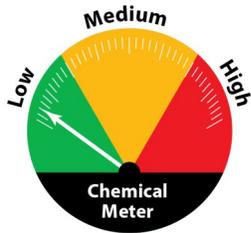


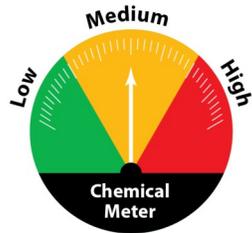
A Healthy Guide to Eating Fish from Oso Flaco Lake



Bluegill



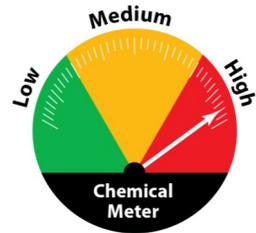
Hitch



Largemouth bass



♥ = High in Omega-3s



Goldfish

7 servings a week

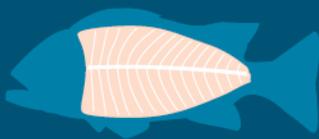


1 serving a week
except
women over 45 years
and men can eat
2 servings a week

Do not eat

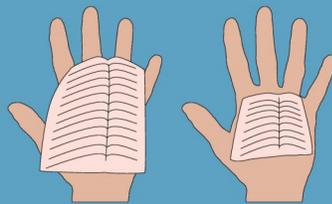
Eat only the skinless fillet.

Pesticides and PCBs are in the fat and skin of the fish.



- Remove and throw away the skin before cooking.
- Cook thoroughly and allow the juices to drain away.

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?

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. Goldfish from Oso Flaco Lake have very high levels of long-banned pesticides. These pesticides might cause cancer and other health effects.