

Lower in Chemicals - Safer to Eat

WHY? These fish don't live as long, are less fatty or eat less contaminated food.



Higher in Chemicals - Follow the Advisory

WHY? These fish live longer, are more fatty or eat more contaminated food.

Manistique River

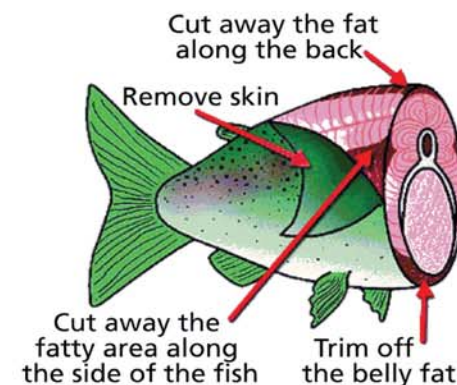
This information is for the Manistique River from the Manistique Paper Dam to the mouth of the harbor at Lake Michigan.

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.

To get the Manistique River fish consumption advisory, call the Michigan Department of Community Health at 1-800-648-6942 or go to www.michigan.gov/fishandgameadvisory.

Trim and Cook Fish the Healthy Way

Removing the fat from fish can reduce the amount of most chemicals, except for mercury, by as much as half. Mercury cannot be removed from fish.



Cook fish on a rack so that the fat drips away.

