



Women
(18 – 49 Years)

Children
(1 – 17 Years)



Women
(50+ Years)

Men
(18+ Years)

3 TOTAL
SERVINGS
A WEEK

OR

3 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

OR

1 TOTAL
SERVING
A WEEK

7 TOTAL
SERVINGS
A WEEK

OR

3 TOTAL
SERVINGS
A WEEK

OR

3 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

Children



Less than 8 ounces

**One
Serving**

Adults



8 ounces

A GUIDE TO EATING FISH FROM LAKE CASITAS

(Ventura 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 and selenium, which can cause health problems such as damage to the nervous system.



Sunfish Species



Threadfin Shad



Common Carp



Black Bass Species

♥ high in omega-3s

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