A Healthy Guide to Eating Fish from Cache Creek

Women 18-45 years and children 1-17 years

2 servings a week OR 1 serving a week OR 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.

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

- Mosquitofish
- Bluegill or green sunfish
- Carp
- Catfish
- Hardhead
- Sucker
- Crappie
- Largemouth or smallmouth bass
- Pikeminnow

7 servings a week OR 2 servings a week OR 1 serving a week

What is a serving?

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

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