



**Women**  
(18-49 Years)

**Children**  
(1-17 Years)

**DO NOT  
EAT**



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**DO NOT  
EAT**

# A GUIDE TO EATING FISH *from* ALMADEN RESERVOIR (SANTA CLARA COUNTY)

## Eat the Good Fish

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



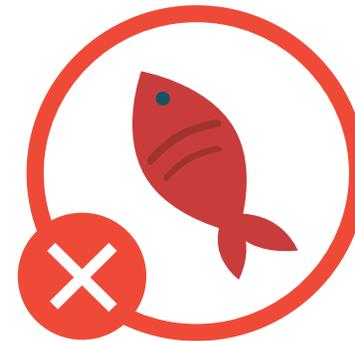
## Avoid the Bad Fish

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.



# ALL FISH