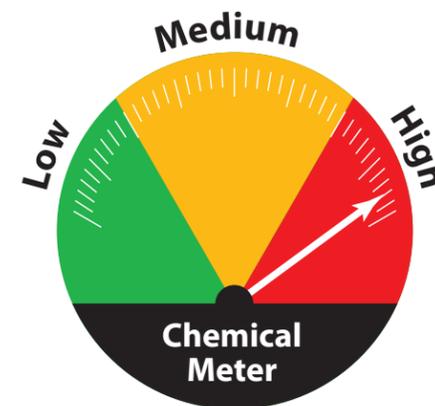
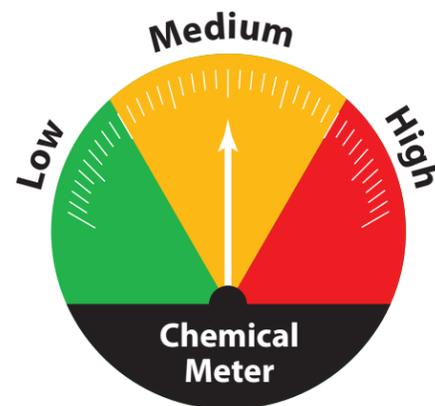
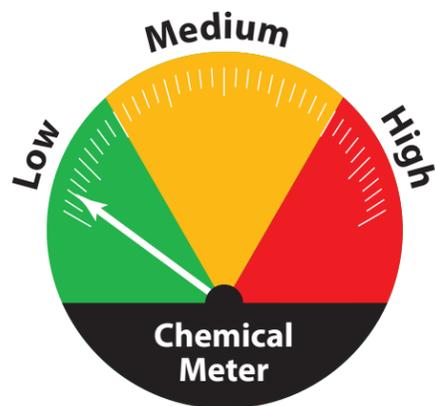


A guide to eating fish caught in Magic Johnson Lakes

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

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



Trout ♥



Bluegill or other sunfish



Largemouth bass or smallmouth bass



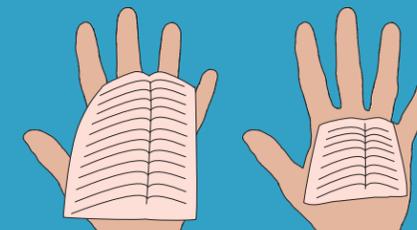
Catfish



Carp

- **Safe to eat 7 servings per week** — catfish OR **Safe to eat 5 servings per week** — trout OR
 - **Safe to eat 3 servings per week** — bluegill or other sunfish OR
 - **Safe to eat 1 serving per week** — largemouth bass or smallmouth bass
- DO NOT EAT** carp

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 mercury and PCBs. Mercury can negatively affect how the brain develops in unborn babies and children. PCBs might cause cancer. Some chemicals are in the fat and skin of the fish. Throw these parts away and eat only the fillet.

♥ = High in Omega-3s

Safe to eat
Trout – 5 servings per week OR
Catfish – 2 servings per week

OR

Safe to eat
1 serving per week

Do not eat