

Women (18-49 Years)

Children (1-17 Years)

TOTAL **SERVINGS A WEEK**

OR

TOTAL **SERVINGS A WEEK**

OR

TOTAL **SERVINGS A WEEK**

OR

TOTAL SERVING A WEEK

DO NOT



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 (SHASTA, TEHAMA, BUTTE, GLENN, COLUSA, SUTTER, YOLO, SACRAMENTO, AND SOLANO COUNTIES) AND ALL WATER BODIES IN THE DELTA NORTH OF HIGHWAY 12

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.





Small Baitfish and Shrimp

*See report for list of species





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



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



Updated 05/2020



Women (50+ Years)

Men (18+ Years)

TOTAL **SERVINGS** A WEEK

OR

TOTAL **SERVINGS A WEEK**

OR

TOTAL SERVINGS A WEEK

OR

TOTAL **SERVINGS** A WEEK

OR

TOTAL **SERVING** A WEEK

California Office of **Environmental Health** Hazard Assessment

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WOMEN 50 YEARS AND OLDER AND MEN 18 YEARS AND OLDER



Eat the

Good Fish

Eating fish that are low in chemicals

may provide health

benefits to children

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Choose the **Right Fish**

Chemicals may be more harmful to unborn babies and children.







Small Baitfish and Shrimp Chinook (King) Salmon *See report for list of species high in omega-3s



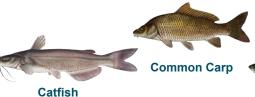




Bullhead



Sunfish Species



American Shad

high in omega-3s













Sacramento Sucker



Black Bass Species high in omega-3s



Sacramento Pikeminnow



Serving Size

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

For Adults



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