

Women (18-49 Years)

Children (1–17 Years)

TOTAL **SERVINGS** A WEEK

OR

TOTAL **SERVINGS A WEEK**

OR

SERVING A WEEK

DO NOT EAT

Women (50+ Years)

Men (18+ Years)

TOTAL SERVINGS A WEEK

OR

TOTAL SERVINGS A WEEK

OR

TOTAL **SERVINGS** A WEEK

OR

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

WHISKEYTOWN LAKE

(SHASTA COUNTY)

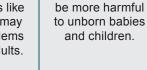
Eat the **Good Fish**

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





Brook Trout

high in omega-3s



Sunfish Species



Black Bass Species high in omega-3s



Sacramento Sucker



Sacramento Pikeminnow



California Office of Environment
Health Hazard Assessment **California Office of Environmental**

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.