

A Guide to Eating Fish from @W : aYS` >S] W

Women 18 - 45 years and Children 1 - 17 years



Sunfish species



Channel Catfish



Black Bass species

1 total serving a week

Do not eat

Women 46 years and older and Men 18 years and older



Sunfish species



Channel Catfish



♥ Black Bass species

3 total servings a week

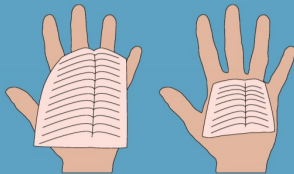
OR

2 total servings a week

OR

1 total serving a week

8 | BUJT BTFSAOH



' PS" EVNUT ' PS\$! JNVSFO

" TFSAOHJT about U F TJF BOE
U JLOFTT PGZPVS! BOE for fish fillets
(JV7 DI JNVSFO TN BNVSTFSAOHT

8 | Z FBUGTI ?

&BUOH GTI JT HPPE QPSZPVS
I FBVU ' JT I BV7 oN FHB T
U BUDBOSFEVDF ZPVSSJL
QPSI FBSJEJTFBTF BOE
JN OSPV7 I PX U F CSBJO
EFV7N7QOTJO VOCPSO
CBCJFT BOE DI JNVSFO

♥ = Fish high in omega-3s

8 | BUJT U F DPODFS

4PN F GTI I BV7 I JHI N7N7N7
PGN FSDVSZ BOE 1\$#T
. FSDVSZ DBOI BSN U F CSBJO
FTOFDBN7IJO VOCPSO CBCJFT
BOE DI JNVSFO 1\$#T DBO DBVTF
DBODFS