



**Women**  
(18-49 Years)

**Children**  
(1-17 Years)



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**2** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

**0** DO NOT  
EAT

**7** TOTAL  
SERVINGS  
A WEEK

OR

**2** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

### Serving Size

A serving of fish is about the size and thickness of your hand. Give children smaller servings.

For Adults



For Children



# A GUIDE TO EATING FISH *from* CACHE CREEK

(COLUSA, LAKE, AND  
YOLO COUNTIES)

### Eat the Good Fish

Eating fish that are low in chemicals may provide health benefits to children and adults.



### Avoid the Bad Fish

Eating fish with higher levels of chemicals like mercury or PCBs may cause health problems in children and adults.



### Choose the Right Fish

Chemicals may be more harmful to unborn babies and children.



Mosquitofish



Catfish



Common Carp



Sacramento Sucker



Hardhead



Sunfish Species



Black Bass Species



Crappie



Sacramento Pikeminnow

 California Office of Environmental  
Health Hazard Assessment

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Eat only the  
skinless fillet



Eat only the meat



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