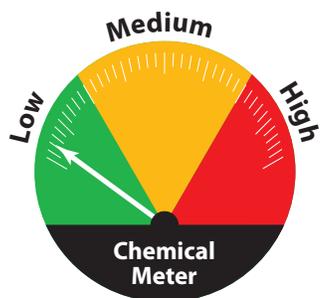


# A guide to eating American shad, Chinook (king) salmon, steelhead trout, striped bass, and white sturgeon caught in California rivers, estuaries, and coastal waters

## Women ages 18 - 45 and children ages 1 - 17 years old



Steelhead Trout\* ♥

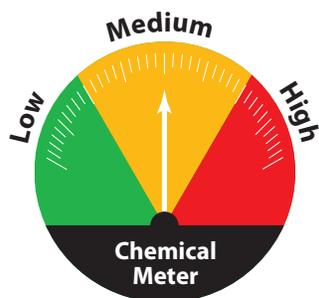


American Shad ♥

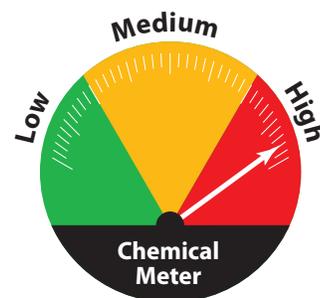


Chinook (King) Salmon ♥

♥ = High in Omega-3s



There are no fish with medium levels of chemicals



Striped Bass



White Sturgeon

**Safe to eat  
2-3 servings per week**

**Safe to eat  
1 serving per week**

**Do not eat**

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

**Safe to eat 7 servings per week** — American shad, Chinook (king) salmon, or steelhead trout **OR**

**Safe to eat 2 servings per week** — striped bass **OR**

**Safe to eat 1 serving per week** — white sturgeon

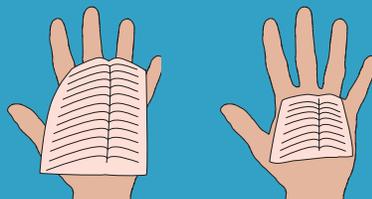
### Why eat fish?

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 negatively affect how the brain develops in unborn babies and children. It is especially important for women who are pregnant or breastfeeding to follow these guidelines. PCBs might 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.

**These guidelines do not apply to these fish caught in lakes or reservoirs.**

**\* Note: It is only legal to keep hatchery steelhead and only in selected waters.** Hatchery steelhead are identified by a missing adipose fin and healed scar in the location of the missing fin. All wild steelhead must be released unharmed.

Check California Department of Fish and Game Regulations ([www.dfg.ca.gov/regulations/](http://www.dfg.ca.gov/regulations/)) for salmon, steelhead, striped bass, and white sturgeon, including legal sizes, bag and possession limits, and seasons, which can vary from year to year.