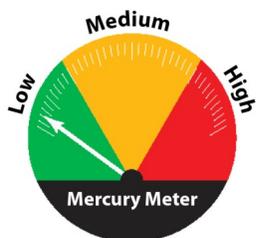
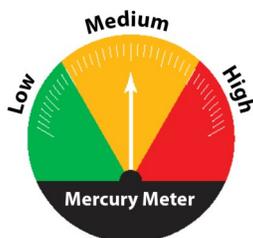


# A Healthy Guide to Eating Fish from Cache Creek

## Women 18-45 years and children 1-17 years



Mosquitofish



Bluegill or green sunfish



Carp



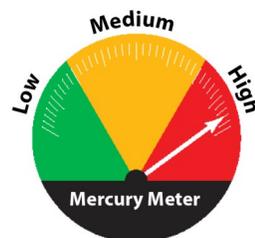
Catfish



Hardhead



Sucker



Crappie



Largemouth or smallmouth bass



Pikeminnow

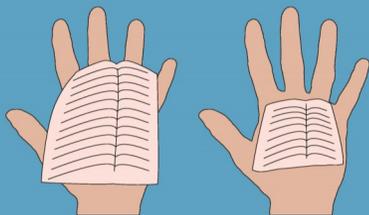
2 servings a week



1 serving a week

Do not eat

### 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.

# A Healthy Guide to Eating Fish from Cache Creek

## Women over 45 years and men



7 servings a week

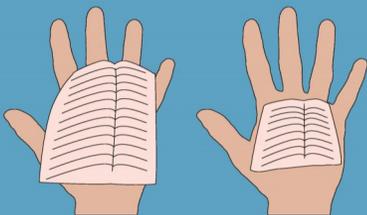
OR

2 servings a week

OR

1 serving a week

### 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.