

A Healthy Guide to Eating Fish from California Lakes and Reservoirs

Women over 45 years and men can safely eat more fish



Rainbow trout

♥ = High in Omega-3s



Bullhead



Catfish



Bluegill or other
sunfish



Brown trout 16 inches or less



Bass



Carp



Brown trout
over 16 inches

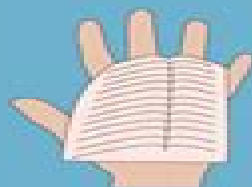
6 servings a week



2 servings a week



1 serving a week



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. Women over 45 years and men have lower risk and can eat more fish.

Guide To Eating Fish

David Baud



Guide To Eating Fish:

Eat Fish Often? Minnesota. Department of Health, 2004 **A Family Guide to Eating Fish** ,2009 **If I Catch It, Can I Eat It?** ,2022 Pamphlet with information about ways to avoid contaminants in fish and eat fish safely **Choose Wisely** ,2007 A Guide to Eating Fish Safely in Massachusetts ,2015 **Choose Wisely** ,2003 **A Guide to Eating Fish and Shellfish in Oregon** ,2008 **Guide to Eating Fish and Shellfish from San Francisco Bay** California. Office of Environmental Health Hazard Assessment, 2012* **A Woman's Guide to Eating Fish Safely** ,2019 Brochure providing guidance to pregnant women and young children about ways to eat fish safely and avoid ingesting contaminants

Guidance for assessing chemical contaminant data for use in fish advisories volume IV risk communication. ,1994

Guidance for Assessing Chemical Contaminant Data for Use in Fish Advisories Barbara Ann Knuth, 1995 A Woman's Guide to Eating Fish Safely ,2007* The Rough Guide to the Loire James McConnachie, 2004 The brand new Rough Guide to The Loire is the essential guide to one of France's most popular regions A World Heritage Site The Loire is famed for its soft fertile countryside and a marvellous parade of châteaux The main section of the guide has informed accounts of every attraction from the fascinating troglodyte dwellings carved out of rock faces around Saumur to the compelling gardens at Villandry The listings tell you where to find the best wines the tastiest goat's cheese and the most interesting places to stay There are maps and plans throughout and a full colour introductory section listing the author's favourite things not to miss In the contexts section there is detailed background on the region's culture cuisine wine festivals and history **A People's Guide to Eating Fish Caught in Western New York** Buffalo Niagara Riverkeeper, 2012 This guide advises people on choosing what local fish to eat and educating the public on local water pollution and fish pollution issues **Important Health Information for People Eating Fish from Wisconsin Waters** ,1999 *Chicago Cook County Fishing Guide Book* , **State of the Lakes Ecosystem Conference 1996** ,1996 **Prevention The Ultimate Guide to Breast Cancer** Caren Goldman, Editors Of Prevention Magazine, Mary L. Gemignani, 2013-10-01 We've all heard the statistic 1 in 8 women will get a breast cancer diagnosis at some point in her lifetime But there's another just as relevant number that isn't as widely broadcast 76 percent of those women will be alive 10 years later This guide from America's most trusted health magazine helps women navigate treatment medical costs and lifestyle changes and emerge with their physical and mental health intact Organized to take readers from diagnosis to survival and all the steps in between Prevention The Ultimate Guide to Breast Cancer offers relevant information in technical yet accessible language including Supplements and recipes that stimulate appetite ease treatment side effects promote recovery and help prevent a recurrence Complementary and alternative treatments and medicine that can be beneficial Real life advice from women with breast cancer on issues such as processing the emotions that accompany a diagnosis and what to expect as a cancer survivor This guide will help any woman who has been diagnosed feel organized informed hopeful reassured and focused on becoming well increasing her chances of

landing in that healthy 76 percent A Woman's Guide to a Healthy Stomach Jacqueline Wolf,2012-03-20 Explains the causes and cures for women s most common digestive ailments as well as more serious life altering conditions providing the latest information on such topics as probiotics heartburn medications and special diets *Fishing Guide* ,2015 This is a summary of Indiana fishing regulations designed as a service to anglers and is not intended to be a complete digest of all fishing regulations

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