

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

Includes all waterbodies in the Delta north of Highway 12

Women 18 - 45 and children 1 - 17

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

What is a serving?



For Adults For Children

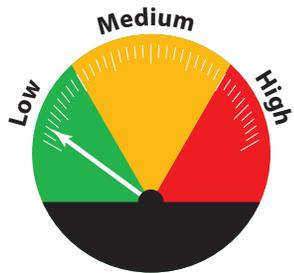
The recommended serving of fish is about the size and thickness of your hand. Give children smaller servings.

Why eat fish?

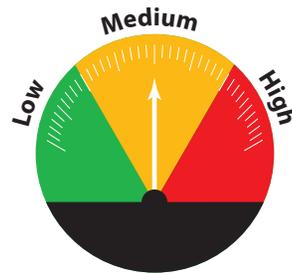
Eating fish is good for your health. Fish have Omega-3s that can reduce your risk for heart disease and improve how the brain develops in unborn babies and children.

What is the concern?

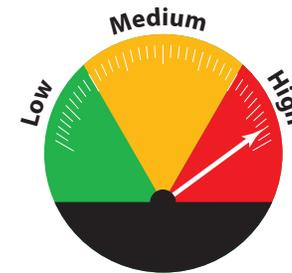
Some fish have high levels of mercury and PCBs. Mercury can harm the brain especially in unborn babies and children. PCBs can cause cancer.



- American shad ♥
- Rainbow trout ♥
- Steelhead trout* ♥
- Chinook (king) salmon ♥
- Asiatic clam



- Carp or goldfish
- Crappie
- Sucker
- Bluegill or other sunfish
- Catfish
- Hardhead
- Crayfish
- Hitch



- Striped bass
- Bass
- Pikeminnow
- White sturgeon

♥ = High in Omega-3s

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

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

2 servings a week OR
7 servings a week of
clams

OR

1 serving per week

Do not eat