



**Women**  
(18-49 Years)

**Children**  
(1-17 Years)

**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)  
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phone (916) 324-7572

# A GUIDE TO EATING FISH

*from the*

## LOWER FEATHER RIVER

(BUTTE, SUTTER AND YUBA 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



**Common Carp**



**Hardhead**



**Sacramento Sucker**



**Sunfish species**



**Black Bass Species**



**Catfish 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



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

# A GUIDE TO EATING FISH *from the* LOWER FEATHER RIVER

(BUTTE, SUTTER AND YUBA COUNTIES)

## WOMEN 50 YEARS AND OLDER AND MEN 18 YEARS AND OLDER

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California Office of  
Environmental Health  
Hazard Assessment

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