

Women $(18 - 49 \, Years)$

Children (1 - 17 Years)

SERVINGS

OR

TOTAL

DO NOT



web www.oehha.ca.gov/fish email fish@oehha.ca.gov phone (916) 324-7572

A GUIDE TO **EATING FISH**

from

CALIFORNIA LAKES AND RESERVOIRS

Inland Silverside

WITHOUT SITE-SPECIFIC ADVICE

WOMEN 18 - 49 YEARS AND CHILDREN 1 - 17 YEARS

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.



A WEEK

SERVING A WEEK



Brown Trout over 16 inches



Rainbow Trout high in omega-3s



Threadfin Shad



Brown Trout 16 inches or less high in omega-3s



Bullhead Species

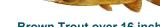


Crappie Species



Sunfish Species









Common Carp

Goldfish



Sacramento Pikeminnow



Striped Bass

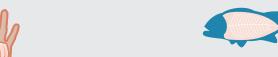
Serving Size

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

For Adults



For Children



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

Eat only the skinless fillet

Eat only the meat



Updated 08/2021



Women (50+ Years)

Men (18+ Years)

TOTAL SERVINGS A WEEK

OR

TOTAL SERVINGS A WEEK

TOTAL SERVINGS A WEEK

OR

TOTAL SERVING A WEEK

DO NOT EAT

California Office of Environmental Health Hazard Assessment

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CALIFORNIA LAKES AND RESERVOIRS

WITHOUT SITE-SPECIFIC ADVICE

WOMEN 50 YEARS AND OLDER AND MEN 18 YEARS AND OLDER



Inland Silverside



Rainbow Trout

high in omega-3s

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Choose the Right Fish

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Threadfin Shad



Brown Trout 16 inches or less

high in omega-3s



Bullhead Species



Crappie Species



Sunfish Species



Brown Trout over 16 inches
high in omega-3s



Goldfish

Sacramento Sucker



Sacramento Pikeminnow Stri
16 inches or less high





Sacramento Pikeminnow over 16 inches



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

For Adults



For Children



Eat only the skinless fillet



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

Eat only the meat



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