



## **INFORMATION ABOUT EATING FISH FROM SUCCESS LAKE (TULARE COUNTY)**

Office of Environmental Health Hazard Assessment (OEHHA)  
California Environmental Protection Agency  
May 2021

### **Why did OEHHA develop an advisory for eating fish from Success Lake?**

OEHHA developed an advisory for Success Lake because of mercury found in the fish caught from this water body. Success Lake is located approximately 8 miles east of Porterville in Tulare County. This advisory is part of an ongoing effort by OEHHA to provide safe-eating advice for fish in different California water bodies.

### **Why should I eat fish?**

- Low-contaminant fish are an important part of a healthy, well-balanced diet. The American Heart Association recommends eating at least two servings of fish each week.
- Fish are a good source of protein and vitamins, and are a primary dietary source of heart-healthy omega-3 fatty acids. Eating low-contaminant fish while pregnant may help the baby's brain develop.

### **Which chemicals are of concern for people eating fish from Success Lake?**

- Mercury
  - Mercury is a metal that comes from natural sources, mining, and air fallout from burning coal and other fuels. It is the most commonly found contaminant in fish.
  - Too much methylmercury, the form of mercury found in fish, can harm the brain, especially in fetuses, babies, and children. Mothers can pass methylmercury to their babies during pregnancy.
  - Because fetuses, babies, and children are especially sensitive to mercury, OEHHA has one set of advice for the amount of mercury-containing fish that women age 18 – 49 years and children should eat, and another set of advice for women 50 years and older and men 18 years and older.

### **How did OEHHA determine the consumption guidelines for fish from Success Lake?**

- OEHHA compared chemical levels in fish caught from Success Lake to levels that are considered safe for human consumption.
- OEHHA's consumption guidelines balance the health benefits of fish consumption and the risks from the contaminants.

## What does OEHHA recommend for people who want to eat fish from Success Lake?

- OEHHA recommends the amounts and types of fish that may be eaten each week as “servings.” A serving is about the size and thickness of your hand for fish fillets. Give children smaller servings. For smaller fish species, several individual fish may be required to yield a serving.
- Women 18 – 49 years and children 1 – 17 years
  - May eat:
    - 1 total serving per week of black bass species or Common Carp, or
    - 7 total servings per week of Rainbow Trout or Threadfin Shad
- Women 50 years and older and men age 18 years and older
  - May eat:
    - 2 total servings per week of black bass species or Common Carp, or
    - 7 total servings per week of Rainbow Trout or Threadfin Shad
- For additional fish species found in Success Lake and not included in this advisory, OEHHA recommends following the [statewide advisory for eating fish from California’s lakes and reservoirs without site-specific advice.](#)

## What else can I do to protect my health and the health of my family?

- Eat a variety of fish.
- Eat smaller (younger) fish of legal size.
- Eat only the skinless fillet or meat portion of fish.
- Thoroughly cook the fish, allow the juice to drain away.
- Learn about OEHHA’s guidelines for eating sport fish in California:
  - Visit <https://oehha.ca.gov/fish/advisories>, or call OEHHA at (916) 324-7572 or (510) 622-3170
  - Check the Freshwater or Ocean Sport Fishing Regulations booklets from the California Department of Fish and Wildlife, or visit <https://www.wildlife.ca.gov/Regulations>



**Women**  
(18 – 49 Years)

**Children**  
(1 – 17 Years)

**7** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**7** 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*

## SUCCESS LAKE

(TULARE 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*



**Threadfin Shad**



**Black Bass Species**

♥ *high in omega-3s*



**Common Carp**



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



Eat only the meat



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