



Women
(18-49 Years)

Children
(1-17 Years)

7 TOTAL
SERVINGS
A WEEK

OR

5 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT

Children



Less than 8 ounces



Women
(50+ Years)

Men
(18+ Years)

7 TOTAL
SERVINGS
A WEEK

OR

7 TOTAL
SERVINGS
A WEEK

OR

6 TOTAL
SERVINGS
A WEEK

OR

3 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

Adults



8 ounces

One
Serving

A GUIDE TO EATING FISH FROM LOS VAQUEROS RESERVOIR

(Contra Costa 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.



Rainbow Trout

♥ *high in omega-3s*



Mississippi Silverside



Sculpin Species



Threadfin Shad



Sacramento Sucker



Black Bass Species

Cook fish and shellfish thoroughly to destroy harmful parasites

Eat only the *g'ib`Ygg'Z`Yh*

Eat only the meat



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



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SCAN ME