A Healthy Guide to Eating Fish from the Lower Feather River
including the Diversion Pool

Women 18-45 years and children 1-17 years

American shad
Chinook king salmon
Steelhead

= high in omega-3s

2-3 servings a week  OR  1 serving a week

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

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

What is a serving?

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

For Adults  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 and PCBs. Mercury can harm the brain, especially in unborn babies and children. PCBs can also harm the brain and cause cancer.
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Women over 45 years and Men

- American shad
- Chinook king salmon
- Steelhead

- Carp
- Hardhead
- Sunfish
- Striped bass
- Sucker

- Black bass
- Catfish
- Pikeminnow
- Sturgeon

❤️ = high in omega-3s

7 servings a week or
2 servings a week OR
3 servings of sunfish OR
1 serving a week

Eat only the skinless fillet.
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- Remove and throw away the skin before cooking.
- Cook thoroughly and allow the juices to drain away.

What is a serving?

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

For Children

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