

Women (18-49 Years)

Children (1-17 Years)

TOTAL **SERVINGS** A WEEK

OR

TOTAL **SERVINGS** 



Women (50+ Years)

Men (18+ Years)

TOTAL **SERVINGS A WFFK** 

OR

TOTAL **SERVINGS** A WEEK

from the

**ALAMO RIVER** 

(IMPERIAL COUNTY)

A GUIDE TO

**EATING FISH** 

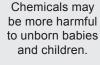
## Eat the **Good Fish**

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** 





**Common Carp** 



Tilapia



**Channel Catfish** 

# **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** California Office of Environi
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.