



Women
(18-49 Years)

Children
(1-17 Years)

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT

Children



Less than 8 ounces

**One
Serving**



Women
(50+ Years)

Men
(18+ Years)

5 TOTAL
SERVINGS
A WEEK

OR

3 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

Adults



8 ounces

A GUIDE TO EATING FISH FROM LAKE MENDOCINO

(Mendocino County)



Choose the Good Fish

Fish are a good source of vitamins, protein, and omega-3s. Eating fish low in harmful chemicals may provide important health benefits.

Avoid the Bad Fish

Eating fish with higher levels of mercury can harm the brain and nervous system, especially in fetuses, babies and children.



Common Carp



Silverside Species



Channel Catfish



Sunfish Species



Black Bass Species



Striped Bass

Cook fish and shellfish thoroughly to destroy harmful parasites

Eat only the skinless fillet



Some chemicals are higher in the skin, fat, and guts

Eat only the meat



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SCAN ME