

A Healthy Guide to Eating Fish from Vasona Lake and Camden Ponds

Women over 45 Years and Men Can Safely Eat More Fish



Bluegill or other sunfish



Catfish



Goldfish



Rainbow trout



Bass



Carp

 = High in Omega-3s

6 servings a week of sunfish—or 7 servings of trout



2 servings a week of catfish—or 3 servings a week of bass



1 serving a week

Eat only the skinless fillet.

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 or PCBs. Mercury can harm the brain, especially in unborn babies and children. PCBs can cause cancer.