



Women
(18 – 49 Years)

Children
(1 – 17 Years)



Women
(50+ Years)

Men
(18+ Years)

1 TOTAL
SERVING
A WEEK

2 TOTAL
SERVINGS
A WEEK

A GUIDE TO EATING FISH *from* CROWLEY LAKE (MONO COUNTY)



**Eat the
Good Fish**
Eating fish that are
low in chemicals
may provide health
benefits to children
and adults.



**Avoid the
Bad Fish**
Eating fish with higher
levels of chemicals like
mercury or PCBs may
cause health problems
in children and adults.

**Choose the
Right Fish**
Chemicals may
be more harmful
to unborn babies
and children.



Lahontan Cutthroat Trout

Photo credit: Joseph R. Tomelleri

♥ *high in omega-3s*



Rainbow Trout

♥ *high in omega-3s*



Sacramento Perch

Serving Size

A serving of fish is about the size and thickness of your hand. Give children smaller servings.

For Adults



For Children



**California Office of Environmental
Health Hazard Assessment**

web www.oehha.ca.gov/fish
email fish@oehha.ca.gov
phone (916) 324-7572

**Eat only the
skinless fillet**



Eat only the meat



Some chemicals are higher in the skin, fat, and guts.