



**Women**  
(18-49 Years)

**Children**  
(1-17 Years)



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**3** TOTAL  
SERVINGS  
A WEEK

OR

**2** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

**0** DO NOT  
EAT

**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

### 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* SHASTA LAKE (SHASTA 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.



Sunfish Species



Rainbow Trout  
♥ high in omega-3s



Common Carp



Black Bass Species  
♥ high in omega-3s



Chinook (King) Salmon  
♥ high in omega-3s



Channel Catfish



California Office of Environmental  
Health Hazard Assessment

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Eat only the  
skinless fillet



Eat only the meat



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