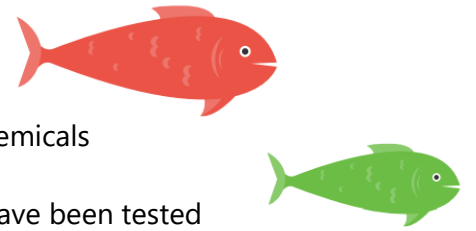




Take measures to eat safe fish

Choose safe fish

- Size:** Smaller fish have fewer chemicals
- Species:** Eat a variety of fish
- Source:** Fish from waters that have been tested



Follow the three Cs
Choose to eat fish that are lower in chemicals
Clean away fat and organs
Cook fish on a rack or broil in the oven



For more information on eating safe fish from Indiana waters, visit: IN.gov/isdh/FCA

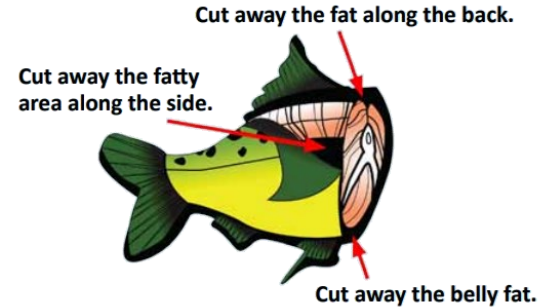


Image provided by the Michigan Department of Health and Human Services