



**Women**  
(18-49 Years)

**Children**  
(1-17 Years)



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**4** TOTAL  
SERVINGS  
A WEEK

OR

**2** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

**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* DONNER LAKE (NEVADA 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



**Kokanee Salmon**  
♥ high in omega-3s



**Brown Trout**  
♥ high in omega-3s



**Lake Trout**  
♥ high in omega-3s

 **California Office of Environmental  
Health Hazard Assessment**

web [www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)  
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phone (916) 324-7572

Kokanee photo: Travis Shinabarger  
Brown and Lake trout photo: Michigan Sea Grant

**Eat only the  
skinless fillet**



**Eat only the meat**



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