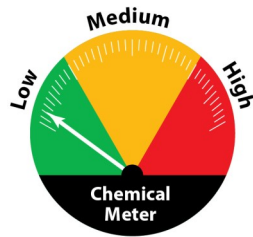

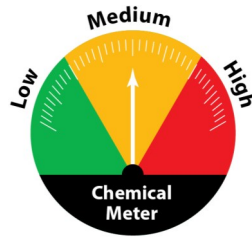


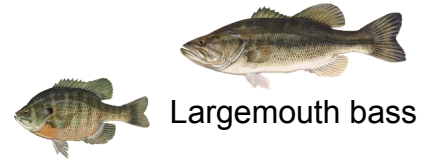
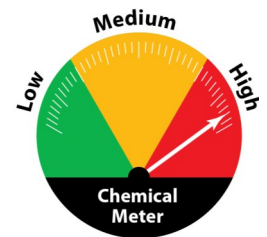
A Healthy Guide to Eating Fish from Silverwood Lake



Rainbow trout 



Tule perch



Largemouth bass

Bluegill



Channel catfish



Blackfish



Tui chub



Striped bass

 = High in Omega-3s

7 servings a week



1 serving a week

Do not eat except women over 45 years and men can eat largemouth bass, bluegill, or catfish— 1 serving a week

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