Eat 8!

A Guide to Help You Choose Fish Low in Mercury from Restaurants and Grocery Stores

EAT no more than... **8** points per month

High in heart-healthy omega-3 fatty acids

Is the fish you're buying caught in Michigan waters? If so, please check the *Eat Safe Fish Guide* for advice.

Per MI Serving 1 Point

- 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

Per MI Serving 2 Points

- Cod
- Freshwater Drum (aka Sheepshead)
- Jack Smelt
- Mahi Mahi
- Snapper
- Tuna (canned light)

Per MI Serving 4 Points

- Bass (sea, striped, rockfish)
- Bluefish
- Halibut
- Lobster
- Sablefish
- Scorpion Fish
- Tuna (Albacore, canned white)
- Tuna (fresh, frozen)
- Weakfish (sea trout)

Per MI Serving 8 Points

- Grouper
- Mackerel
- Marlin
- Orange Roughy

Do not eat these fish:
Shark, Swordfish, Tilefish, King Mackerel

Questions? Call MDCH at 1-800-648-6942.

Great choices to go...You can cut the list out & take it with you!

Other Resources

Sustainable & Planet-Friendly Fish

Shedd Aquarium Right Bite
http://bit.ly/3FjgWm

Monterey Bay Aquarium Seafood Watch
http://bit.ly/McxPS or 1-877-229-9990

Cooking & Food Safety

Farm-Raised Fish Regulations (FDA)
http://1.usa.gov/pOLSzw or 1-240-402-2300

Fresh & Frozen Seafood - Selecting & Serving It Safely (FDA)
http://1.usa.gov/qYLlyL or 1-888-723-3366

***Hooked on Fish: Recipes from the Great Lakes State Cookbook* (MDCH)**
http://1.usa.gov/pri1qp or 1-800-648-6942

Local Fish, Local Guide

If you are eating fish caught in Michigan or any of the Great Lakes, **please call MDCH to request the *Eat Safe Fish Guide*** for the region the fish is from. The regional ***Guide*** lists Michigan fish that have been tested for mercury and other harmful chemicals, like PCBs and dioxins.

Catching fish • Buying fish • Eating fish

For more information on safe fish, call MDCH at 1-800-648-6942 or visit us online at www.michigan.gov/eatsafefish.

Michigan Department of Community Health
MDCH

with support from Wayne State University

buy safe fish

Mercury Guidelines for Store-bought & Restaurant Fish

eat safe fish

www.michigan.gov/eatsafefish

Eating Safe Fish

You've heard that eating fish is healthy for you and your family.

- ☑ Fish are a great low-fat source of protein.
- ☑ Fish are brain food.
- ☑ Some fish have heart-healthy omega-3s.

But you've also probably heard that some fish have **mercury** in them. And mercury is bad for your health - no matter what age you are.

You want to make the **healthy choice** for you and your family, but what is the **right choice?** Should you eat fish or not? Which fish are safe?

Luckily, making the **right choice and the healthy choice** is now as easy as counting to eight!

Mercury in Fish

- ☑ Mercury is found in the muscle of the fish, which is the filet that we eat. You can't remove mercury from fish like you can other chemicals.
- ☑ Choosing fish to eat that are low in mercury is the only way to avoid getting too much in your body.

Health Problems

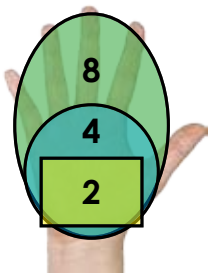
Mercury can cause health problems in people of all ages.

- ☑ Too much mercury can cause problems with the nervous system and kids' brain growth.

- ☑ Too much mercury can harm heart function.
- ☑ Too much mercury also limits your body's ability to fight off sickness.

What is 'MI Serving'?

MI Serving depends on who you are:



- ☑ **For an adult, *MI Serving* is: 8 ounces of cooked fish** = size of an adult's hand (large oval)
- ☑ **For a child, *MI Serving* is: 2-4 ounces of cooked fish** = size of the palm on an adult's hand (small circle/rectangle)

You might eat more than one *MI Serving* in a meal. That's OK, just keep track so you know!

Eat 8! Eat Great!

The FDA has tested for mercury in a variety of fish and shellfish that are available for sale in the United States.

Using the FDA test results for mercury in fish, MDCH created **Eat 8!**

Eat 8! can help you choose fish lower in mercury and higher in heart-healthy omega-3 fatty acids.

Eat 8! is safe for <u>everyone</u> to use, even pregnant women and kids!

How to Use Eat 8!

1. **Look on the back of this sheet and find the fish you plan to eat.** The lower the points, the lower the amount of mercury in the fish.
2. **Estimate how many 'MI Servings' you are going to eat.** One adult's *MI Serving* of fish is a filet about the size of their hand (8 ounces of cooked fish). A child's *MI Serving* is about the size of the palm of an adult's hand (2-4 ounces).
3. **Add up the points.** For example, one dinner, you have 16 ounces of salmon (2 *MI Servings*) for 2 points. The next week, you have one *MI Serving* (8 ounces) of halibut for 4 points. That's 6 points, so far, for the month.
4. **Keep track of your 'MI Serving' points during the month.** Eat no more than 8 points total of fish each month.

You can be sure you're not getting too much mercury in your body when you use **Eat 8!** to choose your meals.

eat safe fish

Questions?
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www.michigan.gov/eatsafefish

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MDCH