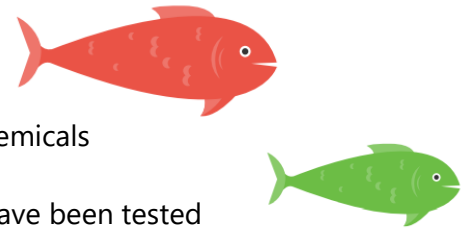




# Take measures to eat safe fish

## Choose safe fish

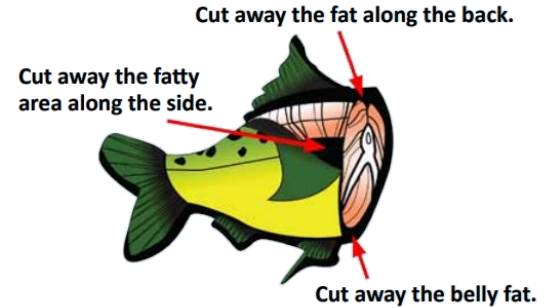
- Size:** Smaller fish have fewer chemicals
- Species:** Eat a variety of fish
- Source:** Fish from waters that have been tested



- ## 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](http://IN.gov/isdh/FCA)



*Image provided by the Michigan Department of Health and Human Services*