



Women
(18-49 Years)

Children
(1-17 Years)

7 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK



Women
(50+ Years)

Men
(18+ Years)

7 TOTAL
SERVINGS
A WEEK

OR

7 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 TWIN LAKES

(Mono 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



Brown Trout

♥ high in omega-3s



Sucker Species

*Photo credit: Fisheries and Oceans Canada,
Douglas Watkinson*

Cook fish and shellfish thoroughly to destroy harmful parasites

Eat only the skinless fillet



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

Eat only the meat



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SCAN ME