



**Women**  
(18 – 49 Years)

**Children**  
(1 – 17 Years)



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**7** TOTAL  
SERVINGS  
A WEEK

**7** TOTAL  
SERVINGS  
A WEEK

OR

**4** TOTAL  
SERVINGS  
A WEEK

**7** TOTAL  
SERVINGS  
A WEEK

**Children**



Less than 8 ounces

**One  
Serving**

**Adults**



8 ounces

# A GUIDE TO EATING FISH FROM GOLD LAKE

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



**Brown Trout**

♥ *high in omega-3s*



**Rainbow Trout**

♥ *high in omega-3s*

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