



**Women**  
(18 – 49 Years)

**Children**  
(1 – 17 Years)

**2** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

**0** DO NOT  
EAT



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**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*

## CALIFORNIA RIVERS, STREAMS, AND CREEKS

WITHOUT SITE-SPECIFIC ADVICE\*

### 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.



Red Shiner



Bullhead Species



Rainbow Trout

♥ high in omega-3s



Brown Trout

♥ high in omega-3s



Sunfish Species



Black Bass Species



Common Carp



Sacramento Sucker



Catfish Species



Goldfish



Sacramento Pikeminnow

### Serving Size

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

For Adults



For Children



California Office of Environmental Health Hazard Assessment

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

Eat only the skinless fillet



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

Eat only the meat



\*Please see the OEHHA Advice for Fish that Migrate for American Shad, Chinook Salmon, Steelhead Trout, Striped Bass, and White Sturgeon.