



Women
(18-49 Years)

Children
(1-17 Years)

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

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



Catfish



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





Women
(50+ Years)

Men
(18+ Years)

7 TOTAL SERVINGS A WEEK

OR

3 TOTAL SERVINGS A WEEK

OR

2 TOTAL SERVINGS A WEEK

OR

1 TOTAL SERVING A WEEK

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(BUTTE, SUTTER, and YUBA COUNTIES)

WOMEN 50 YEARS AND OLDER AND MEN 18 YEARS AND OLDER

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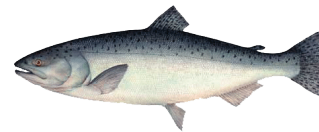


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Sunfish Species



Common Carp



Hardhead



Sacramento Sucker



Striped Bass
♥ high in omega-3s



Black Bass Species
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Catfish



Sacramento Pikeminnow



White Sturgeon

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For Adults



For Children



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