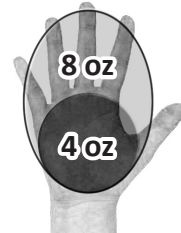


Eat Safe Fish Guidelines for the Detroit Area



The **Eat Safe Fish Guidelines** give the number of **MI Servings** per month that are safe to eat. Check the **MI Servings per Month** column for your lake or river to find the recommended number of servings.

- For adults: A **MI Serving** is 8 ounces of fish (about the size of a man's hand) for a 180 pound adult.
- For children: A **MI Serving** is 4 ounces of fish (about the size of the palm of a man's hand) for a 90 pound child and 2 ounces for a 45 pound child.



Belleville Lake

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month
Carp	PCBs	Any	Limited
Gizzard Shad	PCBs	Any	Limited
Sucker	PCBs	Any	Limited
Walleye	PCBs	Any	6 Per Year ^{2x}
All Other Species	PCBs	Any	Limited

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
Sucker	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}

The 3Cs to Safer Fish

- 1. Choose** fish that are lower in chemicals.
- 2. Clean** away the fat, skin, and organs. Throw them away.
- 3. Cook** fish on a grill or rack so fat can drip away. Don't save and reuse oil for frying fish.

What does 2^x 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 2^{2x}, and you follow the 3Cs, you can safely double the recommended 2 servings and eat 4 per month.

Doubling the number of **MI Servings** is not recommended for fish that do not have 2^x.

Lake Erie

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month
Carp	PCBs & Dioxins	Under 28"	Limited
	Dioxins	Over 28"	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
Rainbow Trout	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 St. Clair

Type of Fish	Chemicals of Concern	Size of Fish (length in inches)	MI Servings per Month
Bluegill	PCBs	Any	8 ^{2x}
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	PCBs	Any	8 ^{2x}
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

Special MI Serving Categories

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,

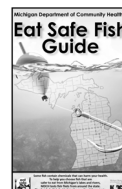
avoid eating all fish listed as **"Limited"** because of higher levels of chemicals.

If **NONE** of the above apply to you, it is usually OK 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.

MDCH 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.



These guidelines are from the 2014-2015 **Eat Safe Fish Guide** provided by the Michigan Department of Community Health. More guidelines are available for fish, lakes, and rivers that aren't listed here. If you would like a free **Southeast Michigan Guide**, or a Guide for another part of the state, call our office at 1-800-648-6942 or visit www.michigan.gov/eatsafefish.