

Women (18-49 Years)

Children (1-17 Years)

**TOTAL SERVINGS** A WEEK

OR

**SERVINGS A WEEK** 

OR

**TOTAL SERVINGS A WEEK** 

OR

**TOTAL SERVINGS A WEEK** 



Women (50+ Years)

Men (18+ Years)

TOTAL **SERVINGS** A WEEK

OR

**TOTAL SERVINGS** A WEEK

OR

TOTAL **SERVINGS** A WEEK

OR

**TOTAL SERVINGS A WEEK** 

### **Serving Size**

A serving of fish is about the size and thickness of your hand. Give children smaller servings.

#### **For Adults**



For Children



# A GUIDE TO **EATING FISH**

from the

## **ALL-AMERICAN** CANAL

(IMPERIAL COUNTY)

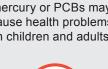
#### Eat the Good Fish

Eating fish that are low in chemicals may provide health benefits to children and adults.



#### Avoid the **Bad Fish**

Eating fish with higher levels of chemicals like mercury or PCBs may cause health problems in children and adults.



#### Choose the **Right Fish**

Chemicals may be more harmful to unborn babies and children.



**Sunfish Species** 



**Flathead Catfish** 



**Black Bass Species** high in omega-3s



**Common Carp** 



**Channel Catfish** 



**California Office of Environmental** California Office of Environment
Health Hazard Assessment

web www.oehha.ca.gov/fish email fish@oehha.ca.gov phone (916) 324-7572

#### Eat only the skinless fillet



Eat only the meat



Some chemicals are higher in the skin, fat, and guts.