



**Women**  
(18 – 49 Years)

**Children**  
(1 – 17 Years)



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**2** TOTAL  
SERVINGS  
A WEEK

OR

**2** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

**0** DO NOT  
EAT

**7** TOTAL  
SERVINGS  
A WEEK

OR

**4** TOTAL  
SERVINGS  
A WEEK

OR

**3** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

**Children**



Less than 8 ounces

One  
Serving

**Adults**



8 ounces

# A GUIDE TO EATING FISH FROM LOWER PUTAH CREEK AND LAKE SOLANO

(Solano and Yolo Counties)



## 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, which may harm the brain and nervous system, especially in fetuses, babies and children.



Bigscale Logperch



Inland Silverside



Mosquitofish



Sacramento Blackfish



Sculpin Species



Catfish Species



Sunfish Species



Common Carp



Crayfish Species



Sacramento Sucker



Black Bass Species



Sacramento Pikeminnow

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



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

Eat only the meat



SCAN ME