



Women
(18-49 Years)

Children
(1-17 Years)

3 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

OR

1 TOTAL
SERVING
A WEEK

Children



Less than 8 ounces

**One
Serving**



Women
(50+ Years)

Men
(18+ Years)

7 TOTAL
SERVINGS
A WEEK

OR

4 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

Adults



8 ounces

A GUIDE TO EATING FISH FROM BASS LAKE

(Madera 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.



Crappie Species



Rainbow Trout

♥ high in omega-3s



Sunfish Species



Kokanee Salmon

♥ high in omega-3s



Black Bass Species

♥ high in omega-3s



Avoid the Bad Fish

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

Cook fish and shellfish thoroughly to destroy harmful parasites

Eat only the *g_l'b`Ygg`Z`Yh*



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

Eat only the meat



California Office of
Environmental Health
Hazard Assessment

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



SCAN ME