A Healthy Guide to Eating Fish from Silverwood Lake

**What is a serving?**

- **For Adults**: The recommended serving is the size and thickness of your hand. Give children smaller servings.
- **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.

**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.

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

- Largemouth bass
- Bluegill
- Channel catfish
- Blackfish
- Tui chub
- Striped bass

**7 servings a week OR 1 serving a week**

- Rainbow trout
- Tule perch

= High in Omega-3s