

## HEALTH ADVISORY

**Fish are nutritious, providing a good source of protein and other nutrients, and are recommended as part of a healthy, balanced diet. As with many other kinds of food, however, it is prudent to consume fish in moderation and to make informed choices about which fish are safe to eat. Because of elevated mercury levels found in fish from these water bodies, OEHHA provides this consumption advice to the public so that people can continue to eat fish without putting their health at risk.**

<b>TRINITY LAKE AND SELECTED WATER BODIES<sup>1</sup> IN THE TRINITY RIVER WATERSHED (Trinity County)<sup>2</sup> FISH CONSUMPTION GUIDELINES</b>	
<b>WOMEN OF CHILDBEARING AGE AND CHILDREN AGED 17 YEARS AND YOUNGER EAT NO MORE THAN:</b>	
<b>ONCE A MONTH</b>	All bass from any site <i>or</i> Chinook (King) salmon from Trinity Lake (including rivers and creeks draining into Trinity Lake) <b>OR</b>
<b>ONCE A WEEK</b>	All white catfish <i>or</i> trout (from sites other than Lewiston Lake and Carrville Pond) <i>or</i> other sport fish species (including salmon from rivers and creeks below Lewiston Lake) <b>OR</b>
<b>3 TIMES A WEEK</b>	All trout from Lewiston Lake <i>or</i> Carrville Pond
<b>WOMEN BEYOND CHILDBEARING AGE AND MEN EAT NO MORE THAN:</b>	
<b>ONCE A WEEK</b>	All bass from any site <i>or</i> Chinook (King) salmon from Trinity Lake (including rivers and creeks draining into Trinity Lake) <b>OR</b>
<b>3 TIMES A WEEK</b>	All trout <i>or</i> white catfish <i>or</i> other sport fish species (including salmon from rivers and creeks below Lewiston Lake)
<p><sup>1</sup>Including Lewiston Lake and the Trinity River (upstream and downstream from Trinity Lake), Coffee Creek, Canyon Creek, Eastman Creek, Eastman Dredge Ponds, Carrville Pond, Crow Creek, Tamarack Creek, the New River, and the East Fork Trinity River and its tributaries.</p> <p><sup>2</sup><b>MANY OTHER WATER BODIES ARE KNOWN OR SUSPECTED TO HAVE ELEVATED MERCURY LEVELS.</b> If site-specific guidelines are not already in place, women of childbearing age and children aged 17 and younger should eat no more than one sport fish meal per week and women beyond childbearing age and men should eat no more than three sport fish meals per week <b>from any location.</b></p> <p><b>EAT SMALLER FISH OF LEGAL SIZE.</b> Fish accumulate mercury as they grow.</p> <p><b>DO NOT COMBINE FISH CONSUMPTION ADVICE.</b> If you eat multiple species or catch fish from other water bodies, the recommended guidelines for different species and locations should not be combined. For example, if you eat a meal of fish from the one meal per month category, you should not eat any other fish for at least one month.</p> <p><b>SERVE SMALLER MEALS TO CHILDREN. MEAL SIZE IS ASSUMED TO BE EIGHT OUNCES FOR A 160-POUND ADULT.</b> If you weigh more or less than 160 pounds, add or subtract 1 oz to your meal size, respectively, for each 20 pound difference in body weight.</p>	

**CONSIDER YOUR TOTAL FISH CONSUMPTION.** Fish from many sources (including stores and restaurants) can contain elevated levels of mercury and other contaminants. If you eat sport or commercial fish that have lower contaminant levels, you can safely eat more fish. The American Heart Association recommends that healthy adults eat at least two servings of fish per week. Shrimp, king crab, scallops, farmed catfish, ocean or river-run wild salmon, oysters, tilapia, flounder, and sole generally contain some of the lowest mercury levels.