



**Women**  
(18-49 Years)

**Children**  
(1-17 Years)

**2** TOTAL  
SERVINGS  
A WEEK

**0** DO NOT  
EAT

**0** DO NOT  
EAT

**Children**



Less than 8 ounces

**One  
Serving**



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**4** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

**0** DO NOT  
EAT

**Adults**



8 ounces

# A GUIDE TO EATING FISH FROM SOULAJULE RESERVOIR

(Marin 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.



**Bullhead Species**



**Sculpin Species**



**Crappie Species**



**Black Bass Species**

Cook fish and shellfish thoroughly to destroy harmful parasites

Eat only the 'g\_l'p`Ygg`Z`Yh



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

Eat only the meat



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Hazard Assessment

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SCAN ME