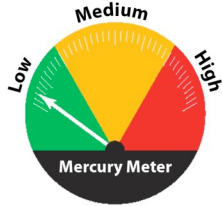


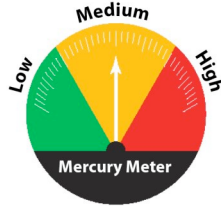
# A Healthy Guide to Eating Fish from California Lakes and Reservoirs

Women 18-45 years and children 1-17 years



Rainbow trout

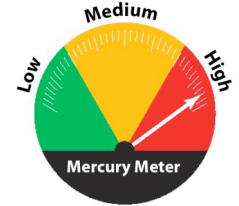
 = High in Omega-3s



Bluegill or other sunfish



Brown trout  
16 inches or less



Carp



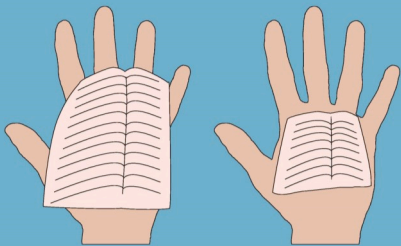
Brown trout  
over 16 inches

2 servings a week



1 serving a week

Do not eat



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 from California Lakes and Reservoirs

Women over 45 years and men can safely eat more fish



Rainbow trout



 = High in Omega-3s



Bullhead



Catfish



Bluegill or other sunfish



Brown trout 16 inches or less



Bass



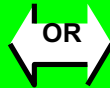
Carp



Brown trout over 16 inches



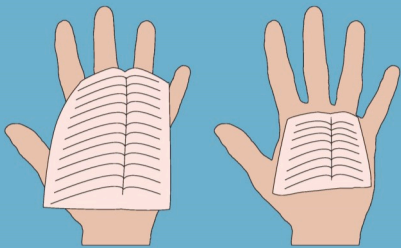
6 servings a week



2 servings a week



1 serving a week



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.

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