



Women
(18 – 49 Years)

Children
(1 – 17 Years)



Women
(50+ Years)

Men
(18+ Years)

7 TOTAL
SERVINGS
A WEEK

OR

5 TOTAL
SERVINGS
A WEEK

OR

5 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

7 TOTAL
SERVINGS
A WEEK

OR

7 TOTAL
SERVINGS
A WEEK

OR

5 TOTAL
SERVINGS
A WEEK

OR

5 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 LAKE CUYAMACA

(SAN DIEGO 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



Sunfish Species



Common Carp



Crappie Species



***Black Bass Species, except Smallmouth Bass**
♥ high in omega-3s



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



***Smallmouth Bass:**

No take permitted per the California Department of Fish and Wildlife

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