

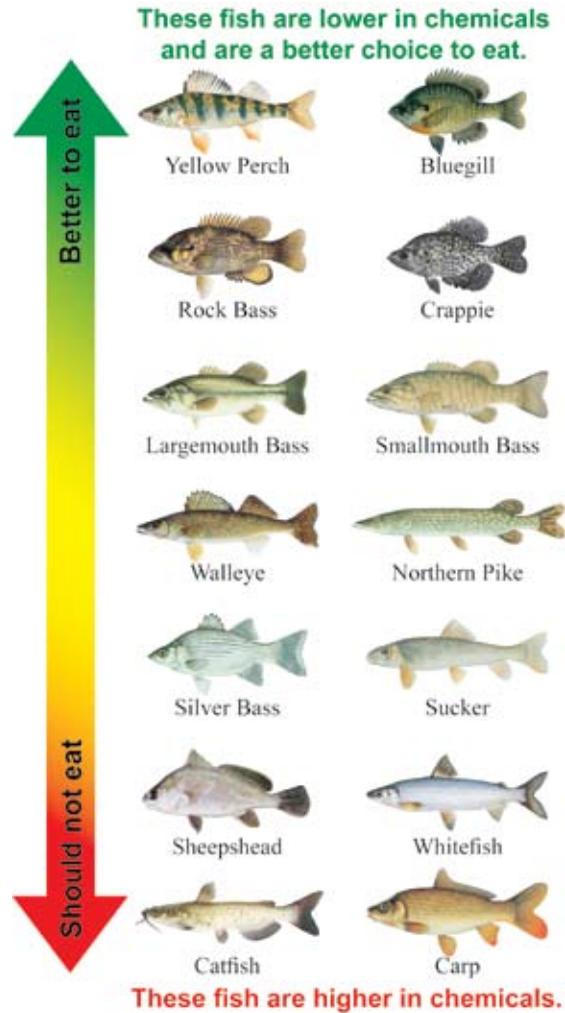
Some lakes in the Detroit area have been stocked with catfish.

Fish from these lakes have fewer chemicals than the fish from the Detroit River and are safer to eat. Call the Michigan DNR at 1-248-359-9040 for more information about these fishing spots.



Going fishing?

If you fish from rivers in the Detroit area or Lake Erie, use the picture below to decide which fish are safer for your family to eat.



No one should eat carp or catfish from the Detroit River.

Carp and catfish feed off the bottom of the river where a lot of the chemicals are found. These fish have more chemicals stored up in their body than other fish.

Detroit River Fish Advisory for Women & Children*

UNLIMITED MEALS
Yellow Perch under 10 inches

CHOOSE ONE OPTION

OPTION 1:
FOUR MEALS PER MONTH
Suckers under 18 inches
Yellow Perch over 10 inches

OPTION 2:
PICK ONE FROM THIS LIST PER MONTH
Suckers over 18 inches
Freshwater Drum
Northern Pike
Walleye
All other species

DO NOT EAT
Carp Catfish
Whitefish of any size

Detroit River Fish Advisory for Men & Women*

UNLIMITED MEALS
Walleye Sucker
Yellow Perch Northern Pike
Freshwater Drum under 18 inches

FOUR MEALS PER MONTH
Freshwater Drum over 18 inches
Whitefish under 22 inches
All other species

DO NOT EAT
Carp Catfish
Whitefish over 22 inches

*If you eat fish and are a boy or girl under the age of 15, or a woman who is pregnant or could get pregnant, please use the advisory for "Women & Children".

Eat Safe Fish in the Detroit Area

A Guide to Buying and Catching Fish that are Healthy for You and Your Family



Michigan Department of Community Health



Detroiters Working for Environmental Justice

Most fish are a healthy food choice, but some have harmful chemicals in them.

This brochure will help you make good choices when eating fish.



Are fish good for my family and me to eat?



YES!

Fish have a lot of healthy protein, vitamins and minerals.

- ☑ The oils found in fish are healthy for babies and children
- ☑ Fish are low in saturated fat
- ☑ Eating fish may help prevent heart disease in adults

Why are some fish unsafe to eat?

Some of our lakes, rivers and oceans are polluted with harmful chemicals like PCBs, dioxins or mercury. Many of these chemicals do not go away. In fact, they build up in the parts of fish that you eat. Some fish have high amounts of chemicals that may cause health problems if you eat them often.

Who is at greatest risk from harmful chemicals in fish?

- ☑ Breast-fed babies
- ☑ Unborn babies
- ☑ Children under 15 years old
- ☑ People with ongoing health problems such as heart conditions, thyroid disorders and immune system disorders



What are some of the health problems that may occur from eating these chemicals?

- ☑ Harm to a child's brain development, which can cause learning disorders and behavioral problems
- ☑ Decrease in the body's ability to fight off illness
- ☑ Cancer
- ☑ Liver damage



How much fish is in a "meal"?

- ☑ For adults: A meal is 8 ounces of uncooked fish, or 6 ounces of cooked fish (about the size of a man's hand).
- ☑ For children: A meal is 4 ounces of uncooked fish, or 3 ounces of cooked fish (about the size of the palm of a man's hand).



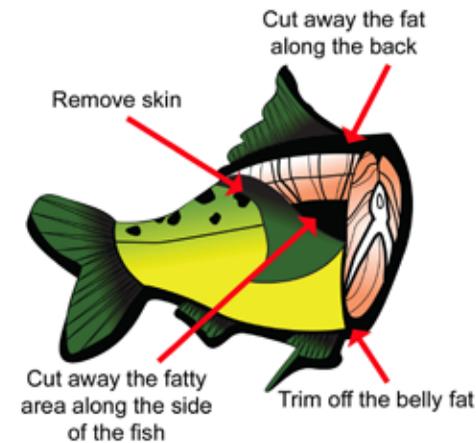
Trim and cook your fish the right way to remove up to half of the chemicals!

- ☑ First, trim away the fat (see the picture below). Most of the chemicals are stored in the fat, except for mercury. Mercury cannot be removed from fish.

- ☑ Take off the dark fatty tissue along the backbone, sides and belly. Take out all organs, such as the liver and stomach. Do not eat any of these fish parts.



- ☑ Either remove the skin or poke holes in it before cooking. This allows fat to drain off.
- ☑ Bake, broil or grill the fish so that the fat can drip away.
- ☑ If you deep fry fish, throw the oil away when you're done. Do not re-use the oil.



Mercury in Fish from the Grocery Store or Restaurant*

Mercury cannot be removed from fish by trimming and cooking. Use the following information to choose safer fish and seafood from the grocery store or restaurant.

You can eat these fish <u>2 meals</u> a week:	
Anchovies	Catfish (farm-raised)
Crab	Crawfish
Flatfish (flounder, sole)	Herring
Mullet	Oysters
Perch (ocean or freshwater)**	Pollock
Salmon (canned, frozen, fresh)	Sardines
Scallops	Shrimp
Squid	Tilapia
Trout (freshwater)	Whitefish**

-OR-

You can eat these fish <u>1 meal</u> a week:	
Cod	Jack smelt
Mahi mahi	Sheepshead
Snapper	Tuna (canned light)

-OR-

You can eat these fish <u>2 meals</u> a month:	
Bass (sea, striped, rockfish)	Bluefish
Halibut	Lobster
Sablefish	Scorpion fish
Tuna (Albacore, canned white)	Tuna (fresh, frozen)
Weakfish (sea trout)	

-OR-

You can eat these fish <u>1 meal</u> a month:	
Grouper	Mackerel
Marlin	Orange Roughy



Do not eat these fish:

Shark, Swordfish, Tilefish, King Mackerel

* Based on FDA data.

** If you catch these fish in Michigan, please see the *Michigan Family Fish Consumption Guide* for more information.