



**Women**  
(18-49 Years)

**Children**  
(1-17 Years)

**4** TOTAL  
SERVINGS  
A WEEK

OR

**4** TOTAL  
SERVINGS  
A WEEK

OR

**3** TOTAL  
SERVINGS  
A WEEK

OR

**2** TOTAL  
SERVINGS  
A WEEK



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**5** TOTAL  
SERVINGS  
A WEEK

OR

**4** TOTAL  
SERVINGS  
A WEEK

OR

**3** TOTAL  
SERVINGS  
A WEEK

OR

**3** TOTAL  
SERVINGS  
A WEEK

**Children**



Less than 8 ounces

**One  
Serving**

**Adults**



8 ounces

# A GUIDE TO EATING FISH FROM XANYŌ XAMSHRÉ

(Imperial County)



## Choose the Good Fish

Fish are a good source of vitamins, protein, and omega-3s. Eating fish low in harmful chemicals may provide important health benefits.

## Avoid the Bad Fish

Eating fish with higher levels of mercury, PCBs, and selenium can harm the brain and nervous system, especially in fetuses, babies and children.



Flathead Catfish



Channel Catfish



Common Carp



**Black Bass Species**  
♥ *high in omega-3s*



**Sunfish Species**



**Striped Bass**  
♥ *high in omega-3s*

**Cook fish and shellfish thoroughly to destroy harmful parasites**

**Eat only the skinless fillet**



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

**Eat only the meat**



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Hazard Assessment

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SCAN ME