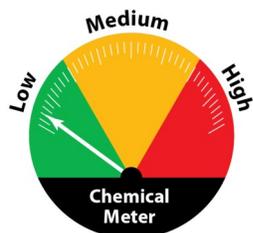


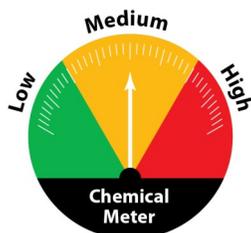
A Healthy Guide to Eating Fish from the Upper Feather River

Women 18-45 years and children 1-17 years

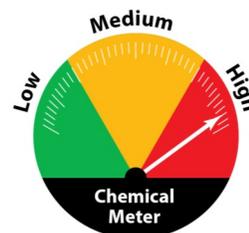


Rainbow, brook, , or brown trout

 = high in omega-3s



Black bass 



Pikeminnow

3 servings a week

OR

1 serving a week

Do not eat

Women over 45 years and men can safely eat more fish

Trout
7 servings a week

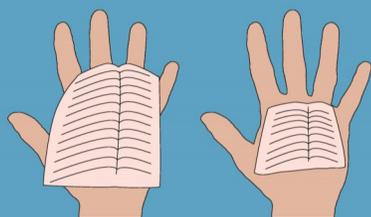
OR

Black bass
2 servings a week

OR

Pikeminnow
1 serving a week

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. Mercury can harm the brain, especially in unborn babies and children.