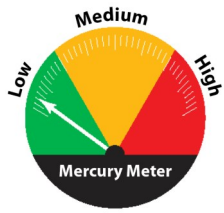


A Healthy Guide to Eating Fish and Shellfish from Clear Lake

Women 18-45 years and children 1-17 years

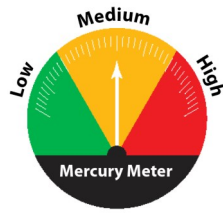


Inland silverside

Threadfin shad

Asian clam

Winged floater mussel



Blackfish

Bluegill or other sunfish

Bullhead

Carp

Catfish

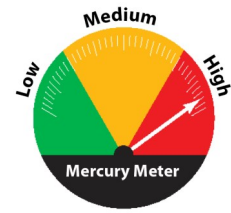
Crappie

Crayfish

Hitch

Mosquitofish

Prickly sculpin



Largemouth Bass

Inland silverside photo: North American Native Fishes Association
Threadfin shad photo: Uland Thomas, Ohio Department of Natural Resources
Mosquitofish photo: Hiroshi Senou, KPM-NR 0049007

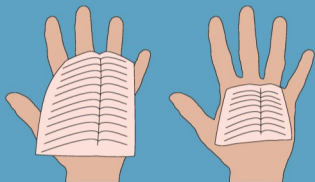
**3 servings a week OR
7 servings a week—
clams or mussels**

OR

1 serving a week

Do not eat

What is a serving?



For adults For children

The recommended serving is the size and thickness of your hand. Give children smaller servings.

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. Mercury can harm the brain, especially in unborn babies and children. Women over 45 years and men have lower risk and can eat more fish.

A Healthy Guide to Eating Fish and Shellfish from Clear Lake

Women over 45 years and men



Inland silverside



Threadfin shad



Asian clam



Winged floater mussel



Blackfish



Bluegill or other sunfish



Bullhead



Carp



Catfish



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