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.

- **Rainbow Trout**
  - high in omega-3s
  - Eat only the skinless fillet
  - Some chemicals are higher in the skin, fat, and guts.

- **Inland Silverside**
  - Eat only the meat

- **Threadfin Shad**
  - Eat only the meat

- **Sunfish Species**
  - Eat only the meat

- **Black Bass Species**
  - Eat only the meat

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

**For Adults**
- 7 TOTAL SERVINGS A WEEK
- OR
- 2 TOTAL SERVINGS A WEEK
- OR
- 1 TOTAL SERVING A WEEK
- OR
- DO NOT EAT

**For Children**
- 7 TOTAL SERVINGS A WEEK
- OR
- 7 TOTAL SERVINGS A WEEK
- OR
- 3 TOTAL SERVINGS A WEEK
- OR
- 1 TOTAL SERVING A WEEK

**Women (18-49 Years)**

**Women (50+ Years)**

**Men (18+ Years)**

**Children (1-17 Years)**