

A Guide to Eating Fish from Lake Chabot (Alameda County)

Women 18 - 45 years and Children 1 - 17 years



♥ Rainbow Trout



Channel Catfish



Sunfish species

Black Bass species



Common Carp



Goldfish

7 total servings a week



2 total servings a week

Do Not Eat

Women 46 years and older and Men 18 years and older



Channel Catfish



♥ Rainbow Trout



Sunfish species



Goldfish

♥ Black Bass species



Common Carp

7 total servings a week

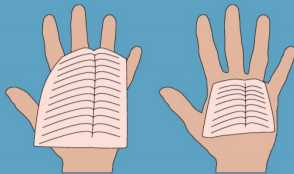


4 total servings a week of sunfish species or 2 total servings a week of Goldfish



1 total serving a week

What is a serving?



' PS" EVMT ' PS\$! JVSFO

A serving is about the size and thickness of your hand for fish fillets. Give children smaller servings.

8 | Z FBUGTI ?

&BUJOH GTI JT HPPE QPSZPVS
I FBVM ' JI I BVF oN FHB T
U BUDBO SFEVDF ZPVSSJL
QPSI FBSUEJTFBTF BOE
JN QSPVF I PX U F CSBJO
EFVWFNQT JO VOCPSO
CBC.FT BOE DI JVSFO

♥ = Fish high in omega-3s

8 | BUJTU F DPODFSQ

4PN F GTI I BVF I JI NFMFN
PGN FSDVSZ or 1C#T . FSDVSZ
DBOI BSN U F CSBJO, especially
JO VOCPSO CBC.FT BOE DI JVSFO.
1\$#T DBO DBVTF cancer.