

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

- There are no fish with low levels of mercury
- **Safe to eat 2 servings per week** — bluegill and other sunfish, or sucker
- OR
- **Safe to eat 1 serving per week** — spotted, smallmouth, or largemouth bass; carp; catfish; crappie; or white bass

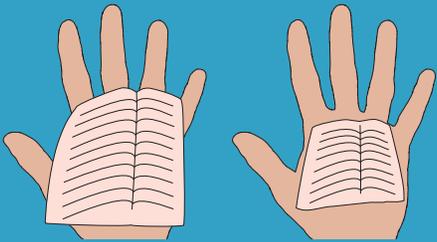
♥ Why eat fish?

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 that can negatively affect how the brain develops in unborn babies and children.

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 in Lake Nacimiento 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 ♥

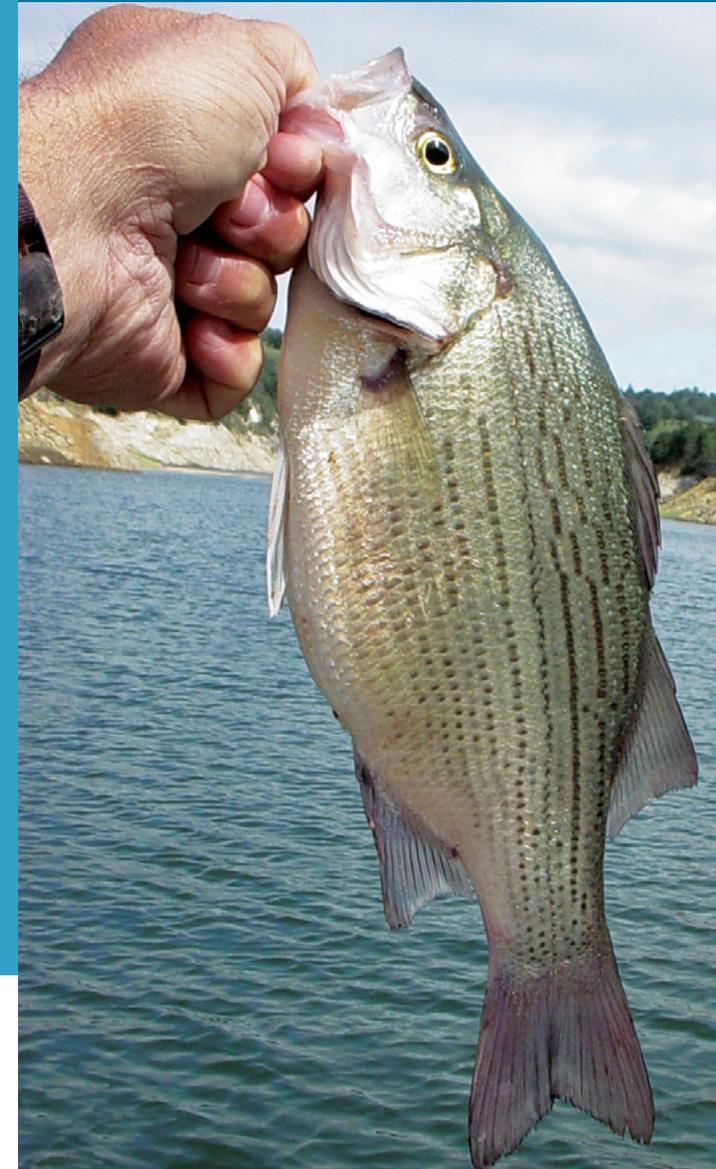


- **Do not eat** shark, swordfish, tilefish, or king mackerel



♥ = High in Omega-3s

Guide to Eating Fish Caught in Lake Nacimiento San Luis Obispo County



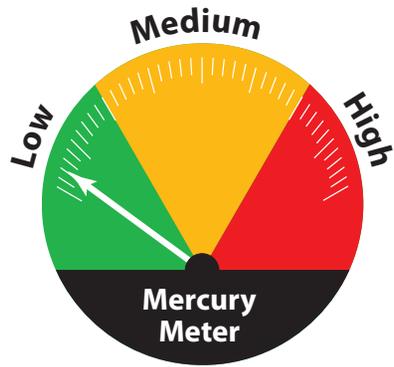
California Office of Environmental Health Hazard Assessment

www.oehha.ca.gov/fish.html

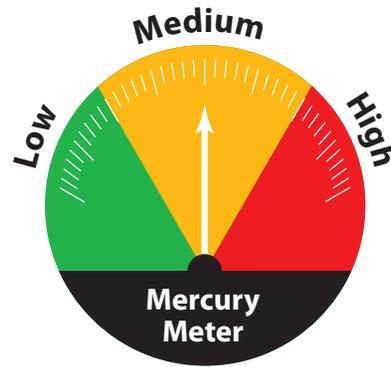
(916) 327-7319 or (510) 622-3170

A guide to eating fish caught in Lake Nacimiento

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



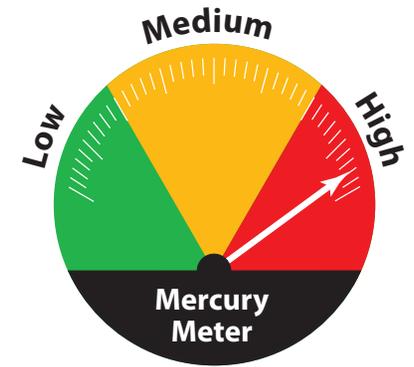
There are no fish with low levels of chemicals



Bluegill and other sunfish



Sucker



Spotted, smallmouth, and largemouth bass



Crappie



White bass



Catfish



Carp

Safe to eat
1 serving per week

Do not eat