

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

- **Safe to eat 5 servings per week** — trout or crappie
- There are no fish with medium levels of chemicals
- **Safe to eat 1 serving per week** — largemouth, smallmouth, spotted bass
DO NOT EAT catfish or carp

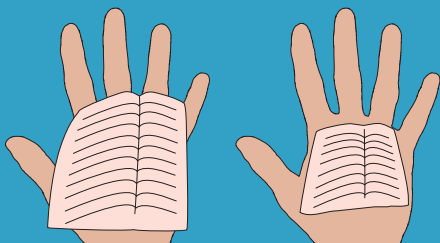
♥ Why eat fish?

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, PCBs, and dieldrin**. Mercury can negatively affect how the brain develops in unborn babies and children. PCBs and dieldrin might cause cancer.

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 in San Pablo Reservoir 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



Guide to Eating Fish Caught in San Pablo Reservoir Contra Costa County



California Office of Environmental Health Hazard Assessment

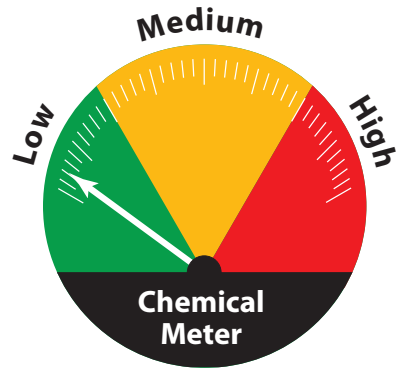
www.oehha.ca.gov/fish

fish@oehha.ca.gov

(916) 324-7572

A guide to eating fish caught in San Pablo Reservoir

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

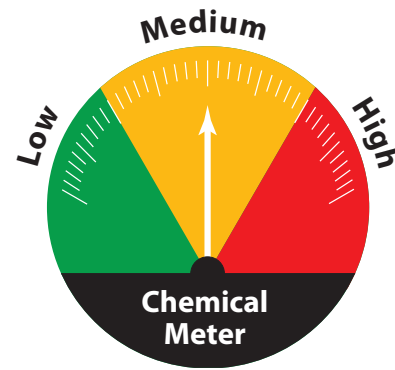


Trout ♡

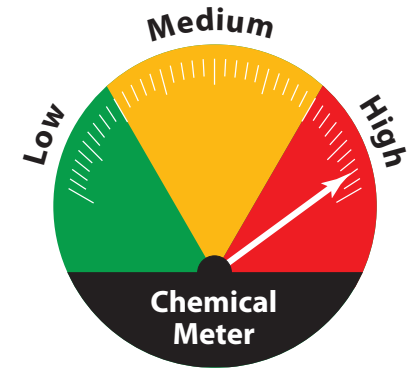


Crappie

♡ = High in Omega-3s



There are no fish with medium levels of chemicals



Largemouth, smallmouth, or spotted bass



Catfish



Carp

Safe to eat

Trout – 5 servings per week **OR**
Crappie – 2 servings per week

Do not eat