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 and children 1 - 17

- Rainbow trout: 2 servings a week
- Brown trout: 1 serving a week

What is a serving?

For Adults: 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. Mercury can harm the brain, especially in unborn babies and children. Women over 45 and men have lower risk and can eat more fish.

Women over 45 and men can safely eat more fish

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

The only lakes and reservoirs that have site-specific guidelines in the Sierra are: Rollins, Combie, Camp Far West, Englebright, Donner, Oroville, Folsom, and Natoma. For site-specific information about eating fish from these and other locations in California, go to www.oehha.ca.gov/fish.

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