A Healthy Guide to Eating Fish from Oso Flaco Lake

<table>
<thead>
<tr>
<th>Fish</th>
<th>Serving Recommendation</th>
<th>Health Concerns</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bluegill</td>
<td>7 servings a week</td>
<td>High in Omega-3s</td>
</tr>
<tr>
<td>Hitch</td>
<td>7 servings a week</td>
<td>High in Omega-3s</td>
</tr>
<tr>
<td>Largemouth bass</td>
<td>1 serving a week except women over 45 years and men</td>
<td>High in Omega-3s, low mercury content.</td>
</tr>
<tr>
<td>Goldfish</td>
<td>Do not eat</td>
<td>Very high levels of long-banned pesticides, harmful to brain development.</td>
</tr>
</tbody>
</table>

**What is a serving?**

- **For Adults**
  - Size and thickness of your hand.
  - Give children smaller servings.

- **For 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.
- Goldfish from Oso Flaco Lake have very high levels of long-banned pesticides. These pesticides might cause cancer and other health effects.

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