



Women
(18 – 49 Years)

Children
(1 – 17 Years)

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT

0 DO NOT
EAT



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

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* LAKE NATOMA

(SACRAMENTO 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.



Inland Silverside



Rainbow Trout
16 inches or less
♥ high in omega-3s



Sunfish Species



Common Carp



Sacramento Sucker



Black Bass Species



Chinook (King) Salmon



Rainbow Trout
over 16 inches



Channel Catfish



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.

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