



Women
(18 – 49 Years)

Children
(1 – 17 Years)

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT

Children



Less than 8 ounces

**One
Serving**



Women
(50+ Years)

Men
(18+ Years)

7 TOTAL
SERVINGS
A WEEK

OR

3 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

Adults



8 ounces

A GUIDE TO EATING FISH FROM LAKE BERRYESSA

(Napa County)



Choose the Good Fish

Fish are a good source of vitamins, protein, and omega-3s. Eating fish low in harmful chemicals may provide important health benefits.



Avoid the Bad Fish

Advisory is based on mercury concentrations, which may harm the brain and nervous system, especially in fetuses, babies and children.



Threadfin Shad



Rainbow Trout

♥ high in omega-3s



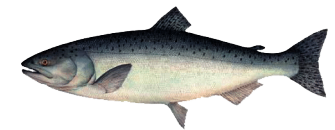
Inland Silverside



Black Bass Species



Catfish Species



Chinook (King) Salmon

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



SCAN ME