



Women
(18 – 49 Years)

Children
(1 – 17 Years)



Women
(50+ Years)

Men
(18+ Years)

7 TOTAL
SERVINGS
A WEEK

OR

4 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

7 TOTAL
SERVINGS
A WEEK

OR

7 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

Children



Less than 8 ounces

**One
Serving**

Adults



8 ounces

A GUIDE TO EATING FISH FROM MODESTO RESERVOIR

(Stanislaus 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

Advisory is based on mercury, which may harm the brain and nervous system, especially in fetuses, babies and children.



Threadfin Shad



Sunfish Species



Black Bass Species

♥ *high in omega-3s*



Common Carp

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