to find fish that are safer to eat.