



**Women**  
(18 – 49 Years)

**Children**  
(1 – 17 Years)



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**4** TOTAL  
SERVINGS  
A WEEK

OR

**3** TOTAL  
SERVINGS  
A WEEK

OR

**2** TOTAL  
SERVINGS  
A WEEK

**4** TOTAL  
SERVINGS  
A WEEK

OR

**3** TOTAL  
SERVINGS  
A WEEK

OR

**2** 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* SENATOR WASH RESERVOIR

(IMPERIAL 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.



**Channel Catfish**



**Common Carp**



**Sunfish Species**



**Black Bass Species**

♥ *high in omega-3s*



**Striped Bass**

♥ *high in omega-3s*



**California Office of Environmental Health Hazard Assessment**

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**Eat only the skinless fillet**



**Eat only the meat**



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