

Women (18 - 49 Years)

Children (1 - 17 Years)

**TOTAL SERVINGS** A WEEK

OR

**TOTAL SERVINGS** A WEEK

OR

TOTAL **SERVINGS** A WEEK



Women (50+ Years)

Men (18+ Years)

TOTAL **SERVINGS** A WEEK

OR

TOTAL **SERVINGS** A WEEK

OR

TOTAL **SERVINGS A WEEK** 

### **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 **PRADO LAKE**

(SAN BERNARDINO COUNTY)

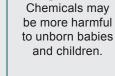
### Eat the **Good Fish**

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** 









**Sunfish Species** 



**Threadfin Shad** 



**Black Bass Species** high in omega-3s



**Common Carp** 



**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.