



Women
(18 – 49 Years)

Children
(1 – 17 Years)

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT



web www.oehha.ca.gov/fish
email fish@oehha.ca.gov
phone (916) 324-7572

A GUIDE TO EATING FISH

from

CALIFORNIA LAKES AND RESERVOIRS

WITHOUT SITE-SPECIFIC ADVICE

WOMEN 18 – 49 YEARS AND CHILDREN 1 – 17 YEARS

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.



Inland Silverside



Rainbow Trout

♥ high in omega-3s



Threadfin Shad



Brown Trout 16 inches or less

♥ high in omega-3s



Bullhead Species



Crappie Species



Sunfish Species



Black Bass Species



Catfish Species



Goldfish



Sacramento Sucker



Brown Trout over 16 inches



Common Carp



Sacramento Pikeminnow



Striped Bass

Serving Size

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

For Adults



For Children



Eat only the skinless fillet



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

Eat only the meat



Updated 08/2021



Women
(50+ Years)

Men
(18+ Years)

4 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



California Office of Environmental Health Hazard Assessment

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Crappie Species



Sunfish Species



Black Bass Species
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Catfish Species



Goldfish



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16 inches or less



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