

HEALTH ADVISORY

Fish are nutritious and should be part of a healthy, balanced diet. As with many other kinds of food, however, it is prudent to consume fish in moderation, particularly when chemical contaminants such as methylmercury are present in fish at concentrations that pose a concern for public health. OEHHA provides the following consumption advice to the public so that people can continue to eat fish from these locations without putting their health at risk.

FISH AND SHELLFISH CONSUMPTION GUIDELINES FOR CLEAR LAKE AND CACHE CREEK	
Women of childbearing age and children 17 years and younger may eat:	
Once a month	Largemouth bass, smallmouth bass, channel catfish, white catfish, brown bullhead, green sunfish, black crappie, white crappie, Sacramento blackfish, Sacramento pikeminnow, hardhead, or Sacramento sucker OR:
Once a week	Bluegill, hitch, carp, trout, or crayfish
Women beyond childbearing age and men may eat:	
Once a week	Largemouth bass, smallmouth bass, channel catfish, white catfish, brown bullhead, green sunfish, black crappie, white crappie, Sacramento blackfish, Sacramento pikeminnow, hardhead, or Sacramento sucker OR:
3 times a week	Bluegill, hitch, carp, trout, or crayfish
FISH AND SHELLFISH CONSUMPTION GUIDELINES FOR BEAR CREEK	
DO NOT EAT	No one should eat any fish or shellfish from Bear Creek
<p>MANY OTHER WATER BODIES ARE KNOWN OR SUSPECTED TO HAVE ELEVATED MERCURY LEVELS. If guidelines are not already in place for the water body where you fish, women of childbearing age and children 17 and younger should eat no more than one sport fish meal per week, and women beyond childbearing age and men should eat no more than three sport fish meals per week from any location.</p> <p>EAT SMALLER FISH OF LEGAL SIZE. Fish accumulate mercury as they grow.</p> <p>DO NOT COMBINE FISH CONSUMPTION ADVICE. If you eat multiple species or catch fish from more than one area, the recommended guidelines for different species and locations should not be combined. For example, if you eat a meal of fish from the one meal per month category, you should not eat another fish species containing mercury for at least one month.</p> <p>SERVE SMALLER MEALS TO CHILDREN. Meal size is assumed to be 8 ounces for a 160-pound adult. If you weigh more or less than 160 pounds, add or subtract one ounce to your meal size, respectively, for each 20-pound difference in body weight.</p> <p>CONSIDER YOUR TOTAL FISH CONSUMPTION. Fish from many sources (including stores and restaurants) can contain elevated levels of mercury and other contaminants. IF YOU EAT FISH WITH LOWER CONTAMINANT LEVELS (INCLUDING COMMERCIAL FISH) YOU CAN SAFELY EAT MORE FISH. The American Heart Association recommends that healthy adults eat at least two servings of fish per week. Shrimp, king crab, scallops, farmed catfish, wild salmon, oysters, tilapia, flounder, and sole generally contain some of the lowest levels of mercury.</p>	