## Men over 17 and women over 45 can safely eat more fish

- **Safe to eat 5 servings per week —** trout or crappie
- There are no fish with medium levels of chemicals
- **Safe to eat 1 serving per week** — largemouth, smallmouth, spotted bass **DO NOT EAT** catfish or carp

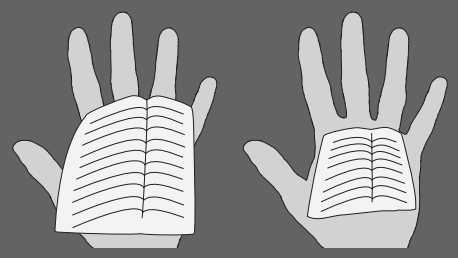
## ♥ Why eat fish?

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

## What is a serving?



**For Adults** **For Children**

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

## Fish buying guidelines for women 18 – 45 and children 1 – 17

Do not eat fish caught by family and 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 ♥, and 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

**California Office of Environmental Health Hazard Assessment**

www.oehha.ca.gov/fish.html

(916) 327-7319 or (510) 622-3170

12-08

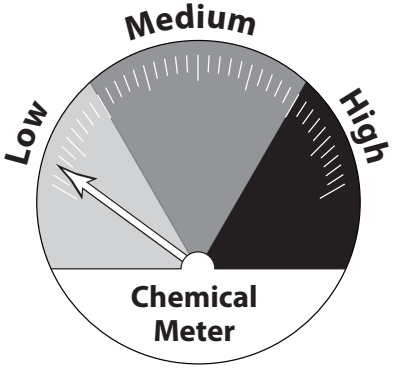
# Guide to Eating Fish Caught in

# San Pablo Reservoir

## Contra Costa County

# A guide to eating fish caught in San Pablo Reservoir

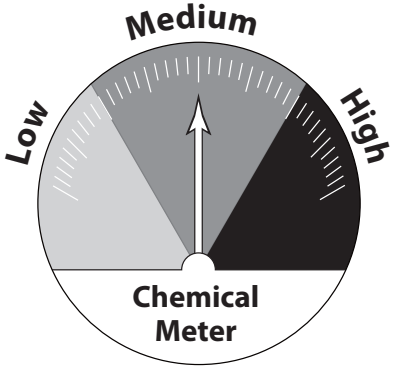
## Women 18 - 45, especially those who are pregnant or breastfeeding, and children 1 - 17



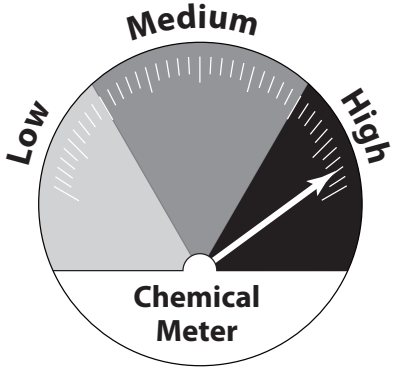
Trout ♥

Crappie

♥ = High in Omega-3s




**There are no fish with medium levels of mercury**



Largemouth, smallmouth, or spotted bass

Catfish

Carp

**Safe to eat**

Trout – 5 servings per week **OR**
Crappie – 2 servings per week

**Do not eat**