A Guide to Eating Fish from French Meadows Reservoir

Women 18 - 45 years and Children 1 - 17 years

Rainbow Trout ♥

Crayfish

Brown Trout ♥

3 servings a week OR **2 servings a week** OR **1 serving a week**

Women 46 years and older and Men 18 years and older

Rainbow Trout ♥

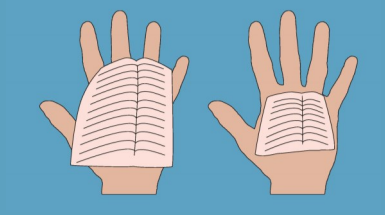
Crayfish

Brown Trout ♥

/ P GJT I JO U I JT HSPVQ

7 servings a week OR **3 servings a week** **1 serving a week**

8 I BU JT B TFSWJOH



' PS " EVMUT ' PS $ I JMESFO

" TFSWJOH JT 8 ounces prior to cooking (U I F TJ[F BOE U I JDLOFTT PG ZPVS I BOE for fish fillets) (JWF D I JMESFO TNBMMFS TFSWJOHT

♥ 8 I Z FBU GJT I ?

&BUJOH GJT I JT HPPE GPS ZPVS I FBMU I 'JT I I BWF ONFHB T U I BU DBO SFEVDF ZPVS SJTL GPS I FBSU EJTFBTF BOE JNQSPWF I PX U I F CSBJO EFWFMPQT JO VOCPSO CBCJFT BOE D I JMESFO

♥ Fish hJH I JO ONFHB T

8 I BU JT U I F DPODFSO

4PNF GJT I I BWF I JH I MFWFMT PG NFSDVSZ BOE 1$#T . FSDVSZ DBO I BSN U I F CSBJO FTQFDJBMMZ JO VOCPSO CBCJFT BOE D I JMESFO 1$#T DBO DBVTF DBODFS

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