A Healthy Guide to Eating Fish from Little Rock Reservoir

Women 18-45 years and children 1-17 years

High in Omega-3s: Bluegill or green sunfish, Crappie, Rainbow trout

Do not eat: Largemouth bass, Catfish, Carp

2 servings a week

No fish in this group

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 and PCBs. PCBs can cause cancer. Mercury can harm the brain, especially in unborn babies and children.

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

For Adults
For Children

Remove and throw away the skin before cooking.
Cook thoroughly and allow the juices to drain away.

Eat only the skinless fillet. PCBs are in the fat and skin of the fish.

California Office of Environmental Health Hazard Assessment ● www.oehha.ca.gov/fish.html ● (916) 327-7319 or (510) 622-3170
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Women over 45 years and men

- Rainbow trout
- Bluegill or green sunfish
- Crappie
- Largemouth bass
- Catfish
- Carp

❤ = High in Omega-3s

3 servings a week OR 2 servings a week OR 1 serving a week

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