A Healthy Guide to Eating Fish and Shellfish from Clear Lake

Women 18-45 years and children 1-17 years

<table>
<thead>
<tr>
<th>Low</th>
<th>Medium</th>
<th>High</th>
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<tbody>
<tr>
<td>mercury meter</td>
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Inland silverside
Threadfin shad
Asian clam
Winged floater mussel

Blackfish
Bullhead
Catfish
Crayfish
Mosquitofish

Bluegill or other sunfish
Carp
Crappie
Hitch
Prickly sculpin

Largemouth Bass

3 servings a week OR 7 servings a week—clams or mussels
OR
1 serving a week

Do not eat

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. Women over 45 years and men have lower risk and can eat more fish.
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Women over 45 years and men

7 servings a week

Inland silverside

Blackfish

Bluegill or other sunfish

Bullhead

Carp

Largemouth Bass

Or

3 servings a week

Threadfin shad

Catfish

Crappie

Mosquitofish

Prickly sculpin

Or

1 serving a week

Asian clam

Winged floater mussel

Crayfish

Hitch

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