A GUIDE TO EATING FISH *from the* BEAR RIVER

(NEVADA, PLACER, SUTTER AND YUBA COUNTIES)

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.

Women (18-49 Years) / Children (1-17 Years)	Women (50+ Years) / Men (18+ Years)
2 TOTAL SERVINGS A WEEK	**4** TOTAL SERVINGS A WEEK
OR	OR
1 TOTAL SERVING A WEEK	**3** TOTAL SERVINGS A WEEK
OR	OR
1 TOTAL SERVING A WEEK	**2** TOTAL SERVINGS A WEEK
	OR
0 DO NOT EAT	**1** TOTAL SERVING A WEEK

Rainbow Trout
high in omega-3s

Sacramento Sucker

Brown Trout
high in omega-3s

Sunfish Species

Channel Catfish

Black Bass Species

Serving Size

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

For Adults

For Children

California Office of Environmental 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.