

Women (18-49 Years)

Children (1-17 Years)

TOTAL **SERVING** A WEEK

OR

TOTAL SERVING A WEEK

DO NOT

Serving Size

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 A WEEK**

OR

TOTAL SERVINGS A WEEK

OR

TOTAL **SERVING A WEEK**

For Adults



For Children



A GUIDE TO **EATING FISH** from

LOS BANOS RESERVOIR

(MERCED COUNTY)

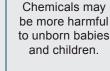
Eat the **Good Fish**

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.

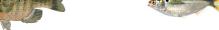


Choose the

Right Fish







Threadfin Shad



Common Carp



Black Bass Species



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.