

Men over 17 and women over 45 can safely eat more fish

- **7 servings a week OR**
- **3 servings a week OR**
- **2 servings a week** of striped bass **OR**
1 serving a week of bass, pikeminnow, or white sturgeon

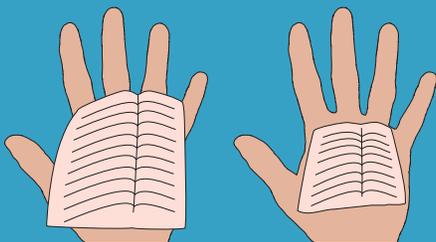
♥ Why eat fish?

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 and PCBs. Mercury can harm the brain especially in unborn babies and children. PCBs can cause cancer.

What is a serving?



For Adults

For Children

The recommended serving of fish is about the size and thickness of your hand. Give children smaller servings.

Fish buying guidelines for women 18 – 45 and children 1 – 17

Do not eat fish caught by family or friends in the same week that you eat fish bought in a store or restaurant. For fish that you buy:

- **Safe to eat 2 servings per week** of low mercury fish such as salmon ♥, pollock, catfish, tilapia, shrimp, anchovies ♥, sardines ♥, trout ♥, and canned chunk-light tuna



OR

- **Safe to eat 1 serving per week** of medium-mercury fish such as canned albacore (white) tuna ♥

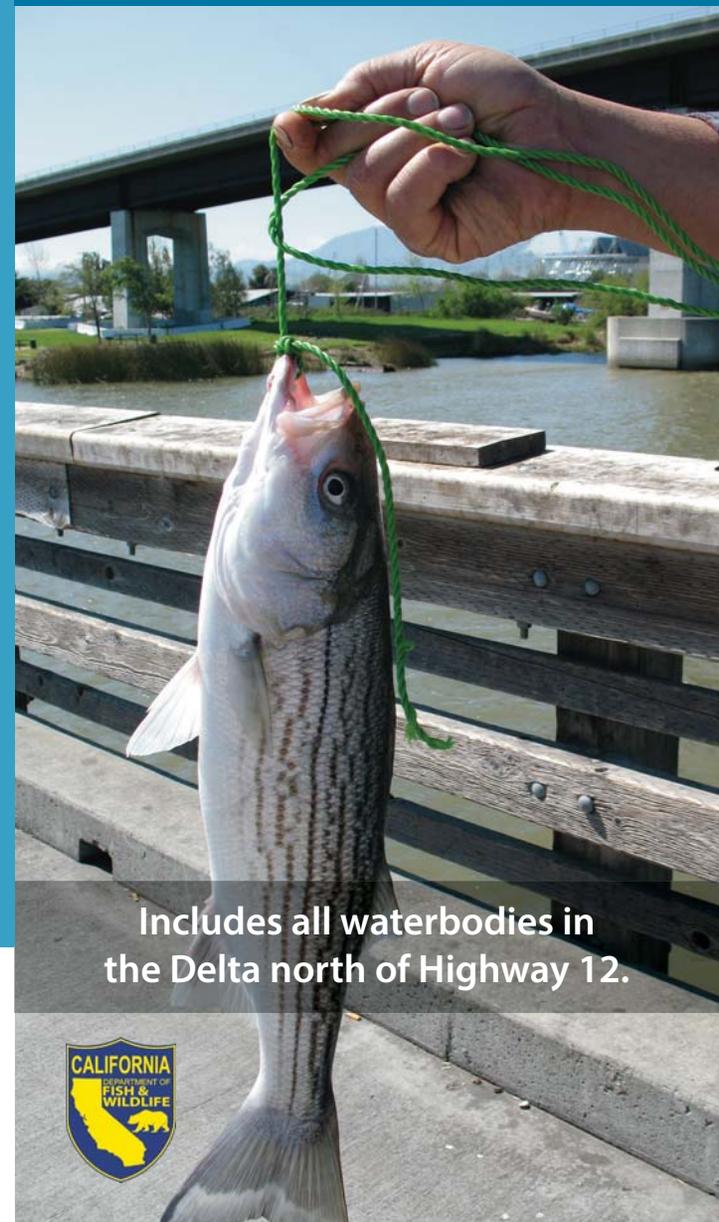


- **Do not eat** shark, swordfish, tilefish, or king mackerel



♥ = High in Omega-3s

Guide to Eating Fish Caught in the Sacramento River and Northern Delta



Includes all waterbodies in the Delta north of Highway 12.



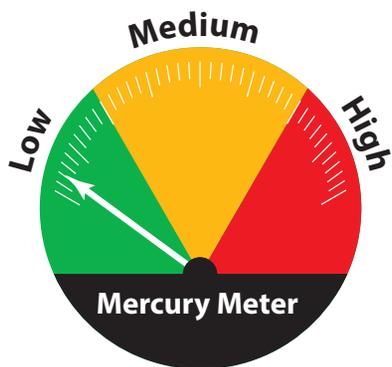
California Office of Environmental Health Hazard Assessment

www.oehha.ca.gov/fish.html

(916) 327-7319 or (510) 622-3170

A guide to eating fish caught in the Sacramento River and Northern Delta

Women 18 - 45 and children 1 - 17



American Shad ♡



Rainbow trout ♡



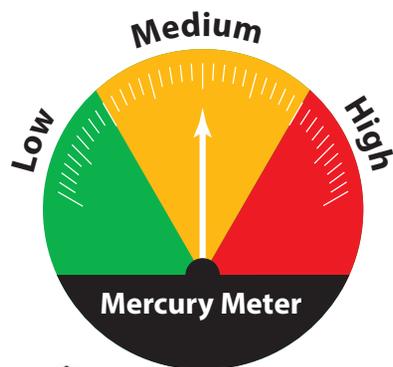
Steelhead trout* ♡



Chinook (king) salmon ♡



Asiatic Clam



Carp or goldfish



Sucker



Crappie



Catfish



Bluegill or other sunfish



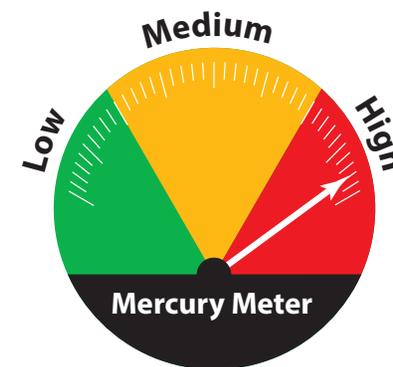
Hardhead



Crayfish



Hitch



Striped Bass



Bass



Pikeminnow



White sturgeon

Rainbow trout photo: John Lyons, Wisconsin Department of Natural Resources

♡ = High in Omega-3s

* It is only legal to keep hatchery steelhead and only in select waters, see www.wildlife.ca.gov/Regulations

2 servings a week OR
7 servings a week of clams

OR

1 serving per week

Do not eat