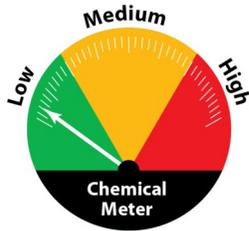
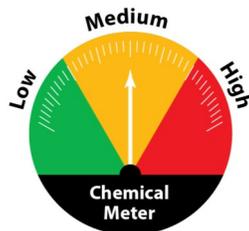


A Healthy Guide to Eating Fish from Little Rock Reservoir

Women 18-45 years and children 1-17 years



No fish in this group



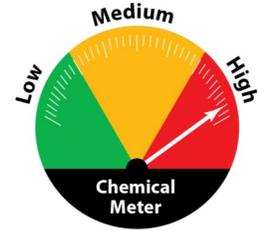
Bluegill or green sunfish



Crappie



Rainbow trout



Largemouth bass



Catfish



Carp



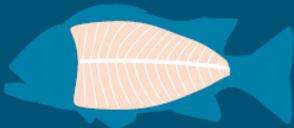
= High in Omega-3s

2 servings a week

1 serving a week

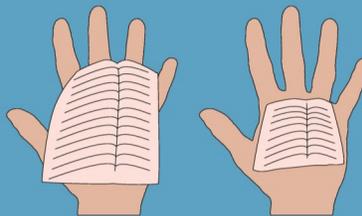
Do not eat

Eat only the skinless fillet.
PCBs are in the fat and skin of the fish.



- Remove and throw away the skin before cooking.
- Cook thoroughly and allow the juices to drain away.

What is a serving?



For Adults For Children

The recommended serving is the size and thickness of your hand. Give children smaller servings.

Why eat fish?

Eating fish is good for your health. Fish have Omega-3s that can reduce your risk for heart disease and improve how the brain develops in unborn babies and children.

What is the concern?

Some fish have high levels of mercury and PCBs. PCBs can cause cancer. Mercury can harm the brain, especially in unborn babies and children.

A Healthy Guide to Eating Fish from Little Rock Reservoir

Women over 45 years and men



Rainbow trout



Bluegill or
green sunfish



Crappie



Largemouth bass



Catfish



Carp



= High in Omega-3s

3 servings a week

OR

2 servings a week

OR

1 serving a week

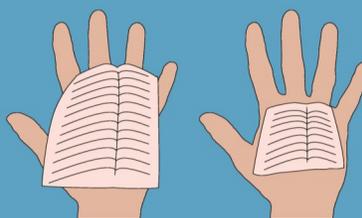
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