



Women
(18-49 Years)

Children
(1-17 Years)



Women
(50+ Years)

Men
(18+ Years)

6 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

OR

1 TOTAL
SERVING
A WEEK

7 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
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 O'NEILL FOREBAY (MERCED 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.



Inland Silverside



Striped Bass

♥ high in omega-3s



Black Bass Species

♥ high in omega-3s



Catfish



**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.