

Women (18-49 Years)

Children (1–17 Years)

TOTAL **SERVINGS** A WEEK

OR

TOTAL **SERVINGS A WEEK**

OR

TOTAL **SERVINGS A WEEK**

OR

TOTAL SERVINGS A WEEK



Women (50+ Years)

Men (18+ Years)

TOTAL **SERVINGS** A WEEK

OR

TOTAL SERVINGS A WEEK

OR

TOTAL **SERVINGS A WEEK**

OR

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

LOPEZ LAKE

(SAN LUIS OBISPO COUNTY)

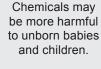
Eat the **Good Fish**

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









Sunfish Species



Threadfin Shad



Brown Bullhead



Crappie



Sacramento Sucker



Black Bass Species

high in omega-3s



California Office of Environmental California Office of Environ.
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.