


A Healthy Guide to Eating Fish from Lakes and Reservoirs without Site-Specific Advice

Women over 45 years and men can safely eat more fish



Rainbow trout 



Bullhead




Catfish




Bluegill or other sunfish



Brown trout 





Bass 



Carp



Brown trout over 16 inches 

 = High in Omega-3s

6 servings a week



2 servings a week from this group



1 serving a week from this group

What is a serving?



For Adults For Children

The recommended serving is 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 years and men have lower risk and can eat more fish.