



Women
(18-49 Years)

Children
(1-17 Years)

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT



California Office of
Environmental Health
Hazard Assessment

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

A GUIDE TO EATING FISH

from the

SAN JOAQUIN RIVER

From Friant Dam to the Port of Stockton
(FRESNO, MADERA, MERCED, STANISLAUS, 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



Steelhead Trout
♥ high in omega-3s



Sunfish Species



Common Carp



Catfish Species



Sacramento Sucker



Black Bass Species



Striped Bass



White Sturgeon

**Any fish or shellfish
from the Port of Stockton**

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



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

0 DO NOT
EAT



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**WOMEN 50 YEARS AND OLDER
AND MEN 18 YEARS AND OLDER**

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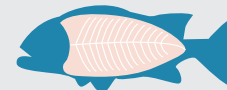
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