



**Women**  
(18-49 Years)

**Children**  
(1-17 Years)

**7** TOTAL  
SERVINGS  
A WEEK

OR

**6** TOTAL  
SERVINGS  
A WEEK

OR

**3** TOTAL  
SERVINGS  
A WEEK

OR

**2** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**7** TOTAL  
SERVINGS  
A WEEK

OR

**6** TOTAL  
SERVINGS  
A WEEK

OR

**3** TOTAL  
SERVINGS  
A WEEK

OR

**4** TOTAL  
SERVINGS  
A WEEK

OR

**2** 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* LAKE PALMDALE

(LOS ANGELES 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.



Hitch



Inland Silverside



Goby



Sunfish Species



Channel Catfish



Black Bass Species

♥ high in omega-3s



Black Crappie



California Office of Environmental  
Health Hazard Assessment

web [www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)

email [fish@oehha.ca.gov](mailto: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.