

Women (18-49 Years)

Children (1-17 Years)

TOTAL

A WEEK

**SERVINGS** 



Women (50+ Years)

Men (18+ Years)

TOTAL **SERVINGS A WEEK** 

## **A GUIDE TO EATING FISH** from the **SALTON SEA**

(IMPERIAL AND RIVERSIDE 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.



Chemicals may be more harmful to unborn babies and children.

Choose the

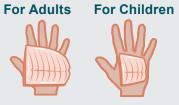








A serving of fish is about the size and thickness of your hand. Give children smaller servings.



Health Hazard Assessment California Office of Environmental

web www.oehha.ca.gov/fish email fish@oehha.ca.gov phone (916) 324-7572

Eat only the skinless fillet



Some chemicals are higher in the skin, fat, and guts.

**Right Fish**