



**Women**  
(18-49 Years)

**Children**  
(1-17 Years)



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**1** TOTAL  
SERVING  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

**0** DO NOT  
EAT

**3** TOTAL  
SERVINGS  
A WEEK

OR

**2** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

**Serving Size**

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

For Adults



For Children



# A GUIDE TO EATING FISH

*from*  
**NICASIO RESERVOIR**  
(MARIN 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**



**Common Carp**



**Black Bass Species**

 **California Office of Environmental Health Hazard Assessment**

web [www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)  
email [fish@oehha.ca.gov](mailto: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.