A GUIDE TO EATING FISH FROM LEXINGTON RESERVOIR (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.

Rainbow Trout
High in omega-3s

Inland Silverside

Threadfin Shad

Sunfish Species

Black Bass Species

Women (18-45 Years)

7 TOTAL SERVINGS A WEEK

OR

2 TOTAL SERVINGS A WEEK

OR

1 TOTAL SERVING A WEEK

Women (46+ Years)

7 TOTAL SERVINGS A WEEK

OR

7 TOTAL SERVINGS A WEEK

OR

3 TOTAL SERVINGS A WEEK

OR

1 TOTAL SERVING A WEEK

Men (18+ Years)

7 TOTAL SERVINGS A WEEK

OR

7 TOTAL SERVINGS A WEEK

OR

3 TOTAL SERVINGS A WEEK

OR

1 TOTAL SERVING A WEEK

Children (1-17 Years)

7 TOTAL SERVINGS A WEEK

OR

2 TOTAL SERVINGS A WEEK

OR

1 TOTAL SERVING A WEEK

OR

0 DO NOT EAT

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

For Adults
For Children

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

Eat only the skinless fillet
Eat only the meat

Some chemicals are higher in the skin, fat, and guts.