



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
email fish@oehha.ca.gov
phone (916) 324-7572

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

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

(CONTRA COSTA, SAN JOAQUIN AND SACRAMENTO 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.



Asian Clam (Corbicula)



American Shad

♥ high in omega-3s



Catfish



Crayfish



Steelhead Trout

♥ high in omega-3s



Sunfish Species

* Chinook (King) Salmon
removed from advisory.
See note below.



Black Bass Species

♥ high in omega-3s



Common Carp



Crappie



Sacramento Sucker



Striped Bass



White Sturgeon

Any fish or shellfish from
the Port of Stockton

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



* Chinook (King) Salmon:

No take permitted in these
water bodies per CDFW
regulations. Refer to CDFW
for regulations on other
species.

Updated 09/2018



Women
(50+ Years)

Men
(18+ Years)

7 TOTAL
SERVINGS
A WEEK

OR

5 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT

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Environmental Health
Hazard Assessment

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WOMEN 50 YEARS AND OLDER AND MEN 18 YEARS AND OLDER



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