



Women
(18-49 Years)

Children
(1-17 Years)



Women
(50+ Years)

Men
(18+ Years)

1 TOTAL
SERVING
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT

3 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* CAMANCHE RESERVOIR

(AMADOR, CALAVERAS, AND
SAN JOAQUIN 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.



Sunfish Species



Common Carp



Channel Catfish



Hardhead



Black Bass Species



California Office of Environmental
Health Hazard Assessment

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

Eat only the
skinless fillet



Eat only the meat



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