

Safe Eating Guidelines

Fish Consumption from Trinity Lake, Lewiston Lake, Carrville Pond, the Trinity River upstream of Trinity Lake, and the East Fork Trinity River

Fish are nutritious and should be part of a healthy, balanced diet. It is important, however, to choose your fish wisely. OEHHA recommends that you choose fish to eat that are low in mercury, including the following fish caught from Trinity Lake, Lewiston Lake, Carrville Pond, the Trinity River upstream of Trinity Lake, and the East Fork Trinity River.

BEST CHOICES EAT UP TO 3 TIMES PER WEEK	
Women of childbearing age and children 17 years and younger:	
All trout from Lewiston Lake, Carrville Pond, or the Trinity River upstream of Trinity Lake	
Women beyond childbearing age and men:	
All trout or white catfish from any listed site	

Because some other types of fish from these water bodies contain higher levels of mercury, OEHHA provides the following recommendations that you can follow to reduce the risks from exposure to mercury in fish.

CAUTION LIMIT CONSUMPTION TO NO MORE THAN:	
Women of childbearing age and children 17 years and younger:	
Once a Month	Bass or Chinook (King) salmon from Trinity Lake (including rivers and creeks draining into Trinity Lake) <i>or</i>
Once a Week	White catfish or trout from Trinity Lake and the East Fork Trinity River
Women beyond childbearing age and men:	
Once a Week	Bass or Chinook (King) salmon from Trinity Lake (including rivers and creeks draining into Trinity Lake)

CONTACT WITH THE WATER IS SAFE.

EAT SMALLER FISH OF LEGAL SIZE. Fish accumulate mercury as they grow.

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 1 oz to your meal size, respectively, for each 20-pound difference in body weight.

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

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 commercial and/or sport fish with lower contaminant levels, you can safely eat more fish. The American Heart Association recommends that healthy adults eat at least two servings of fish per week. Commercial fish such as shrimp, king crab, scallops, farmed catfish, wild ocean salmon, oysters, tilapia, flounder, and sole generally contain some of the lowest levels of mercury, as do the local fish in the “Best Choices” table.

FISH FROM MANY OTHER WATER BODIES ARE KNOWN OR SUSPECTED TO HAVE ELEVATED MERCURY LEVELS. Not all water bodies in California have been tested. It is recommended that, with the exception of ocean or river-run salmon or steelhead, which may be eaten more frequently, generally low mercury fish from places without published guidelines should be eaten one meal per week or less.