



Women
(18-49 Years)

Children
(1-17 Years)



Women
(50+ Years)

Men
(18+ Years)

1 TOTAL
SERVING
A WEEK

3 TOTAL
SERVINGS
A WEEK

OR

0 DO NOT
EAT

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* TOPAZ LAKE

(MONO 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.



Rainbow Trout

♥ high in omega-3s



Sucker Species

Photo credit: Fisheries and Oceans Canada, Douglas Watkinson



Black Bass Species



California Office of Environmental
Health Hazard Assessment

web www.oehha.ca.gov/fish
email fish@oehha.ca.gov
phone (916) 324-7572

Eat only the
skinless fillet



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

Eat only the meat



Updated 02/2020