



Women
(18-49 Years)

Children
(1-17 Years)



Women
(50+ Years)

Men
(18+ Years)

**DO NOT
EAT**

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EAT**

A GUIDE TO EATING FISH *from* PORT OF STOCKTON

(SAN JOAQUIN COUNTY)
Includes Old Mormon Slough, New Mormon Slough, McLeod Lake, Smith Canal, and Yosemite Lake

Eat the Good Fish

Eating fish that are low in chemicals may provide health benefits to children and adults.



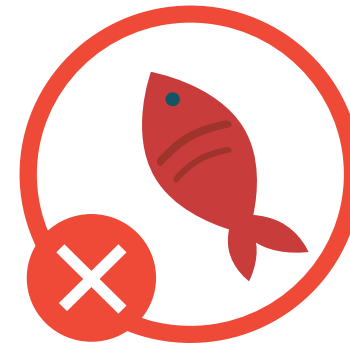
Avoid the Bad Fish

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.



ALL FISH AND SHELLFISH

