



**Women**  
(18–49 Years)

**Children**  
(1–17 Years)

**7** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

**0** DO NOT  
EAT

**0** DO NOT  
EAT



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**7** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

**0** DO NOT  
EAT

# A GUIDE TO EATING FISH *from* SILVERWOOD LAKE

(SAN BERNARDINO 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



**Tule Perch**



**Black Bass Species**



**Channel Catfish**



**Sunfish Species**



**Bullhead Species**



**Sacramento Blackfish**



**Striped Bass**



**Tui Chub**

## Serving Size

A serving of fish is about the size and thickness of your hand. Give children smaller servings.

For Adults



For Children



California Office of Environmental  
Health Hazard Assessment

web [www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)  
email [fish@oehha.ca.gov](mailto: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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