



**Women**  
(18-49 Years)

**Children**  
(1-17 Years)



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**5** TOTAL  
SERVINGS  
A WEEK

OR

**2** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

**0** DO NOT  
EAT

**0** DO NOT  
EAT

**5** TOTAL  
SERVINGS  
A WEEK

OR

**7** TOTAL  
SERVINGS  
A WEEK

OR

**3** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

**0** DO NOT  
EAT

### 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* MAGIC JOHNSON LAKES

(LOS ANGELES 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.



**Trout**

♥ high in omega-3s



**Catfish**



**Sunfish Species**



**Black Bass Species**



**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.