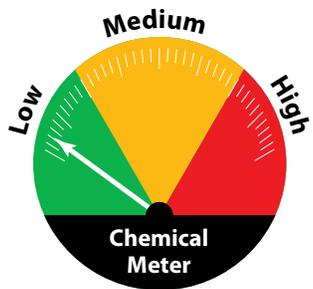


# A guide to eating fish caught in Donner Lake, Nevada County

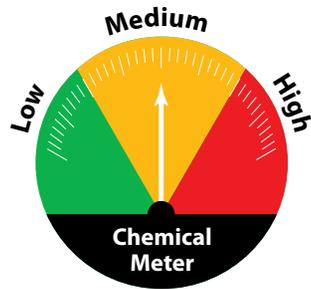


Kokanee ♥



Rainbow trout ♥

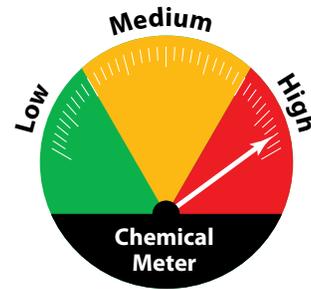
♥ = High in Omega-3s



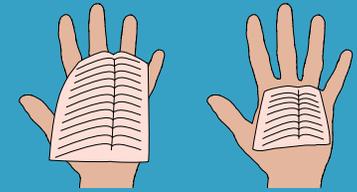
Brown trout ♥



Lake trout ♥



## 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.

## ♥ 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 PCBs and mercury. PCBs might cause cancer. Mercury can negatively affect how the brain develops in unborn babies and children. It is especially important for women who are pregnant or breastfeeding to follow these guidelines.

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

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

### Safe to eat

Kokanee – 2 servings per week

OR

Rainbow trout

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

OR

### Safe to eat

1 serving per week

There are no fish with high levels of chemicals