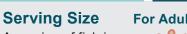


Women (18-49 Years)

Children (1-17 Years)

TOTAL SERVING

DO NOT EAT



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



Women (50+ Years)

Men (18+ Years)

TOTAL SERVINGS

OR

TOTAL **SERVING** A WEEK

For Adults



A GUIDE TO **EATING FISH**

from

CAMP FAR WEST RESERVOIR

(NEVADA, PLACER, YUBA COUNTIES)

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.





Black Bass Species



Channel Catfish



California Office of Environmental California Office of Environ.
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.