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

Do not eat fish caught by family and 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 ♥, and 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

California Office of Environmental Health Hazard Assessment

www.oehha.ca.gov/fish.html

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

Men over 17 and women over 45 can safely eat more fish

- **Safe to eat 5 servings per week**
- There are no fish with medium levels of mercury
- **Safe to eat 1 serving per week** except catfish from Lake Natoma — DO NOT EAT

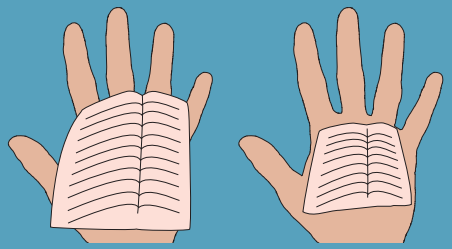
♥ Why eat fish?

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 that can negatively affect how the brain develops in unborn babies and children.

What is a serving?



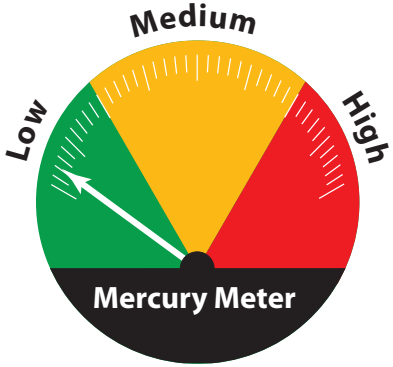
For Adults **For Children**

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

Guide to Eating Fish Caught in **Folsom Lake** and **Lake Natoma**

A guide to eating fish caught in Folsom Lake and Lake Natoma

Women 18 - 45, especially those who are pregnant or breastfeeding, and children 1 - 17

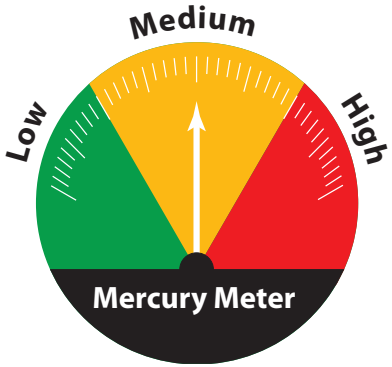


Trout ♥
16 inches long or less

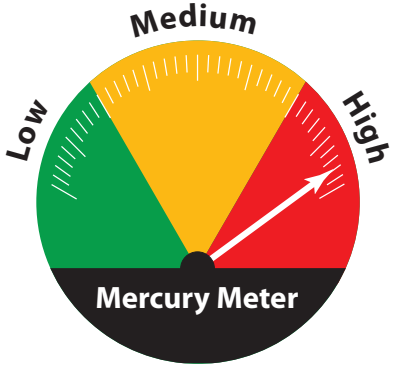
Bluegill

Green Sunfish and
Other Sunfish

♥ = High in Omega-3s



There are no fish with medium levels of mercury



Largemouth, Smallmouth, and
Spotted Bass

Chinook (King) Salmon

Catfish

Trout
over 16 inches long

Safe to eat
2 servings per week

Do not eat