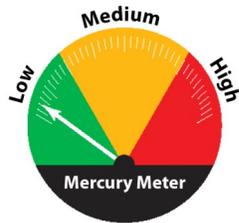
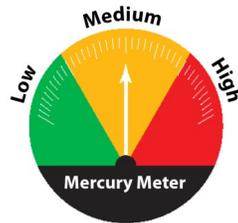


# A Healthy Guide to Eating Fish from Camanche Reservoir

## Women 18- 45 Years and Children 1-17 Years



There are no fish in this group



Carp



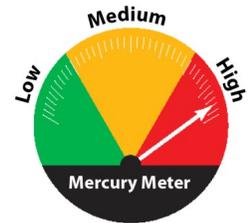
Catfish



Hardhead



Sunfish



Black bass

2 servings a week

1 serving a week

Do not eat

### 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.

# A Healthy Guide to Eating Fish from Camanche Reservoir

## Women over 45 Years and Men



Sunfish



Carp



Catfish



Hardhead



Black bass

3 servings a week

OR

2 servings a week

OR

1 serving a week

### 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. Women over 45 years and men have lower risk and can eat more fish.