**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. Mercury can negatively affect how the brain develops in unborn babies and children. PCBs might cause cancer.

Some chemicals are in the fat and skin of the fish. Throw these parts away and eat only the fillet.

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**What is a serving?**
- **For Adults**
  - The recommended serving of fish is about the size and thickness of your hand.
  - Give children smaller servings.

- **For Children**

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**Fish buying guidelines for women 18 – 45 and children 1 – 17**
Do not eat fish caught by family or friends in the same week that you eat fish bought in a store or restaurant. For fish that you buy:

- **Safe to eat 2 servings per week** of low mercury fish such as salmon, pollock, catfish, tilapia, shrimp, anchovies, sardines, trout, or canned chunk-light tuna

**OR**

- **Safe to eat 1 serving per week** of medium-mercury fish such as canned albacore (white) tuna

- **Do not eat** shark, swordfish, tilefish, or king mackerel
A guide to eating fish caught in Donner Lake, Nevada County

Safe to eat
Kokanee – 2 servings per week
OR
Rainbow trout
- 4 servings per week for women 18 - 45 and children 1 - 17
- 7 servings per week for men over 18 and women over 45

Safe to eat
1 serving per week

There are no fish with high levels of chemicals

 безопасно для употребления
Коканей – 2 порции в неделю
либо
Радужная форель
- 4 порции в неделю для женщин в возрасте 18-45 лет и детей 1-17 лет
- 7 порций в неделю для мужчин старше 18 лет и женщин старше 45 лет

Безопасно для употребления
1 порция в неделю

Водах Доннер нет рыб с высоким содержанием химических веществ