

# A Guide to Eating Fish from Lafayette Reservoir

## Women 18 - 45 years and Children 1 - 17 years



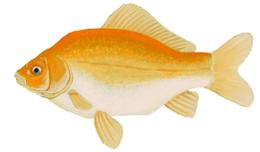
Channel Catfish



♥ Rainbow Trout



♥ Black Bass species



Goldfish

3 total servings a week of Channel Catfish OR 5 total servings a week of Rainbow Trout

OR

1 total serving a week

Do not eat

## Women 46 years and older and Men 18 years and older



Channel Catfish



♥ Rainbow Trout



Goldfish



♥ Black Bass species

7 total servings a week

OR

5 total servings a week

OR

2 total servings a week

### What is a serving?



**For Adults For Children**

A serving is about the size and thickness of your hand for fish fillets. 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.

♥ = Fish high in omega-3s

### What is the concern?

Some fish have high levels of mercury or PCBs. Mercury can harm the brain, especially in unborn babies and children. PCBs can cause cancer.