

A Guide to Eating Fish from Lake Piru

Women 18-45 years and children 1-17 years



Sunfish



Brown Bullhead

No fish in this group



Black bass

2 servings a week

1 serving a week

Do not eat

Women 46 and older and men 18 and older



Sunfish



Brown Bullhead

No fish in this group



Black bass

 = High in Omega-3s and OK to eat

7 servings a week

3 servings a week



1 serving a week

What is a serving?



For Adults For Children

A 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 risk?

Some fish have high levels of mercury. Mercury can harm the brain, especially in unborn babies and children.