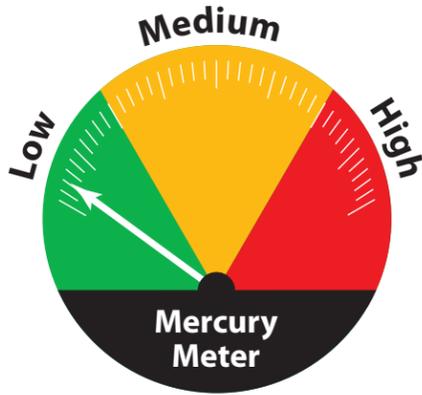


NOTICE TO SIERRA ANGLERS

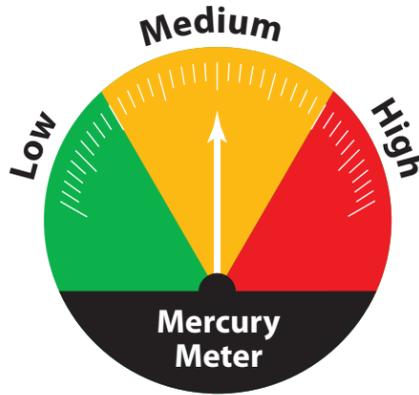
A healthy guide to eating fish from California lakes and reservoirs

This information applies to all lakes and reservoirs in California without site-specific advice.

Women 18 - 45 and children 1 - 17



Rainbow trout ♡



Bullhead



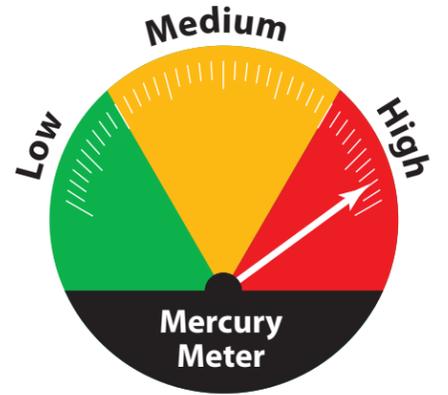
Catfish



Bluegill or Other Sunfish



Brown trout ♡
16 inches or less



Bass



Carp



Brown trout
over 16 inches

♡ = High in Omega-3s

Rainbow trout photo: John Lyons, Wisconsin Department of Natural Resources

2 servings a week

OR

1 serving a week

Do not eat

Women over 45 and men can safely eat more fish

6 servings a week

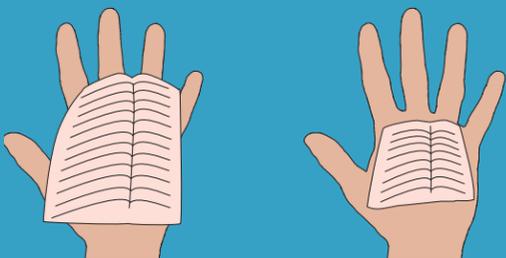
OR

2 servings a week

OR

1 serving a week

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.

♡ 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. Mercury can harm the brain, especially in unborn babies and children. Women over 45 and men have lower risk and can eat more fish.

The only lakes and reservoirs that have site-specific guidelines in the Sierra are: Rollins, Combie, Camp Far West, Englebright, Donner, Oroville, Folsom, and Natoma. For site-specific information about eating fish from these and other locations in California, go to www.oehha.ca.gov/fish.

