

EAT SAFE FISH IN MICHIGAN

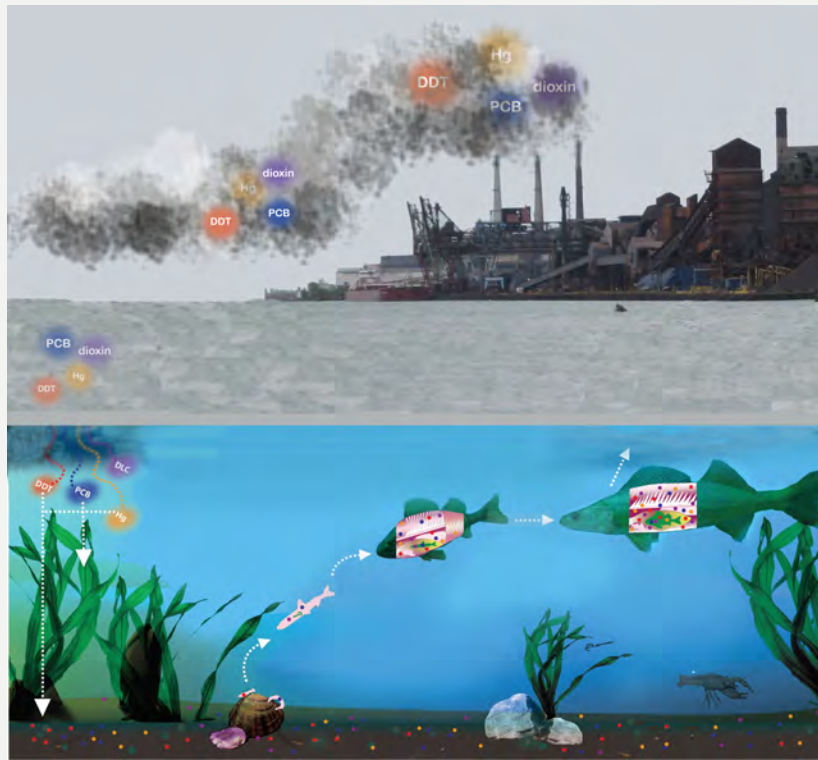


WHY EAT FISH?

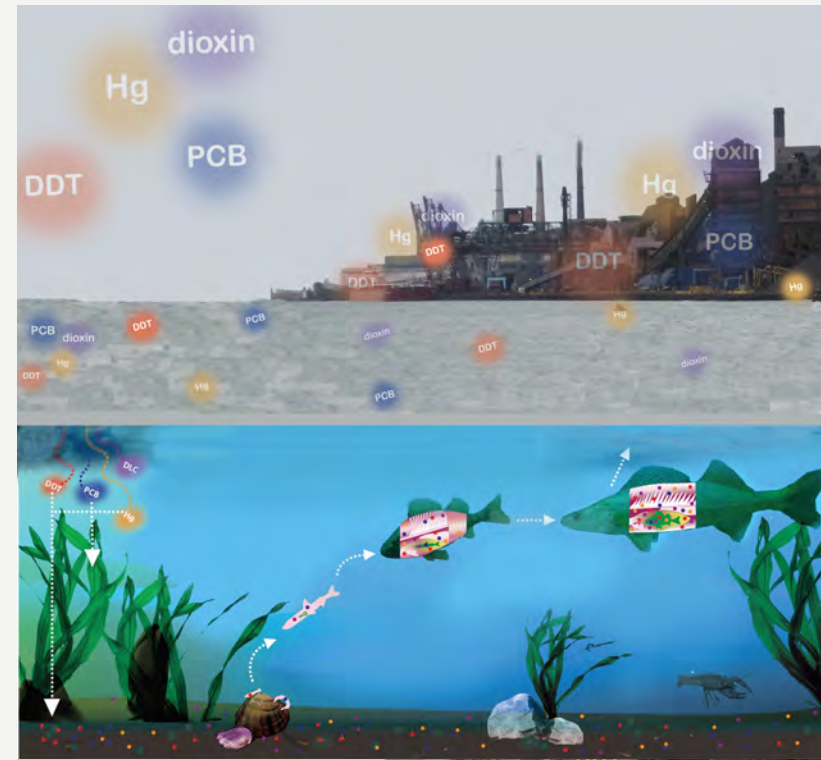
- Lean source of protein
- Low in saturated fat
- Contain omega-3 fatty acids
- Can be local and affordable



CHEMICALS OF CONCERN: PERSISTENT



~1970s



Today



CHEMICALS OF CONCERN: BIOACCUMULATIVE



CHEMICALS OF CONCERN

PCBs

(polychlorinated biphenyls)

Brain development can be harmed in fetuses and children

Linked to the development of cancer

Linked to the development of diabetes

Immune system can be harmed

Mercury

Brain development can be harmed in fetuses and children

Immune system can be harmed

Heart function can be harmed in older adults

Dioxins

(dioxin-like chemicals)

Linked to the development of cancer

Fertility can be harmed

Thyroid function can be harmed



RISK DIFFERS BY AGE, HEALTH & GENETICS

Health outcomes depend on several factors:

What you can change:

Amount of chemical exposure

- What species of fish
- How often eaten
- How much eaten
- How they are cleaned and cooked

What you cannot change:

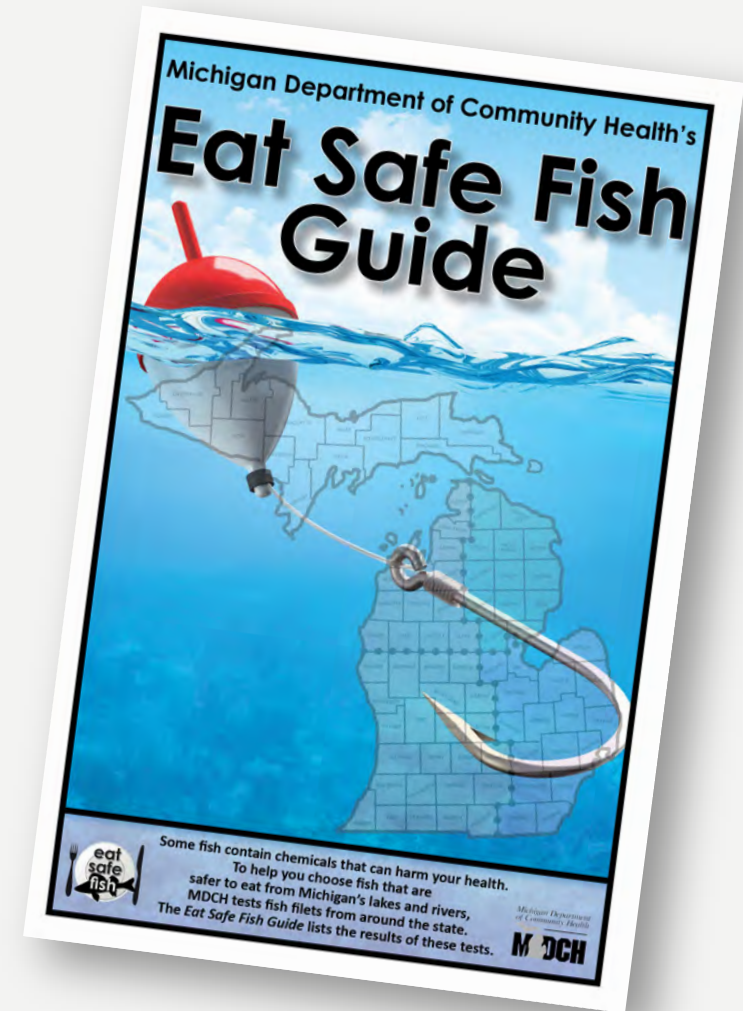
Who you are

- Age
- Health
- Genetics



EAT SAFE FISH GUIDE

- Based on current science
- Fish in the Eat Safe Fish Guide have been tested
- Not regulatory-like a nutrition label
- Free by request and available online



EAT SAFE FISH MATERIALS





THANK YOU!

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