



Women
(18-49 Years)
Children
(1-17 Years)



Women
(50+ Years)
Men
(18+ Years)

5 TOTAL SERVINGS
A WEEK

OR

1 TOTAL SERVING
A WEEK

OR

1 TOTAL SERVING
A WEEK

0 DO NOT EAT

0 DO NOT EAT

7 TOTAL SERVINGS
A WEEK

OR

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
PYRAMID LAKE
(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.



Rainbow Trout
♥ high in omega-3s



Sunfish Species



Catfish Species



Black Bass Species



Striped Bass



Bullhead 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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