A Healthy Guide for Eating fish from New Melones Reservoir

**Women 18-45 years and children 1-17 years**

2 servings a week  
**OR**  
1 serving a week  
**OR**  
**Do not eat**

- **Catfish**
- **Carp**
- **Bass**

**Women over 45 years and men can safely eat more fish**

5 servings a week  
**catfish**  
**OR**  
2 servings a week  
**carp**  
**OR**  
1 serving a week  
**bass**

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**What is a serving?**

For Adults  
For Children

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

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**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.

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**What is the concern?**

Some fish have high levels of mercury. Mercury can harm the brain, especially in unborn babies and children.

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