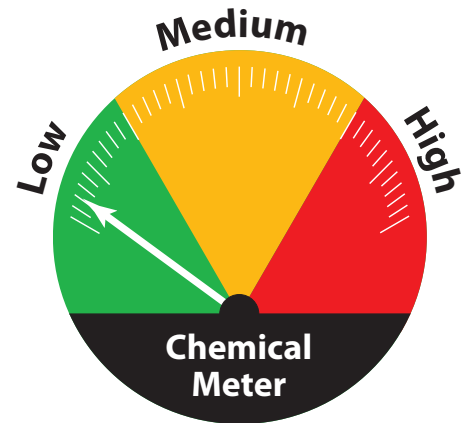


A guide to eating fish caught in San Pablo Reservoir

Women 18 - 45, especially those who are pregnant or breastfeeding, and children 1 - 17

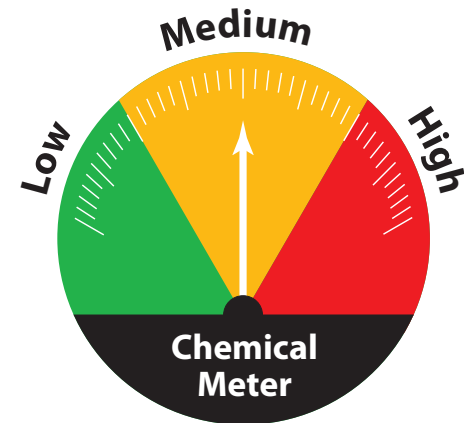
Men over 17 and women over 45 can safely eat more fish



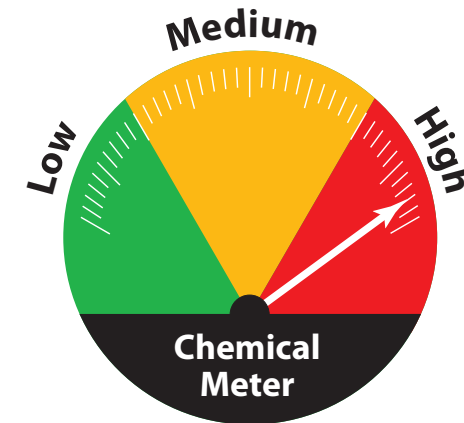
Trout ♥



Crappie



There are no fish with medium levels of chemicals



Largemouth, smallmouth, or spotted bass



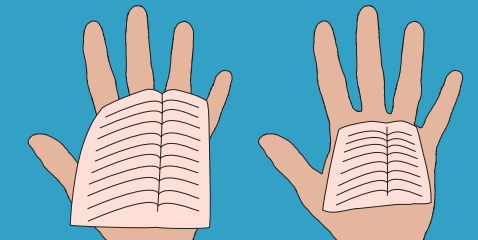
Catfish



Carp

- **Safe to eat 5 servings per week** — trout or crappie
- There are no fish with medium levels of chemicals
- **Safe to eat 1 serving per week** — largemouth, smallmouth, spotted bass
DO NOT EAT catfish or carp

What is a serving?



For Adults For Children

The recommended serving of fish is about 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, PCBs, and dieldrin. Mercury can negatively affect how the brain develops in unborn babies and children. PCBs and dieldrin might cause cancer.

Safe to eat

Trout – 5 servings per week OR
Crappie – 2 servings per week

Do not eat