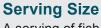


Women (18-49 Years)

Children (1-17 Years)

TOTAL

DO NOT EAT



A serving of fish is 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 For Children



A GUIDE TO **EATING FISH**

from **LAKE NACIMIENTO**

(SAN LUIS OBISPO 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.



Sunfish Species

Crappie



Sacramento Sucker



Black Bass Species



Common Carp



White Bass

California Office of Environmental California Office of Environi
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.