



**Women**  
(18-49 Years)

**Children**  
(1-17 Years)



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**3** TOTAL  
SERVINGS  
A WEEK

**7** TOTAL  
SERVINGS  
A WEEK

# A GUIDE TO EATING FISH

*from*

## TRINITY RIVER

UPSTREAM OF TRINITY LAKE

(TRINITY 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*

### Serving Size

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

For Adults



For Children



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.