

2018 Eat Safe Fish Guidelines for the Detroit Area



The Eat Safe Fish guidelines give the number of *MI Servings* that are safe to eat. Use this flyer to find guidelines for commonly fished waters in and near Detroit.

What's a *MI Serving*?



For adults: One *MI Serving* is 8 ounces of uncooked fish (about the size of an adult's hand).
For children: One *MI Serving* is 2-4 ounces of uncooked fish (about the size of an adult's palm).

What does 2x mean?

You can safely double the number of *MI Servings* if you carefully follow the 3Cs. For example, if the number of *MI Servings* is 6^{2x} per year, and you follow the 3Cs, you can safely double the recommended 6 *MI Servings* and eat 12 per year.

Doubling the number of *MI Servings* is not recommended for fish that do not have 2x. Fish that are marked as *Limited* should not be doubled either. This is because mercury and PFOS are in the file of the fish and cannot be removed.



2018 Eat Safe Fish Guidelines for the Detroit Area



Detroit River

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month
Bullhead	PCBs	Any	2 ^{2x}
Carp	PCBs & Dioxins	Any	Limited
Catfish	PCBs & Dioxins	Any	Limited
Freshwater Drum	PCBs	Any	Limited
Largemouth Bass	PCBs	Any	Limited
Northern Pike	Mercury	Any	1
Rock Bass	PCBs & Mercury	Any	4
Smallmouth Bass	PCBs	Any	Limited
Suckers	PCBs	Under 14"	2 ^{2x}
		14" to 18"	6 Per Year ^{2x}
		Over 18"	Limited
Walleye	PCBs & Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs & Dioxins	Any	Limited
Yellow Perch	PCBs	Any	4 ^{2x}

When fishing the river near Lake Erie or Lake St. Clair, check the lake guidelines, too.

Huron River, including Belleville Lake

(Starting where North Wixom Road crosses the river in Oakland County to Lake Erie. Includes Belleville Lake and Ford Lake).

NOTE: This guideline was updated since the 2018 *Southeast Michigan Eat Safe Fish Guide* was created.

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month
All Species	PFOS	Any	Do Not Eat

Lake Erie

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month
Carp	PCBs	Any	Do Not Eat
Catfish	PCBs & Dioxins	Any	Limited
Chinook Salmon	PCBs	Any	Limited
Coho Salmon	PCBs	Any	Limited
Freshwater Drum	PCBs	Any	Limited
Lake Whitefish	PCBs	Under 16"	6 Per Year ^{2x}
		Over 16"	Limited
Largemouth Bass	PCBs	Any	Limited
Rainbow Trout	PCBs	Any	Limited
Smallmouth Bass	PCBs	Any	Limited
Steelhead	PCBs	Any	Limited
Walleye	PCBs & Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs	Any	Limited
White Perch	PCBs	Any	Limited
Yellow Perch	PCBs	Any	2 ^{2x}

Lake Okonoka

(on Belle Isle, Detroit; also includes Lake Muskoday, Lake Tacoma, and the Blue Heron Lagoon)

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month
Black Crappie	Mercury	Under 8"	4
		Over 8"	2
Bluegill	Mercury	Any	16
Sunfish	Mercury	Any	16
White Crappie	Mercury	Under 8"	4
		Over 8"	2

For all other species caught in these lakes, see the guidelines for the Detroit River.

Special MI Serving Categories

Best Choice

The hook and fish symbol marks species that you and your family can safely eat 8 MI Servings or more each month!



Limited

If you:

- are under the age of 15,
- have health problems, like cancer or diabetes,
- are planning on having children in the next several years, are currently pregnant, or are breastfeeding,

avoid eating all fish listed as **Limited** because of higher levels of chemicals.

If **NONE** of the above apply to you, it is usually okay to eat fish listed as **Limited 1 or 2 times each year**.

Do Not Eat

No one should eat fish listed as Do Not Eat, regardless of age or health.

MDHHS found very high levels of chemicals in these fish. Eating just one serving could possibly lead to health problems in the future, regardless of age or health.

Lake St. Clair

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month
Bluegill	PFOS	Any	4
Carp	PCBs	Any	Limited
Catfish	Dioxins	Any	Limited
Black Crappie	Mercury	Under 9"	8
		Over 9"	4
Freshwater Drum	PCBs & Mercury	Any	2
Largemouth Bass	PCBs & Mercury	Under 20"	2
		Over 20"	1
Muskellunge	Mercury	Any	Do Not Eat
Northern Pike	Mercury	Any	2
Rock Bass	PCBs	Any	1 ^{2x}
Smallmouth Bass	PCBs & Mercury	Under 20"	2
		Over 20"	1
Sturgeon	PCBs	Any	Limited
Sunfish	PFOS	Any	4
Walleye	PCBs & Dioxins	Any	6 Per Year ^{2x}
White (Silver) Bass	PCBs	Any	Limited
White Crappie	Mercury	Under 9"	8
		Over 9"	4
Yellow Perch	Mercury	Any	4

Lake St. Clair: Special Notice

(Use when fishing within 2 miles of the Lange-Revere Canals. This area is between Lakefront Park and Veteran's Memorial Park in St. Clair Shores & out into open water).

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month
Bluegill	PCBs	Any	6 Per Year ^{2x}
Carp	PCBs	Any	Limited
Largemouth Bass	PCBs & Mercury	Under 20"	1 ^{2x}
		Over 20"	1
Muskellunge	Mercury	Any	Do Not Eat
Smallmouth Bass	PCBs & Mercury	Under 20"	1 ^{2x}
		Over 20"	1
Sunfish	PCBs	Any	6 Per Year ^{2x}
Walleye	PCBs & Dioxins	Any	6 Per Year ^{2x}
Yellow Perch	PCBs	Any	2 ^{2x}
All Other Species	PCBs	Any	Limited

Lange-Revere Canals

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month
All Species	PCBs	Any	Do Not Eat



These guidelines are from the 2018 **Southeast Michigan Eat Safe Fish Guide** provided by the Michigan Department of Health and Human Services. More guidelines are available for fish, lakes, and rivers that aren't listed here. If you would like a free **Guide** for Southeast Michigan or another part of the state, call 1-800-648-6942 or visit www.michigan.gov/eatsafefish. For current guidelines on PFAS contamination in fish, visit www.michigan.gov/pfasresponse.