

Michigan has more than 11,000 inland lakes, rivers, and streams, and the longest freshwater coastline in the country.

All of this water offers us a variety of fish that are fun to catch and great to eat.

**Fish have great health benefits!**

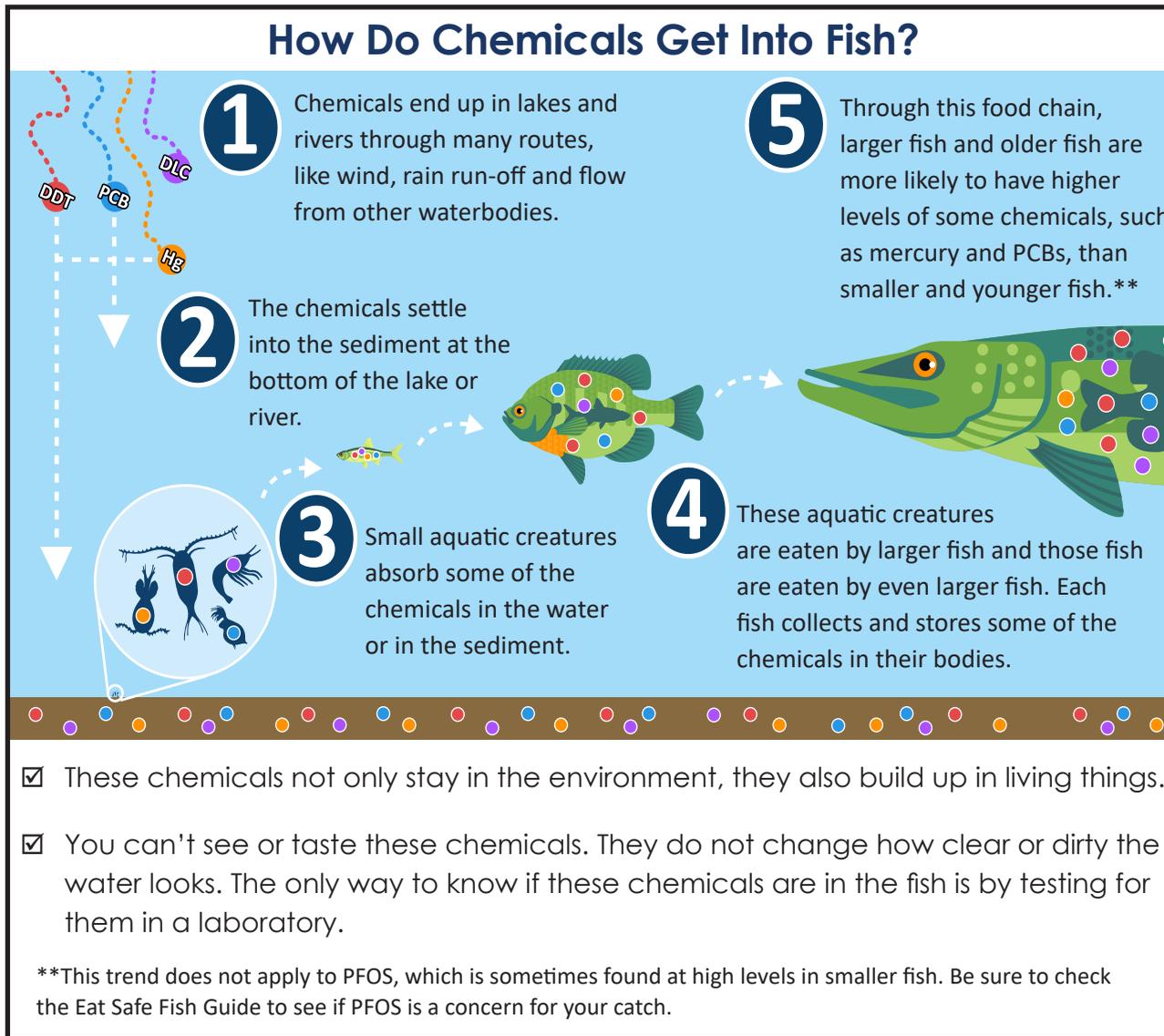
- Fish are an excellent source of low-fat protein, vitamins, and minerals.
- Eating fish is great for your brain.
- Some fish are packed with heart-healthy “good fats” called omega-3 fatty acids.

However, some fish caught in Michigan may have chemicals that can remain in your body and harm your health, such as PCBs, dioxins, mercury, and PFOS. Fish can store chemicals in many different places, including the fillet — the part you eat. When you eat the fish, the chemicals can build up in your body, too.

To get the health benefits of eating fish with less risk, it is important to choose fish that are lower in chemicals. The *Eat Safe Fish Guide* is designed to help you find fish with less chemicals and reduce your risk.

**Catching fish • Buying fish • Eating fish**

To obtain your free Eat Safe Fish Guide, call MDHHS at 800-648-6942 or visit us online at [Michigan.gov/EatSafeFish](http://Michigan.gov/EatSafeFish).



**MDHHS tests filets of fish taken from Michigan's lakes and rivers to learn which fish are safer to eat. The Eat Safe Fish Guide lists the fish that have been tested and how much is safe to eat.**

# Eat Safe Fish in Michigan

**Learn about eating safe, local, and healthful fish from our Great Lakes State.**

**eat safe fish**

[Michigan.gov/EatSafeFish](http://Michigan.gov/EatSafeFish)

# Get to know the 3Cs

By choosing the right fish and then cleaning and cooking it the right way, you can reduce some of the chemicals in the fish **by nearly half!**



You can lower the risk of harming your health from chemicals in fish by following the 3Cs—**Choose, Clean, Cook**. Following the 3Cs can remove up to half of some chemicals from fish.

Some people are at greater risk of harm to their health from the chemicals in some fish. Following the 3Cs and eating fish that are low in chemicals are especially important for:

- People who are planning to have children in the next several years.
- People who are breastfeeding.
- Children under the age of 15.
- People with health problems.
- People who eat fish more than a couple of times a year.

## 1 Choose

**CHOOSE** fish that have fewer chemicals.

- Choose smaller fish. They tend to have fewer chemicals stored in their filet.\*\*  
**\*\*This trend does not apply to PFOS, so be sure to check the Eat Safe Fish Guide to see if PFOS is a concern for your catch.**
- Choose to eat fewer large fish that eat smaller fish (like walleye) and fish that are bottom feeders (like catfish).
- Choose to use the **Eat Safe Fish Guide** to find safer fish to eat from Michigan lakes and rivers.

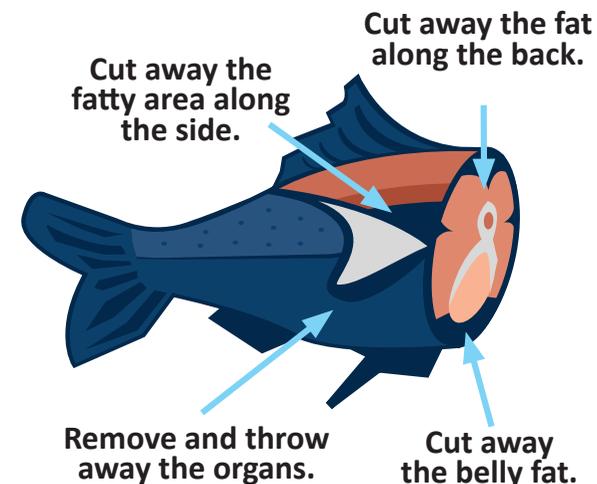
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## 2 Clean

**CLEAN** away the fat, skin, and organs of the fish to help cut out some of the chemicals.

- Some chemicals, like PCBs and dioxins are stored in the fat and organs of fish. By trimming away the dark fatty tissue and the organs, you can remove some of these chemicals from the fish.



**MERCURY & PFOS:** Mercury and PFOS can't be removed by trimming away fat. They are stored in the filet.

## 3 Cook

**COOK** fish in a way that gets rid of more fat.

Even after trimming away all the dark fatty tissue, some fat is still hidden inside the filet. To help get rid of chemicals found in the filet, you can:

- Poke holes in the skin or remove the skin so the fat in the filet drips away as it cooks.
- Cook your fish on a grill or broil it in the oven so the fat can drip away.

