

♥ Why eat fish?

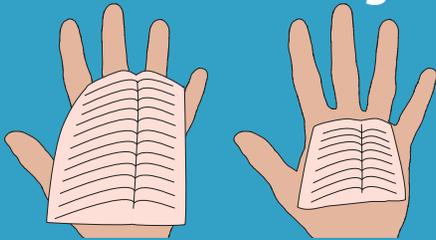
Eating fish is good for your health. Fish have Omega-3s that can reduce your risk for heart disease and improve how the brain develops in unborn babies and children.

What is the concern?

Some fish have high levels of mercury and PCBs. Mercury can negatively affect how the brain develops in unborn babies and children. PCBs might cause cancer.

Some chemicals are in the fat and skin of the fish. Throw these parts away and eat only the fillet.

What is a serving?



For Adults

For Children

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

Fish buying guidelines for women 18 – 45 and children 1 – 17

Do not eat fish caught by family or friends in the same week that you eat fish bought in a store or restaurant. For fish that you buy:

 **Safe to eat 2 servings per week** of low mercury fish such as salmon ♥, pollock, catfish, tilapia, shrimp, anchovies ♥, sardines ♥, trout ♥, or canned chunk-light tuna



OR

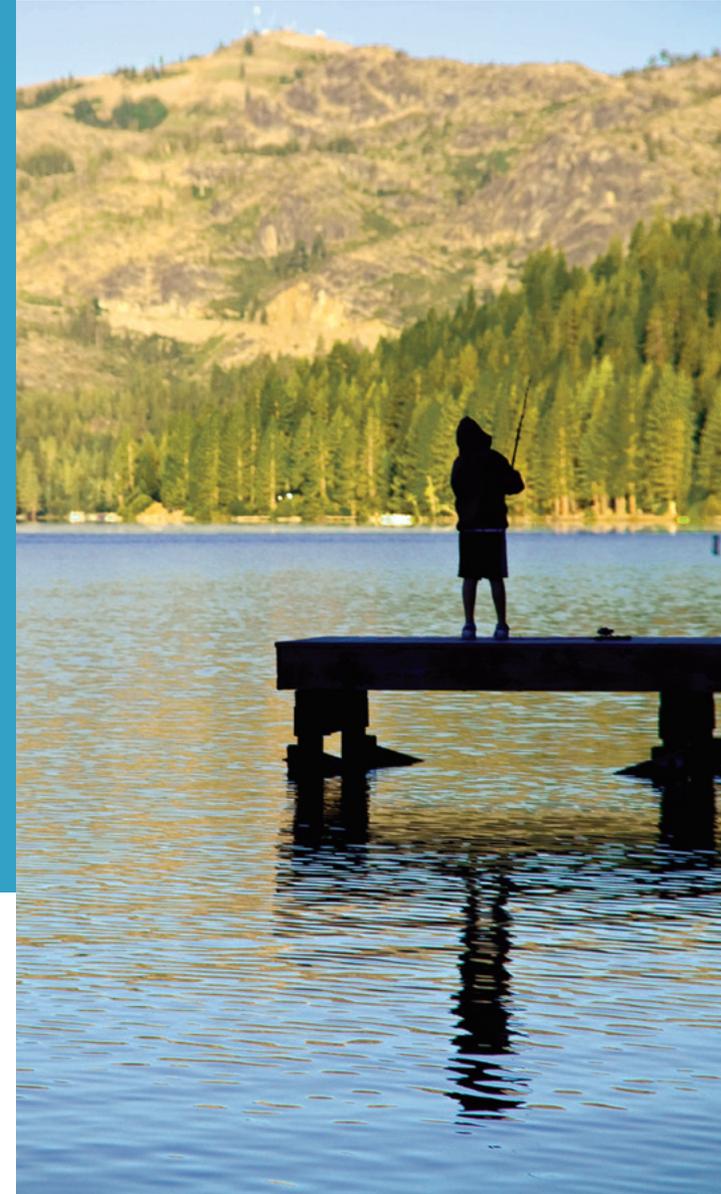
 **Safe to eat 1 serving per week** of medium-mercury fish such as canned albacore (white) tuna ♥



 **Do not eat** shark, swordfish, tilefish, or king mackerel



Guide to Eating Fish Caught in Donner Lake Nevada County

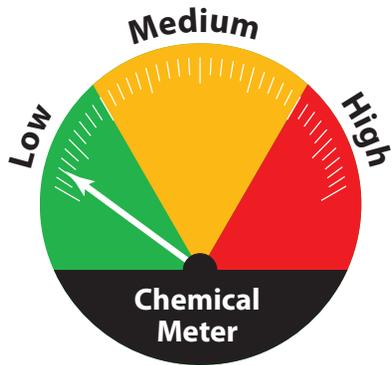


California Office of Environmental Health Hazard Assessment

www.oehha.ca.gov/fish.html

(916) 327-7319 or (510) 622-3170

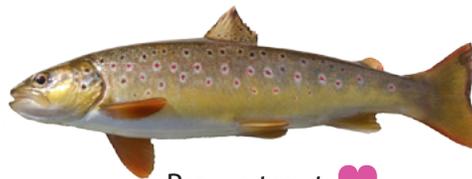
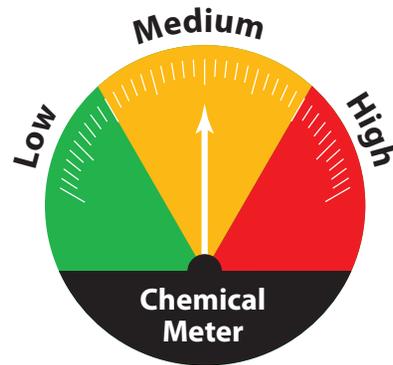
A guide to eating fish caught in Donner Lake, Nevada County



Kokanee ♥



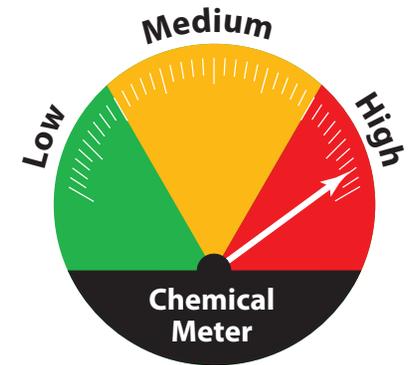
Rainbow trout ♥



Brown trout ♥



Lake trout ♥



♥ = High in Omega-3s

Kokanee photo: Travis Shinabarger
Brown and Lake trout photos: Michigan Sea Grant

Safe to eat

Kokanee – 2 servings per week

OR

Rainbow trout



Safe to eat
1 serving per week

There are no fish with
high levels of chemicals

- 4 servings per week for women 18 - 45 and children 1 - 17
- 7 servings per week for men over 18 and women over 45