A GUIDE TO EATING FISH from LEXINGTON RESERVOIR (SANTA CLARA 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.

Women (18-49 Years)
- Rainbow Trout
  - 7 TOTAL SERVINGS A WEEK
- Inland Silverside
  - 7 TOTAL SERVINGS A WEEK
- Threadfin Shad
  - 3 TOTAL SERVINGS A WEEK
- Sunfish Species
  - 1 TOTAL SERVING A WEEK
- Black Bass Species
  - 0 TOTAL SERVINGS A WEEK

Women (50+ Years)
- Rainbow Trout
  - 7 TOTAL SERVINGS A WEEK
- Inland Silverside
  - 7 TOTAL SERVINGS A WEEK
- Threadfin Shad
  - 3 TOTAL SERVINGS A WEEK
- Sunfish Species
  - 1 TOTAL SERVING A WEEK

Men (18+ Years)
- Rainbow Trout
  - 7 TOTAL SERVINGS A WEEK
- Inland Silverside
  - 7 TOTAL SERVINGS A WEEK
- Threadfin Shad
  - 3 TOTAL SERVINGS A WEEK
- Sunfish Species
  - 1 TOTAL SERVING A WEEK

Children (1-17 Years)
- Rainbow Trout
  - 7 TOTAL SERVINGS A WEEK
- Inland Silverside
  - 7 TOTAL SERVINGS A WEEK
- Threadfin Shad
  - 3 TOTAL SERVINGS A WEEK
- Sunfish Species
  - 1 TOTAL SERVING A WEEK

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

For Adults
- Rainbow Trout
- Inland Silverside
- Threadfin Shad
- Sunfish Species
- Black Bass Species

For Children
- Rainbow Trout
- Inland Silverside
- Threadfin Shad
- Sunfish Species

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.