



Women
(18 – 49 Years)

Children
(1 – 17 Years)



Women
(50+ Years)

Men
(18+ Years)

5 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

7 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

Children



Less than 8 ounces

**One
Serving**

Adults



8 ounces

A GUIDE TO EATING FISH FROM LAKE CHABOT

(Solano County)



Choose the Good Fish

Fish are a good source of vitamins, protein, and omega-3s. Eating fish low in harmful chemicals may provide important health benefits.

Avoid the Bad Fish

Eating fish with higher levels of mercury and PCBs can harm the brain and nervous system, especially in fetuses, babies and children.



Golden Shiner

Photo credit: New York Department of Environmental Conservation



Sunfish Species



Common Carp



Black Bass Species

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**



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

Eat only the meat



SCAN ME