



Women
(18-49 Years)

Children
(1-17 Years)

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT

A GUIDE TO EATING FISH *from the* **LOWER MOKELUMNE RIVER***

(SACRAMENTO AND SAN JOAQUIN COUNTIES)

**WOMEN 18 - 49 YEARS AND
CHILDREN 1 - 17 YEARS**

Eat the Good Fish

Eating fish that are low in chemicals may provide health benefits to children and adults.



Avoid the Bad Fish

Eating fish with higher levels of chemicals like mercury or PCBs may cause health problems in children and adults.



Choose the Right Fish

Chemicals may be more harmful to unborn babies and children.



American Shad
♥ high in omega-3s



Chinook (King) Salmon*
♥ high in omega-3s



Steelhead Trout
♥ high in omega-3s



Catfish Species



Sunfish Species



Black Bass Species



Sacramento Pikeminnow



Striped Bass



White Sturgeon

Serving Size

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

For Adults



For Children



Eat only the
skinless fillet



Some chemicals are higher in the skin, fat, and guts.

Eat only the meat



*Only in waters where take is permitted per CDFW regulations at www.wildlife.ca.gov.



web www.oehha.ca.gov/fish
email fish@oehha.ca.gov
phone (916) 324-7572

Updated 11/2022



Women
(50+ Years)

Men
(18+ Years)

7 TOTAL SERVINGS A WEEK

OR

5 TOTAL SERVINGS A WEEK

OR

2 TOTAL SERVINGS A WEEK

OR

1 TOTAL SERVING A WEEK

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(SACRAMENTO AND SAN JOAQUIN COUNTIES)

WOMEN 50 YEARS AND OLDER AND
MEN 18 YEARS AND OLDER

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Catfish Species



Sunfish Species



Black Bass Species
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Sacramento Pikeminnow



Striped Bass
♥ high in omega-3s

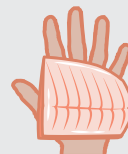


White Sturgeon

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California Office of Environmental Health Hazard Assessment

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