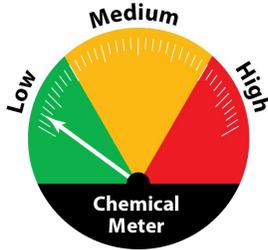
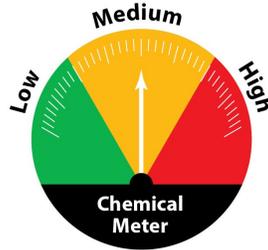


A Healthy Guide to Eating Fish from Pyramid Lake

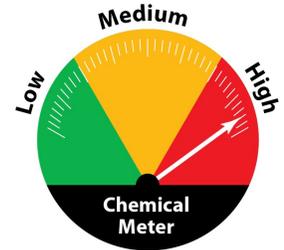
Women 18-45 years and children 1-17 years



Rainbow trout ♥



Channel catfish



Largemouth or smallmouth bass



Bullhead

♥ = High in Omega-3s

7 servings a week



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

2 servings a week of channel catfish or

1 serving a week of bass
DO NOT EAT bullhead

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 or PCBs. Mercury can harm the brain, especially in unborn babies and children. PCBs might cause cancer.