

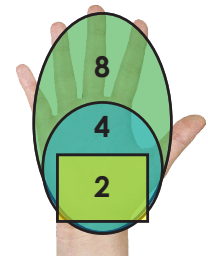
Choosing Safer Fish: *MI Servings* and Special Categories

The guidelines in the *Eat Safe Fish (ESF) Guides* are set to be safe for everyone. **This includes children, people who are pregnant or breastfeeding and people who have health problems, like cancer or diabetes.** But the *ESF Guides* can also be used by healthy adults who want to avoid getting too many chemicals in their bodies.

Polychlorinated biphenyls (PCBs), dioxins and perfluorooctane sulfonate (PFOS) are linked to cancer and other illnesses. Mercury can cause damage to your brain and nerves. The Michigan Department of Health and Human Services (MDHHS) uses chemical limits in the *ESF Guides* that will protect everyone who eats fish. To use the *ESF Guides* effectively, it is important to understand what a *MI Serving* is and what special *MI Serving* categories are in the guides.

MI Serving Size

- ☑ 8 ounces of fish = size of an adult's hand (large oval)
- ☑ 4 ounces of fish = size of the palm of an adult's hand (small circle)
- ☑ 2 ounces of fish = size of half a palm of an adult's hand (rectangle)



How much is a *MI Serving*?

Weight of Person	<i>MI Serving</i> Size
45 pounds	2 ounces
90 pounds	4 ounces
180 pounds	8 ounces

Weigh Less?

For every 20 pounds less than the weight listed in the table, subtract 1 ounce of fish.

For example, a 70 pound child's *MI Serving* size is 3 ounces of fish.

90 pounds - 20 pounds = 70 pounds

4 ounces - 1 ounce = a *MI Serving* size of 3 ounces

Weigh More?

For every 20 pounds more than the weight listed in the table, add 1 ounce of fish.

For example, a 110 pound person's *MI Serving* size is 5 ounces of fish.

90 pounds + 20 pounds = 110 pounds

4 ounces + 1 ounce = a *MI Serving* size of 5 ounces

Are you pregnant?

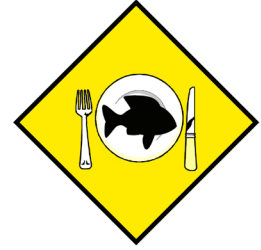
Fish is good for you and your baby! Use your pre-pregnancy weight to find your *MI Serving* size. It is best to avoid eating fish labeled as "Limited" if you're pregnant or breastfeeding.

Special *MI Serving* Categories

Limited

MDHHS suggests you **avoid eating all fish listed as “Limited”** because of higher levels of chemicals if you:

- Are under the age of 15.
- OR -
- Have health problems, like cancer or diabetes.
- OR -
- Might have children in the next several years, are currently pregnant or are breastfeeding.



If **NONE** of the above apply to you, it is usually OK to eat fish listed as “Limited” **one or two times each year**.

Do Not Eat

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

When these fish were tested, MDHHS found very high levels of chemicals. Eating even one meal of these fish could possibly lead to health problems in the future, regardless of age or health.



Finding a Balance

Sometimes a child might eat more than 2 ounces of fish or a 180 pound adult might eat more than 8 ounces of fish in one sitting. It's OK; count the number of *MI Servings* you eat in that meal.

For example, let's say the 180 pound adult ate 16 ounces of fish during one meal. That is two *MI Servings* of fish for a person of that size. If the fish is listed as two, four or twelve *MI Servings* in the *ESF Guides*, they're still within their recommended range. If the fish is listed as one *MI Serving* per month or “Limited”, they might want to avoid eating other meals of fish for a while to give their body time to process the chemicals.

No one should eat any amount of fish listed as Do Not Eat in the *ESF Guides*.



For more information or to get a free copy of an *ESF Guide* visit Michigan.gov/EatSafeFish

