A Healthy Guide to Eating Fish from Camanche Reservoir

Women 18-45 Years and Children 1-17 Years

There are no fish in this group

Carp

Catfish

Hardhead

Sunfish

Black bass

2 servings a week

1 serving a week

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.

Office of Environmental Health Hazard Assessment ● www.oehha.ca.gov/fish.html ● (916) 327-7319 or (510) 622-3170
A Healthy Guide to Eating Fish from Camanche Reservoir

Women over 45 Years and Men

<table>
<thead>
<tr>
<th>Sunfish</th>
<th>Carp</th>
<th>Black bass</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 servings a week</td>
<td>2 servings a week</td>
<td>OR 1 serving a week</td>
</tr>
</tbody>
</table>

What is a serving?

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

For Children

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.

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