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

Includes all waterbodies in the Delta north of Highway 12 (SHASTA, TEHAMA, BUTTE, GLENN, COLUSA, YUBA, SUTTER, YOLO, SACRAMENTO, SOLANO, AND CONTRA COSTA 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.

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

**For Adults**

**For Children**

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**Asian Clam (Corbicula)**

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**American Shad**
*high in omega-3s*

**Rainbow Trout**
*high in omega-3s*

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

**Steelhead Trout**
*high in omega-3s*

**Common Carp**

**Crappie**

**Goldfish**

**Hitch**

**Sacramento Sucker**

**Catfish**

**Crayfish**

**Hardhead**

**Sunfish Species**

**Black Bass Species**

**Sacramento Pikeminnow**

**Striped Bass**

**White Sturgeon**

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**Eat only the skinless fillet**

**Eat only the meat**

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

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California Office of Environmental Health Hazard Assessment

[website](http://www.oehha.ca.gov/fish)

[contact](fish@oehha.ca.gov)

[phone](916) 324-7572
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WOMEN 50 YEARS AND OLDER AND MEN 18 YEARS AND OLDER

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.

7 TOTAL SERVINGS A WEEK

- American Shad
  - high in omega-3s
- Asian Clam (Corbicula)
- Chinook (King) Salmon
  - high in omega-3s
- Rainbow Trout
  - high in omega-3s
- Steelhead Trout
  - high in omega-3s

3 TOTAL SERVINGS A WEEK

- Common Carp
- Crappie
- Goldfish
- Hitch
- Sunfish Species

2 TOTAL SERVINGS A WEEK

- Catfish
- Crayfish
- Hardhead
- Sacramento Sucker

1 TOTAL SERVING A WEEK

- Black Bass Species
  - high in omega-3s
- Sacramento Pikeminnow

For Adults
Eat only the skinless fillet

For Children
Eat only the meat

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

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