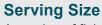


Women (18-49 Years)

Children (1-17 Years)

**TOTAL SERVINGS A WEEK** 

DO NOT EAT



about the size and thickness of your hand. Give children smaller servings.



Women (50+ Years)

Men (18+ Years)

**TOTAL SERVINGS** 

OR

TOTAL **SERVING A WEEK** 

## **For Adults**

A serving of fish is



# A GUIDE TO **EATING FISH**

from **LAKE PIRU** 

(VENTURA 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.



**Brown Bullhead** 





**Black Bass Species** 



**California Office of Environmental** California Office of Environment

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.