

Women (18 – 49 Years)

Children (1 – 17 Years)

TOTAL SERVINGS A WEEK

OR

TOTAL SERVING A WEEK



Women (50+ Yea<u>rs)</u>

Men (18+ Years)

TOTAL SERVINGS A WEEK

OR

2 TOTAL SERVINGS A WEEK

A GUIDE TO EATING FISH from

LAKE ISABELLA

(KERN COUNTY)

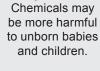
Eat the Good Fish

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





Threadfin Shad



Black Bass Species

whigh in omega-3s



Common Carp

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.