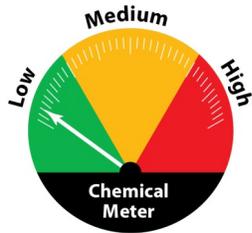
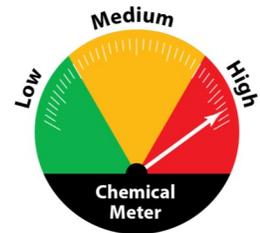
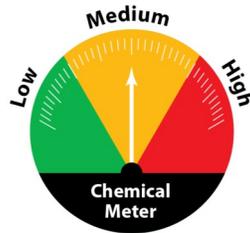


A Healthy Guide to Eating Fish from Lake McClure

Women 18-45 years and children 1-17 years



♡ = High in Omega-3s



2 servings a week from this group



1 serving a week

Do not eat

Women over 45 years and men can safely eat more fish

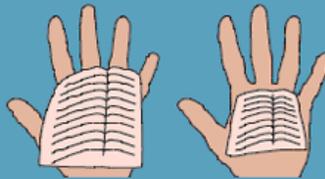
7 servings a week of rainbow trout *or*

4 servings a week of kokanee or carp *or*

3 servings a week of bluegill *or*

1 serving a week of bass, catfish, or king salmon

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. Mercury can harm the brain, especially in unborn babies and children.

* River-run salmon are safer to eat