A Guide to Eating Fish from Lake Berryessa

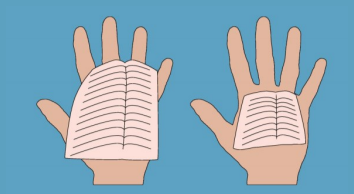
Women 18 - 45 years and Children 1 - 17 years

No fish in this group	Rainbow Trout ♥	Black Bass Catfish Chinook (King) Salmon
3 servings a week	**OR 1 serving a week**	**Do not eat**

Women 46 years and older and Men 18 years and older

Rainbow Trout ♥	Black Bass ♥ Catfish Chinook (King) Salmon ♥	No fish in this group
3 servings a week	**OR 1 serving a week**	**Do Not Eat**

8 IBU JT B TFSWJOH



'PS "EVMUT **'PS $IJMESFO**

" TFSWJOH JT 8 ounces prior to cooking (UIF TJ[F BOE UIJDLOFTT PG ZPVS IBOE for fish fillets) (JWF DIJMESFO TNBMMFS TFSWJOHT

♥ 8 IZ FBU GJTI?

&BUJOH GJTI JT HPPE GPS ZPVS IFBMUI 'JTI IBWF ONFHB TUIBU DBO SFEVDF ZPVS SJTL GPS IFBSU EJTFBTF BOE JNQSPWF IPX UIF CSBJO EFWFMPQT JO VOCPSO CBCJFT BOE DIJMESFO

♥ = Fish high in Omega-3s

8 IBU JT UIF DPODFSO

4PNF GJTI IBWF IJHI MFWFMT PG NFSDVSZ BOE 1$#T . FSDVSZ DBO IBSN UIF CSBJO FTQFDJBMMZ JO VOCPSO CBCJFT BOE DIJMESFO 1$#T DBO DBVTF DBODFS

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