



**Women**  
(18–49 Years)

**Children**  
(1–17 Years)



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**1** TOTAL  
SERVING  
A WEEK

**3** TOTAL  
SERVINGS  
A WEEK

OR

**0** DO NOT  
EAT

**1** TOTAL  
SERVING  
A WEEK

**0** DO NOT  
EAT

**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 PILLSBURY**  
(LAKE 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.



**Rainbow Trout**

♥ high in omega-3s



**Sunfish Species**



**Black Bass Species**



**Sacramento Pikeminnow**

 **California Office of Environmental Health Hazard Assessment**

web [www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)  
email [fish@oehha.ca.gov](mailto:fish@oehha.ca.gov)  
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**Eat only the skinless fillet**



**Eat only the meat**



Some chemicals are higher in the skin, fat, and guts.