



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

0 DO NOT
EAT

3 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT

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* LITTLE ROCK RESERVOIR

(LOS ANGELES 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.



Golden Shiner

Photo credit: New York Department of Environmental Conservation



Rainbow Trout

♥ *high in omega-3s*



Bullhead Species



Crappie Species



Sunfish Species



Common Carp



White Catfish



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**



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

Eat only the meat



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