

Men over 17 and women over 49 can safely eat more fish

- **Safe to eat 7 servings per week** — catfish OR **Safe to eat 5 servings per week** — trout OR
- **Safe to eat 3 servings per week** — bluegill or other sunfish OR
- **Safe to eat 1 serving per week** — largemouth bass or smallmouth bass
DO NOT EAT carp

♥ Why eat fish?

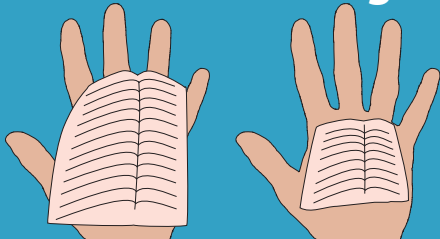
Eating fish is good for your health. Fish have Omega-3s that can reduce your risk for heart disease and improve how the brain develops in unborn babies and children.

What is the concern?

Some fish have high levels of mercury and PCBs. Mercury can negatively affect how the brain develops in unborn babies and children. PCBs might cause cancer.

Some chemicals are in the fat and skin of the fish. Throw these parts away and eat only the fillet.

What is a serving?



For Adults

For Children

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

Fish buying guidelines for women 18 – 49 and children 1 – 17

Do not eat fish caught by family or friends in the same week that you eat fish bought in a store or restaurant. For fish that you buy:

- **Safe to eat 2 servings per week** of low mercury fish such as salmon ♥, pollock, catfish, tilapia, shrimp, anchovies ♥, sardines ♥, trout ♥, or canned chunk-light tuna



OR

- **Safe to eat 1 serving per week** of medium-mercury fish such as canned albacore (white) tuna ♥



- **Do not eat** shark, swordfish, tilefish, or king mackerel



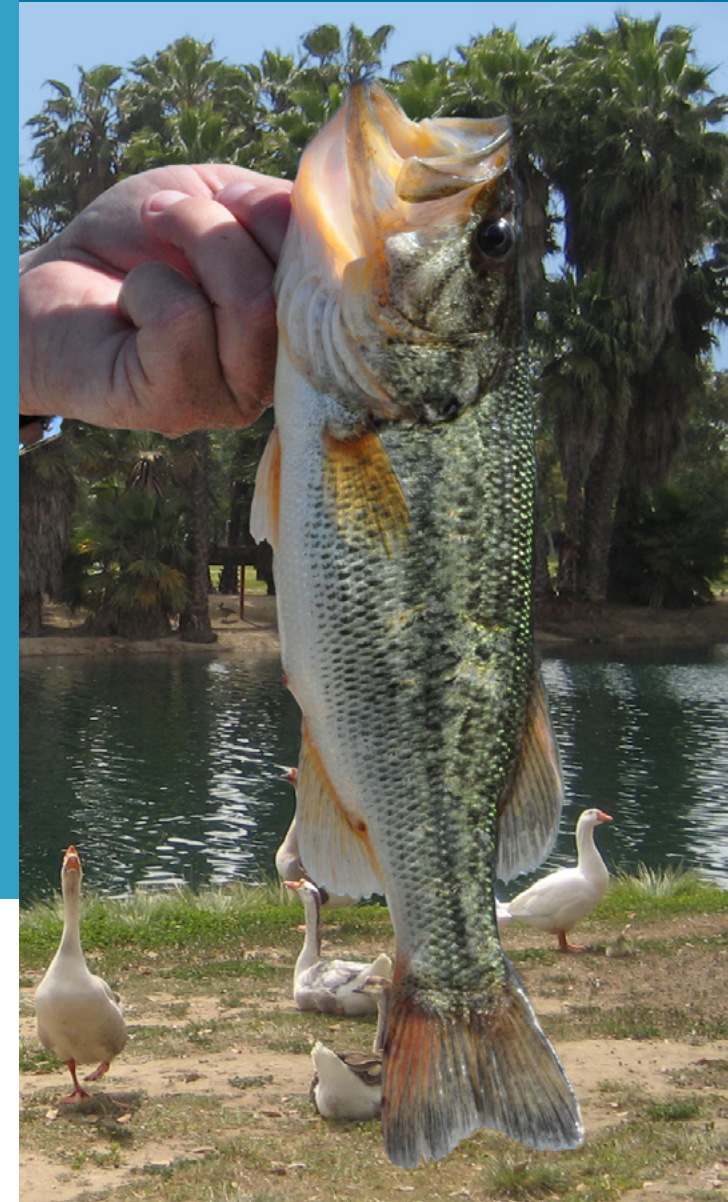
California Office of Environmental Health Hazard Assessment

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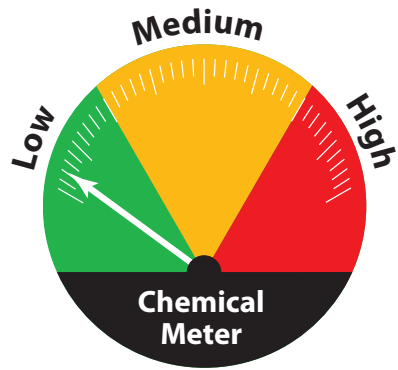
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Guide to Eating Fish Caught in Magic Johnson Lakes Los Angeles County



A guide to eating fish caught in Magic Johnson Lakes, Los Angeles County

Women 18 - 49, especially those who are pregnant or breastfeeding, and children 1 - 17

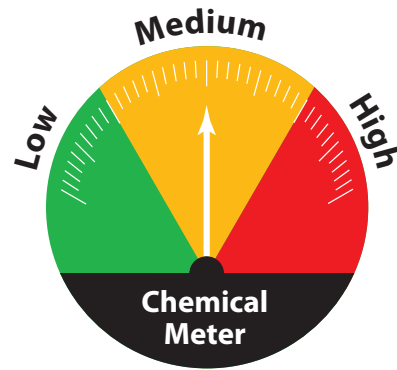


Trout ♡

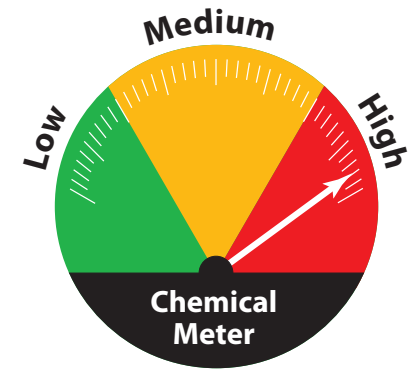


Catfish

♡ = High in Omega-3s



Bluegill or other sunfish



Largemouth bass or smallmouth bass



Carp

Safe to eat

OR

Safe to eat
1 serving per week

Do not eat

Trout – 5 servings per week OR
Catfish – 2 servings per week