



**Women**  
(18 – 49 Years)

**Children**  
(1 – 17 Years)

**7** 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](http://www.oehha.ca.gov/fish)  
email [fish@oehha.ca.gov](mailto:fish@oehha.ca.gov)  
phone (916) 324-7572

# A GUIDE TO EATING FISH *from the* CENTRAL AND SOUTH DELTA

Includes all water bodies in the Delta south of Highway 12,  
except the Sacramento River and the San Joaquin River  
south of Stockton

(CONTRA COSTA, 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.



**Small Baitfish Species**  
See report for list of species



**Bullhead Species**



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



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



**Sunfish Species**



**Black Bass Species**  
♥ high in omega-3s



**Catfish Species**



**Common Carp**



**Crappie Species**



**Goldfish**



**Sacramento Sucker**



**Striped Bass**

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



**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 11/2022



Women  
(50+ Years)

Men  
(18+ Years)

7 TOTAL SERVINGS  
A WEEK

OR

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

California Office of  
Environmental Health  
Assessment  
web [www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)  
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(CONTRA COSTA, SACRAMENTO AND SAN JOAQUIN COUNTIES)

WOMEN 50 YEARS AND OLDER AND  
MEN 18 YEARS AND OLDER

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