



Women
(18-49 Years)

Children
(1-17 Years)



Women
(50+ Years)

Men
(18+ Years)

5 TOTAL
SERVINGS
A WEEK

OR

4 TOTAL
SERVINGS
A WEEK

0 DO NOT
EAT

7 TOTAL
SERVINGS
A WEEK

OR

7 TOTAL
SERVINGS
A WEEK

0 DO NOT
EAT

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 SPAULDING (NEVADA 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.



Rainbow Trout

♥ high in omega-3s



Inland Silverside



Sacramento Pikeminnow



**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.