

Men over 17 and women over 45 can safely eat more fish

- 7 servings a week OR
- 3 servings a week OR
- 1 serving a week

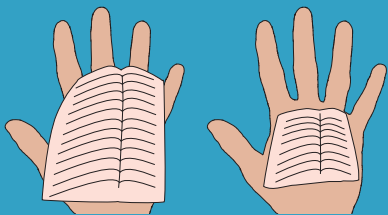
Why eat fish?

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 over 17 years have lower risk and can safely eat more fish.

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 You Buy

Guidelines for women 18 – 45 and children 1 – 17

- Eat 2 servings per week of low mercury fish such as salmon ♡, pollock, catfish, tilapia, shrimp, anchovies ♡, sardines ♡, trout ♡, and canned chunk-light tuna



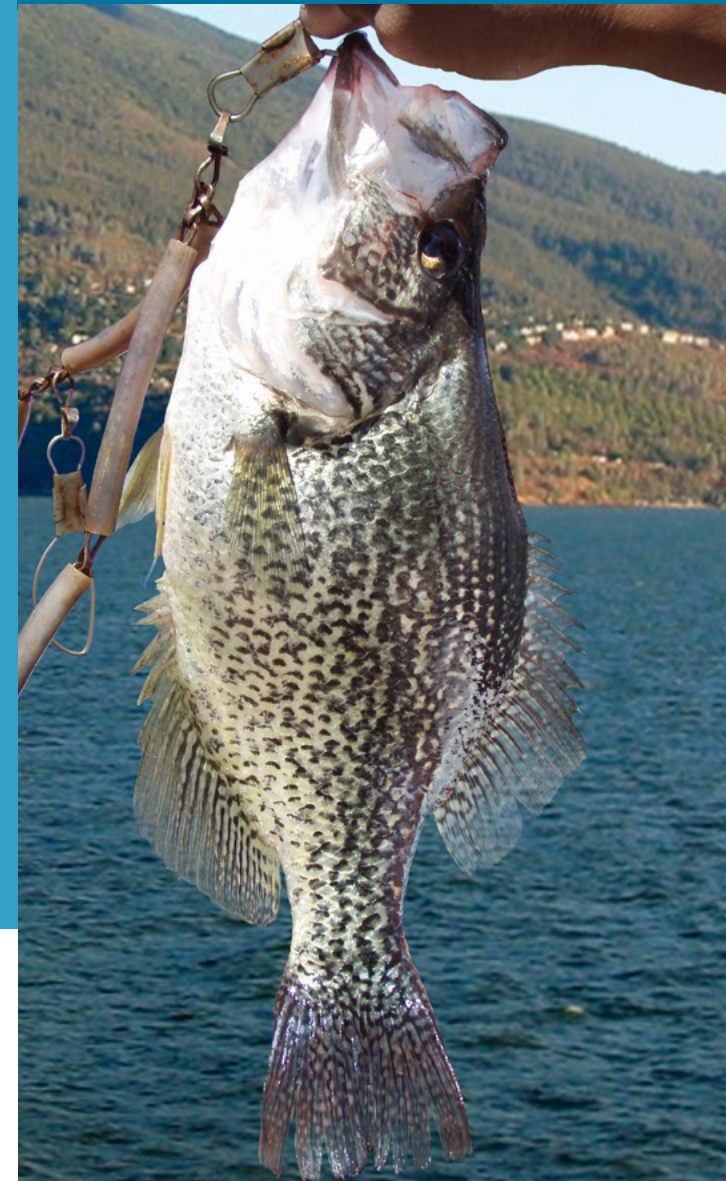
OR

- Eat 1 serving per week of medium-mercury fish such as canned albacore (white) tuna ♡
- Do not eat shark, swordfish, tilefish, or king mackerel



Do not eat fish caught by family or friends in the same week that you eat fish bought in a store or restaurant.

Guide to Eating Fish Caught in Clear Lake Lake County



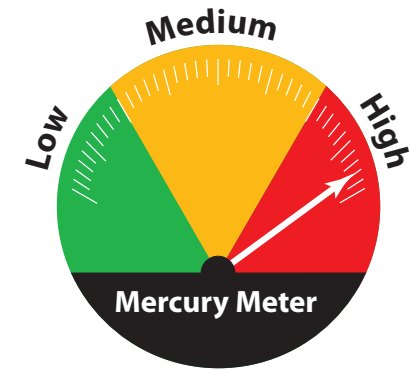
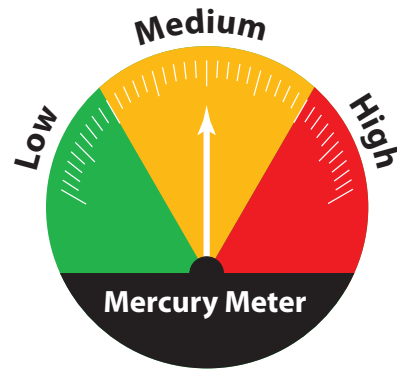
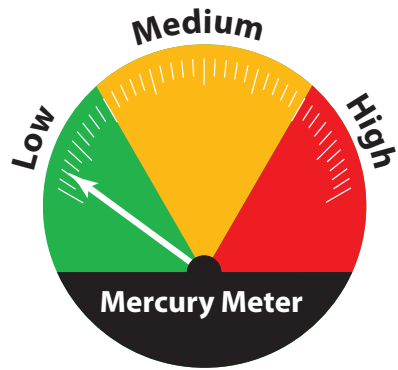
California Office of Environmental Health Hazard Assessment

www.oehha.ca.gov/fish.html

(916) 327-7319 or (510) 622-3170

A guide to eating fish caught in Clear Lake

Women 18 - 45 and children 1 - 17



Inland silversides photos: 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 of
clams or mussels

OR

1 serving a week

Do not eat