



INFORMATION ABOUT EATING FISH FROM PRADO LAKE (SAN BERNARDINO COUNTY)

Office of Environmental Health Hazard Assessment (OEHHA)
California Environmental Protection Agency
March 2022

Why did OEHHA develop an advisory for eating fish from Prado Lake?

OEHHA developed an advisory for Prado Lake because of mercury and PCBs found in the fish caught from this water body. The fish species tested at Prado Lake had lower contaminant levels than are typical at many other California water bodies. Prado Lake is located approximately 7 miles southeast of Chino, in San Bernardino County. This advisory is part of an ongoing effort by OEHHA to provide safe-eating advice for fish in different California water bodies.

Why should I eat fish?

- Low-contaminant fish are an important part of a healthy, well-balanced diet. The American Heart Association recommends eating at least two servings of fish each week.
- Fish are a good source of protein and vitamins, and are a primary dietary source of heart-healthy omega-3 fatty acids. Eating low-contaminant fish while pregnant may help the baby's brain develop.

Which chemicals are of concern for people eating fish from Prado Lake?

- Mercury
 - Mercury is a metal that comes from mining, air fallout from burning coal and other fuels, and natural sources. It is the most commonly found contaminant of concern in fish.
 - Too much methylmercury, the form of mercury found in fish, can harm the brain, especially in fetuses, babies, and children. Mothers can pass methylmercury to their babies during pregnancy.
 - Because fetuses, babies, and children are especially sensitive to mercury, OEHHA has one set of advice for the amount of mercury-containing fish that women age 18–49 years and children should eat, and another set of advice for women 50 years and older and men 18 years and older.
- Polychlorinated Biphenyls (PCBs)
 - PCBs are industrial chemicals. While banned in the 1970s, they persist for many years in the environment and are still found in the air, sediment, fish and water from spills, leaks, and improper disposal.
 - PCBs can increase cancer risk. PCBs may also harm the developing fetus, which can include effects on growth and learning. Women can pass PCBs on to their babies during pregnancy and breastfeeding.

- PCBs can build up to very high levels in the skin, fat, and some internal organs of fish. That is why OEHHA recommends eating only skinless fillet (meat) of fish.

How did OEHHA determine the consumption guidelines for fish from Prado Lake?

- OEHHA compared chemical levels in fish caught from Prado Lake to levels that are considered safe for human consumption.
- OEHHA's consumption guidelines balance the health benefits of fish consumption and the risks from the contaminants.

What does OEHHA recommend for people who want to eat fish from Prado Lake?

- OEHHA recommends the types and amounts of fish that may be eaten each week as "servings." A serving is about the size and thickness of your hand for fish fillets. Give children smaller servings. For smaller fish species, several individual fish may be required to yield a serving.
- Women 18–49 years and children 1–17 years may eat:
 - 4 total servings per week of Common Carp, or
 - 6 total servings per week of black bass species, or
 - 7 total servings per week of Channel Catfish, sunfish species, or Threadfin Shad
- Women 50 years and older and men age 18 years and older may eat:
 - 7 total servings per week of black bass species, Channel Catfish, Common Carp, sunfish species, or Threadfin Shad
- For additional fish species found in Prado Lake and not included in this advisory, OEHHA recommends following the [statewide advisory for eating fish from California's lakes and reservoirs without site-specific advice](#).

What else can I do to protect my health and the health of my family?

- Eat a variety of fish.
- Eat smaller (younger) fish of legal size.
- Eat only the skinless fillet or meat portion of fish.
- Thoroughly cook the fish, allow the juice to drain away.
- Learn about OEHHA's guidelines for eating sport fish in California:
 - Visit <https://oehha.ca.gov/fish/advisories>, or call OEHHA at (916) 324-7572 or (510) 622-3170

- Check the Freshwater or Ocean Sport Fishing Regulations booklets from the California Department of Fish and Wildlife, or visit <https://www.wildlife.ca.gov/Regulations>



Women
(18 – 49 Years)

Children
(1 – 17 Years)



Women
(50+ Years)

Men
(18+ Years)

7 TOTAL
SERVINGS
A WEEK

OR

6 TOTAL
SERVINGS
A WEEK

OR

4 TOTAL
SERVINGS
A WEEK

7 TOTAL
SERVINGS
A WEEK

OR

7 TOTAL
SERVINGS
A WEEK

OR

7 TOTAL
SERVINGS
A WEEK

Serving Size

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

For Adults



For Children



A GUIDE TO EATING FISH *from* PRADO LAKE

(SAN BERNARDINO 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.



Channel Catfish



Sunfish Species



Threadfin Shad



Black Bass Species
♥ high in omega-3s



Common Carp



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.