

Women (18-49 Years)

Children (1-17 Years)

DO NOT EAT



Women (50+ Years)

Men (18+ Years)

TOTAL SERVING

A WEEK

A GUIDE TO **EATING FISH** from **LAKE COMBIE**

(PLACER and NEVADA COUNTIES)

Eat the Good Fish

Eating fish that are low in chemicals may provide health benefits to children and adults.

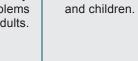


Avoid the **Bad Fish**

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



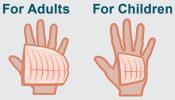
Black Bass Species



Sacramento Sucker

Serving Size

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



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.