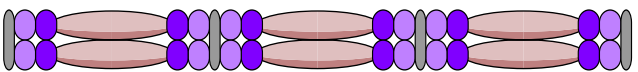


A Family Guide to Eating Fish



**Eat Fish ... But
*Choose Wisely***

Eating fish is more than healthy — it's essential

Nutrients in fish are important for people of all ages. Fish is a source of lean protein, vitamins and minerals, and omega-3 fatty acids. Babies need omega-3 fatty acids for brain development. Omega-3s help cut the risk of diabetes, heart disease, Alzheimer's, arthritis and stroke.

Americans eat too few omega-3 fatty acids and too many saturated fats in red meat and fast foods. This contributes to obesity, heart disease and diabetes.



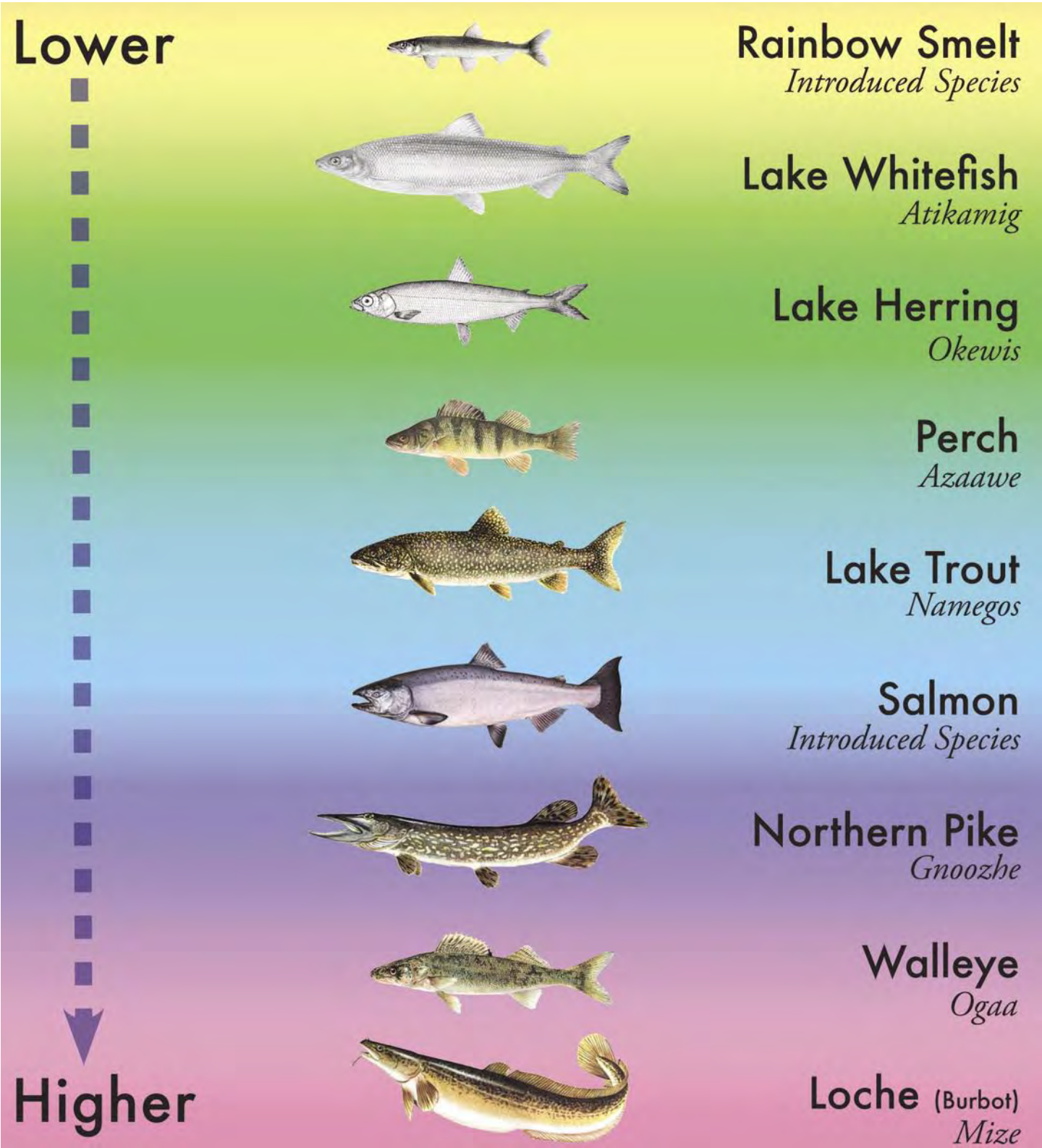
Our bodies can't make omega-3 fatty acids, so we have to include it in our diet. Pregnant moms must eat foods with omega-3s in order to pass them on to their babies, and later by breastfeeding.

Women and children are advised to eat two meals a week of fish that is lower in mercury. Many Great Lakes fish are a good source of omega-3s. Several of these species have more omega-3s than canned tuna, which has 1.5 grams per 3 oz. serving (*see below*).

Favorite Great Lakes Fish Species	Omega-3 Fatty Acid Grams / 3 oz serving
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Lake Herring.....	3.6
Chubs	3.5
Lake Whitefish	3.4
Lean Lake Trout.....	3.0
Coho Salmon.....	1.5
Chinook Salmon	1.3
Rainbow Smelt.....	1.3
Walleye	0.4
Yellow Perch and Loche	0.3

Mercury Levels In Upper Great Lakes Fish



Choosing your fish is easy if you remember —

SOURCE **SPECIES** **SIZE**

Some contaminants can build up in the fatty parts of the fish. Other contaminants build up in the fillet. As the fish grows it can accumulate more contaminants. So, choose your fish using the three guidelines below:



SOURCE — Find out where your fish is from. Some lakes and rivers have less contaminants than others. Lakes Superior, Michigan and Huron have lower levels of mercury than inland lakes and reservoirs. If there's no label, ask.

SPECIES — Fish that eat other fish tend to build up more contaminants in their flesh. Some species grow more slowly, allowing more time for contaminants to build up.

SIZE — Choose smaller fish. Larger fish eat other large fish, building up even more contaminants.

Reducing Contaminants

Except for mercury, contaminants that may be in your fish can be reduced by trimming off fat and skin. Choose low mercury fish, then trim, skin and grill.

**Fillet fish to reduce
contaminants**



**Trim off fat & skin to
reduce more**



**Grill or Bake to
reduce even more**

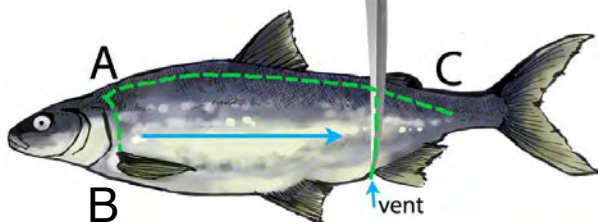


**TOTAL REDUCTION
OF CONTAMINANTS**

Averages 68%

The Easiest Way to Fillet

1 Lay the fish on a hard, flat surface. Cut through the flesh behind the gill covers as shown in A-B. Slice along the backbone from A to C.



2 Push the knife from C through the fish to the vent. Continue to slice along the backbone until the flesh is severed near the tail.

3 Lift the top off the fillet, away from the backbone, and carefully stroke the fillet from the ribs until it can be freed.

4 Remove the skin from each fillet by first laying it skin-side down. Slice some of the skin of the tail end away from the flesh. Then, holding this small end of free skin, push the knife,



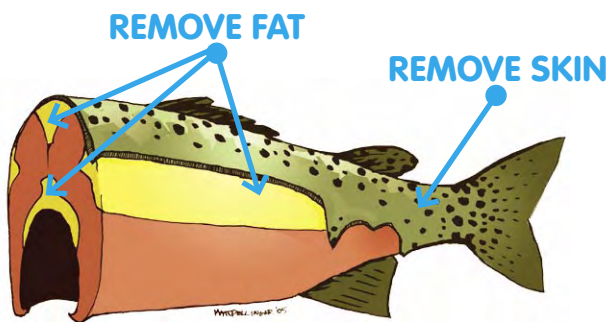
blade pointed downward, forward along the inside of the skin.

Sources: "Eat More Fish But Choose Wisely" project data; MSU Sea Grant; Paul Addis PhD; USDA National Nutrient Database for Standard Reference R-17; U.S. Department of Health and Human Services, U.S. Department of Agriculture (USDA), U.S. Environmental Protection Agency (EPA), U.S. Food and Drug Administration (FDA), American Dietetic Association, the American Heart Association. Bone necklace graphic created by native-owned RT Computers. Miigwetch (thank you) to Anishinabekwe (Native women) and binojiin (children) who volunteered for family photos.

The "Eat More Fish But Choose Wisely" Project is a collaboration between Inter Tribal Council of Michigan Inc. (ITC), Inter Tribal Fisheries and Assessment Program (ITFAP) and Chippewa Ottawa Resource Authority (CORA). Project educational materials and the scientific research upon which they are based were made possible by an U.S. Dept. of Health and Human Services Agency for Toxic Substances and Disease Registry (ATSDR) grant. For more information about fish consumption, see <www.itcmi.net/EatFishWisely>.

Trimming and Skinning

If there are contaminants such as PCBs in your fish, removing the fat and skin *before* cooking will remove a significant portion of these contaminants. The fat is located at the top and the sides of the fish. Mercury is an exception. Instead of storing up in the fat, it stores up in the fillet — exactly the part you want to eat. To avoid mercury, choose fish with low mercury levels. (See other side: “Mercury Levels in Upper Great Lakes Fish”)



Grilling or Baking Fillets

Baking or grilling is the best way to reduce contaminants that may be in your fish. Frying only adds unneeded fats and breading. Season your fillets with salt and pepper. Use olive or canola oil when needed.

To bake, place fillets in well-oiled baking pan in a 350°F oven until tender and flaky.

Or, wrap each fillet in foil and bake at 425°F, about 8 minutes for a 1/2-inch thick fillet or 15 minutes for a 1-inch fillet.

To grill, place lightly-oiled fillets on a pre-heated grill that is 2 to 4 inches from the heat. Grill 5 minutes for a 1/2-inch thick fillet or 9 minutes for a 1-inch fillet. Now you can experiment — try adding lemon or parsley, or use your favorite marinade in place of oil.