



**Women**  
(18-49 Years)  
**Children**  
(1-17 Years)



**Women**  
(50+ Years)  
**Men**  
(18+ Years)

**7** TOTAL SERVINGS  
A WEEK

OR

**3** TOTAL SERVINGS  
A WEEK

OR

**2** TOTAL SERVINGS  
A WEEK

OR

**1** TOTAL SERVING  
A WEEK

**0** DO NOT EAT

**7** TOTAL SERVINGS  
A WEEK

OR

**3** TOTAL SERVINGS  
A WEEK

OR

**7** TOTAL SERVINGS  
A WEEK

OR

**4** TOTAL SERVINGS  
A WEEK

OR

**1** TOTAL SERVING  
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*  
**CASTAIC LAKE**  
(LOS ANGELES 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.



Silverside Species



Sunfish Species



Threadfin Shad



Common Carp



Striped Bass  
♥ high in omega-3s



Black Bass Species



Channel Catfish



California Office of Environmental Health Hazard Assessment

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Eat only the skinless fillet



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

Eat only the meat



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