



Women
(18-49 Years)

Children
(1-17 Years)

5 TOTAL
SERVINGS
A WEEK

OR

3 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT



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

A GUIDE TO EATING FISH *from the* SACRAMENTO RIVER AND NORTHERN DELTA

INCLUDES THE SACRAMENTO RIVER (SHASTA, TEHAMA, BUTTE, GLENN, COLUSA, SUTTER, YOLO, SACRAMENTO, AND SOLANO COUNTIES) AND ALL WATER BODIES IN THE DELTA NORTH OF HIGHWAY 12

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.



Rainbow Trout

♥ high in omega-3s



American Shad

♥ high in omega-3s

Small Baitfish and Shrimp

*See report for list of species



Bullhead



Chinook (King) Salmon

♥ high in omega-3s



Steelhead Trout

♥ high in omega-3s



Common Carp



Crappie



Crayfish



Goldfish



Hardhead



Sacramento Sucker



Sunfish Species



Black Bass Species



Catfish



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



Updated 05/2020



Women
(50+ Years)

Men
(18+ Years)

7 TOTAL SERVINGS A WEEK

OR

5 TOTAL SERVINGS A WEEK

OR

4 TOTAL SERVINGS A WEEK

OR

2 TOTAL SERVINGS A WEEK

OR

1 TOTAL SERVING A WEEK



California Office of Environmental Health Hazard Assessment

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WOMEN 50 YEARS AND OLDER AND MEN 18 YEARS AND OLDER

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Goldfish



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Black Bass Species
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