

# A Guide to Eating Fish from Lafayette Reservoir

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

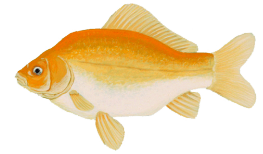


Channel Catfish

♥ 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

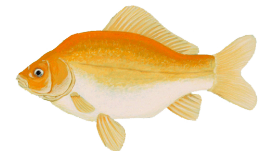
Do not eat

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



Channel Catfish

♥ Rainbow Trout



Goldfish



♥ Black Bass species

7 total servings a week

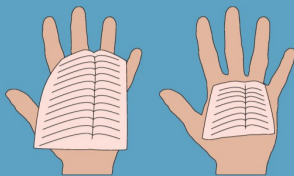
OR

5 total servings a week

OR

2 total servings a week

### What is a serving?



' PS" EVMT ' PS\$! JVSFO

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

### 8 | Z FBUGTI ?

&BUOH GTI JT HPPE QPSZPVS  
I FBVM ' JI I BVF oN FHB T  
U BUDBO SFEVDF ZPVSSJL  
QPSI FBSUEJTFBTF BOE  
JN QSPVF I PX U F CSBJD  
EFVFNQOT JO VOCPSO  
CBC.FT BOE DI JVSFO

♥ = Fish high in omega-3s

### 8 | BUJTU F DPODFSQ

4PN F GTI I BVF I JI NFNFN  
PGN FSDVSZ or 1C#T . FSDVSZ  
DBOI BSN U F CSBJD, especially  
JO VOCPSO CBC.FT BOE DI JVSFO.  
1\$#T DBO DBVTF cancer.