# A GUIDE TO EATING FISH *from* LAKE SAN ANTONIO

(MONTEREY AND SAN LUIS OBISPO COUNTIES)

**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) & Children (1-17 Years) | Women (50+ Years) & Men (18+ Years) |
|---|---|
| **3** TOTAL SERVINGS A WEEK | **7** TOTAL SERVINGS A WEEK |
| OR | OR |
| **1** TOTAL SERVING A WEEK | **3** TOTAL SERVINGS A WEEK |
| OR | OR |
| **1** TOTAL SERVING A WEEK | **2** TOTAL SERVINGS A WEEK |
| | OR |
| **0** DO NOT EAT | **1** TOTAL SERVING A WEEK |

**Bullhead**

**Inland Silverside**

**White Catfish**

**Channel Catfish**

**Black Bass Species**
*high in omega-3s*

**Common Carp**

**Striped Bass**

## Serving Size

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

**For Adults**

**For Children**

**California Office of Environmental Health Hazard Assessment**

web www.oehha.ca.gov/fish
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**Eat only the skinless fillet**

**Eat only the meat**

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