NOTICE TO SIERRA ANGLERS

A healthy guide to eating fish from California lakes and reservoirs

This information applies to all lakes and reservoirs in California without site-specific advice.

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

- 2 total servings a week
- OR
- 1 total serving a week
- OR
- Do not eat

**Women 46 years and older and men 18 years and older can safely eat more fish**

- 6 total servings a week
- OR
- 2 total servings a week
- OR
- 1 total serving a week

**What is a serving?**

For Adults: The recommended serving of fish is about the size and thickness of your hand for fillets. Give children smaller servings.

For Children: The recommended serving of fish is about the size and thickness of your hand for fillets. 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 46 years and older and men 18 years and older have lower risk and can eat more fish.

Many California lakes and reservoirs in the Sierra have site-specific guidelines for eating fish. For site-specific information about eating fish from these and other California locations, visit: [www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish).

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Rainbow Trout photo: John Lyons, Wisconsin Department of Natural Resources