A GUIDE TO EATING FISH from ANDERSON LAKE (SANTA CLARA COUNTY)

**Eat the Good Fish**
Eating fish that are low in chemicals may provide health benefits to children and adults.

**Avoid the Bad Fish**
Eating fish with higher levels of chemicals like mercury or PCBs may cause health problems in children and adults.

**Choose the Right Fish**
Chemicals may be more harmful to unborn babies and children.

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**Women (18-45 Years)**

1. **TOTAL SERVING A WEEK**
   - Sunfish Species

2. **TOTAL SERVINGS A WEEK**
   - Crappie

3. **DO NOT EAT**
   - Carp

**Children (1-17 Years)**

1. **TOTAL SERVING A WEEK**
   - Black Bass Species

2. **TOTAL SERVINGS A WEEK**
   - Channel Catfish

**Men (18+ Years)**

1. **TOTAL SERVING A WEEK**
   - Sunfish Species

2. **TOTAL SERVINGS A WEEK**
   - Crappie

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**Serving Size**
A serving of fish is about the size and thickness of your hand. Give children smaller servings.

**For Adults**
- California Office of Environmental Health Hazard Assessment
  - web: www.oehha.ca.gov/fish
  - email: fish@oehha.ca.gov
  - phone: (916) 324-7572

**For Children**
- Eat only the skinless fillet
- Eat only the meat
- Some chemicals are higher in the skin, fat, and guts.