

Women (18-49 Years)

Children (1-17 Years)

TOTAL **SERVINGS A WEEK** 

OR

TOTAL **SERVING** A WEEK

**DO NOT EAT** 

**DO NOT** EAT

## **Serving Size**

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 A WEEK** 

OR

TOTAL **SERVINGS A WEEK** 

OR

TOTAL **SERVING A WEEK** 

**DO NOT** EAT

### **For Adults**



# A GUIDE TO **EATING FISH**

from the RUSSIAN **RIVER** 

(SONOMA AND MENDOCINO COUNTIES)

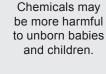
### Eat the **Good Fish**

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** 





#### **Threespine Stickleback**

photo credit: Ken-ichi Ueda, inaturalist.org



Sculpin



Sunfish Species



**Tule Perch** 



Sacramento Sucker



**Black Bass Species** 



Sacramento Pikeminnow



**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.