

Women (18-49 Years)

Children (1–17 Years)

TOTAL **SERVING** A WEEK

OR

TOTAL **A WEEK** 

**DO NOT** 

### **Serving Size**

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



Women (50+ Years)

Men (18+ Years)

**TOTAL SERVINGS** A WEEK

OR

**TOTAL SERVINGS WEEK** 

OR

**TOTAL SERVING** A WEEK

#### **For Adults** For Children



# A GUIDE TO **EATING FISH** from

## **HENSLEY LAKE**

(MADERA COUNTY)

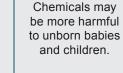
### Eat the Good Fish

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** 





**Common Carp** 



**Crappie Species** 



**Sunfish Species** 



**Black Bass Species** 



**Catfish Species** 



**California Office of Environmental** California Office of Environ.
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.