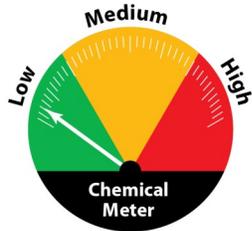
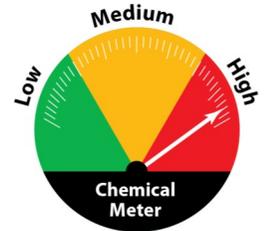
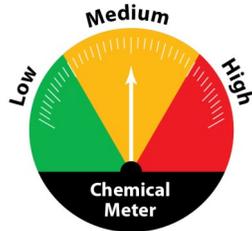


A Healthy Guide to Eating Fish from the Lower Feather River including the Diversion Pool

Women 18-45 years and children 1-17 years



♥ = high in omega-3s



2-3 servings a week

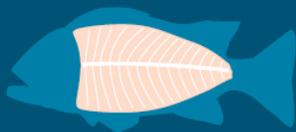


1 serving a week

Do not eat

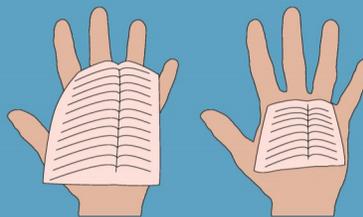
Eat only the skinless fillet.

PCBs are in the fat and skin of the fish.



- Remove and throw away the skin before cooking.
- Cook thoroughly and allow the juices to drain away.

What is a serving?



For Adults For Children

The recommended serving is 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 mercury and PCBs. Mercury can harm the brain, especially in unborn babies and children. PCBs can also harm the brain and cause cancer.

A Healthy Guide to Eating Fish from the Lower Feather River including the Diversion Pool

Women over 45 years and Men



American shad 



Chinook king salmon 



Steelhead 

 = high in omega-3s



Carp



Hardhead



Sunfish



Striped bass 



Sucker



Black bass 



Catfish



Pikeminnow



Sturgeon

7 servings a week

OR

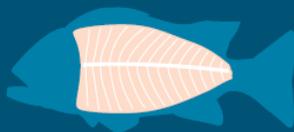
2 servings a week OR
3 servings of sunfish

OR

1 serving a week

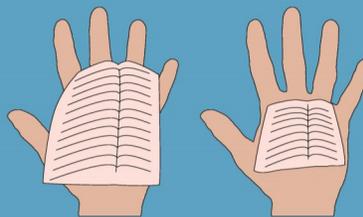
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