



Women
(18-49 Years)

Children
(1-17 Years)



Women
(50+ Years)

Men
(18+ Years)

5 TOTAL
SERVINGS
A WEEK

OR

3 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT

5 TOTAL
SERVINGS
A WEEK

OR

7 TOTAL
SERVINGS
A WEEK

OR

2 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

LAFAYETTE RESERVOIR

(CONTRA COSTA 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*



Channel Catfish



Black Bass Species

♥ *high in omega-3s*



Goldfish



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



Eat only the meat



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