A Healthy Guide to Eating Fish from the Upper Feather River

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

- **3 servings a week** OR **1 serving a week**
  - Rainbow, brook, or brown trout
  - Black bass
  - Pikeminnow

* = high in omega-3s

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

- **Trout**
  - 7 servings a week
- **Black bass**
  - 2 servings a week
- **Pikeminnow**
  - 1 serving a week

**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?**

- **For Adults**
  - 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.

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