



**Women**  
(18-49 Years)

**Children**  
(1-17 Years)



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**7** TOTAL  
SERVINGS  
A WEEK

**7** TOTAL  
SERVINGS  
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*

## CARRVILLE POND

(TRINITY COUNTY)

**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.



**Rainbow Trout**

♥ *high in omega-3s*

 **California Office of Environmental Health Hazard Assessment**

**web** [www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)  
**email** [fish@oehha.ca.gov](mailto: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.