



Women
(18-49 Years)

Children
(1-17 Years)



Women
(50+ Years)

Men
(18+ Years)

2 TOTAL
SERVINGS
A WEEK

7 TOTAL
SERVINGS
A WEEK

OR

0 DO NOT
EAT

1 TOTAL
SERVING
A WEEK

Children



Less than 8 ounces

**One
Serving**

Adults



8 ounces

A GUIDE TO EATING FISH FROM LAKE PIRU

(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

Eating fish with higher levels of mercury can harm the brain and nervous system, especially in fetuses, babies, and children.



Brown Bullhead



Sunfish Species



Black Bass Species

Cook fish and shellfish thoroughly to destroy harmful parasites

Eat only the skinless fillet

Eat only the meat



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



California Office of
Environmental Health
Hazard Assessment

www.oehha.ca.gov/fish
fish@oehha.ca.gov
(916) 324-7572



SCAN ME