



INFORMATION ABOUT EATING FISH FROM LAKE SPAULDING (NEVADA COUNTY)

Office of Environmental Health Hazard Assessment (OEHHA)
California Environmental Protection Agency
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Why did OEHHA develop an advisory for eating fish from Lake Spaulding?

OEHHA developed an advisory for Lake Spaulding because of mercury found in the fish caught from this water body. Lake Spaulding is located approximately 26 miles northeast of Nevada City and 19 miles west of Truckee. 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 Lake Spaulding?

- Mercury
 - Mercury is a metal that comes from natural sources, mining, and air fallout from burning coal and other fuels. It is the most commonly found contaminant 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.

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












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

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

- OEHHA recommends the amounts and types 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
 - Should not eat Sacramento Pikeminnow
 - May eat:
 - 4 total servings per week of Inland Silverside, or
 - 5 total servings per week of Rainbow Trout
- Women 50 years and older and men age 18 years and older
 - Should not eat Sacramento Pikeminnow
 - May eat:
 - 7 total serving per week of Inland Silverside or Rainbow Trout
- For additional fish species found in Lake Spaulding 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>

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|  <p>Women (18-49 Years)</p> <p>Children (1-17 Years)</p> |  <p>Women (50+ Years)</p> <p>Men (18+ Years)</p> | <h2>A GUIDE TO EATING FISH</h2> <p><i>from</i></p> <h2>LAKE SPAULDING</h2> <p>(NEVADA COUNTY)</p> <div> <div> <p>Eat the Good Fish</p> <p>Eating fish that are low in chemicals may provide health benefits to children and adults.</p>  </div> <div> <p>Avoid the Bad Fish</p> <p>Eating fish with higher levels of chemicals like mercury or PCBs may cause health problems in children and adults.</p>  </div> <div> <p>Choose the Right Fish</p> <p>Chemicals may be more harmful to unborn babies and children.</p> </div> </div> | |
| <p>5 TOTAL SERVINGS A WEEK</p> | <p>7 TOTAL SERVINGS A WEEK</p> |  <p>Rainbow Trout ♥ high in omega-3s</p> | |
| <p>OR</p> <p>4 TOTAL SERVINGS A WEEK</p> | <p>OR</p> <p>7 TOTAL SERVINGS A WEEK</p> |  <p>Inland Silverside</p> | |
| <p>0 DO NOT EAT</p> | <p>0 DO NOT EAT</p> |  <p>Sacramento Pikeminnow</p> | |
| <p>Serving Size A serving of fish is about the size and thickness of your hand. Give children smaller servings.</p> <div> <p>For Adults</p>  </div> <div> <p>For Children</p>  </div> | | <p>California Office of Environmental Health Hazard Assessment</p> <p>web www.oehha.ca.gov/fish email fish@oehha.ca.gov phone (916) 324-7572</p> <div> <p>Eat only the skinless fillet</p>  </div> <div> <p>Eat only the meat</p>  </div> <p>Some chemicals are higher in the skin, fat, and guts.</p> | |