



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



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* SACRAMENTO RIVER AND NORTHERN DELTA*

**Includes the Sacramento River and all Water Bodies in
the Delta North of Highway 12**

(SHASTA, TEHAMA, BUTTE, GLENN, COLUSA, SUTTER, YOLO, SACRAMENTO,
AND SOLANO 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.



Rainbow Trout

♥ high in omega-3s



Small Baitfish and Shrimp

See report for list of species



American Shad

♥ high in omega-3s



Bullhead



Chinook (King) Salmon

♥ high in omega-3s



Steelhead Trout

♥ high in omega-3s



Common Carp



Crappie



Goldfish



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



*Only in waters where
take is permitted per
CDFW regulations at
www.wildlife.ca.gov.

Updated 11/2022



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

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

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