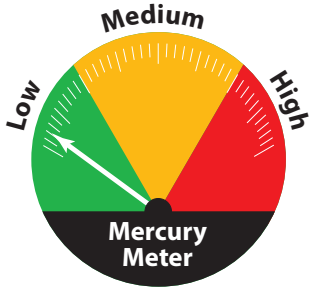
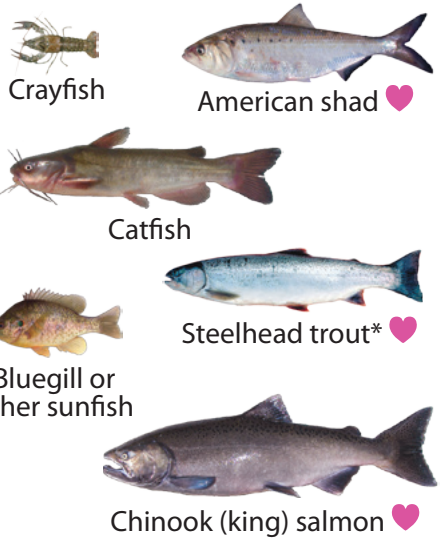
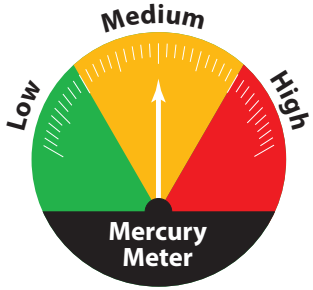
A guide to eating fish caught in the Central and South Delta

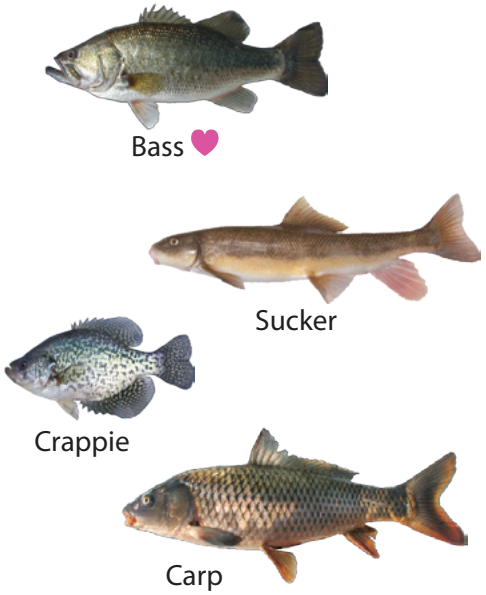
Includes all waterbodies in the Delta south of Highway 12 (except the Sacramento River and the San Joaquin River south of Stockton)

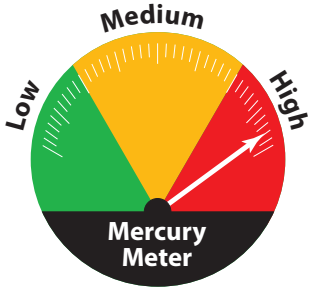
Women 18 - 45 and children 1 - 17

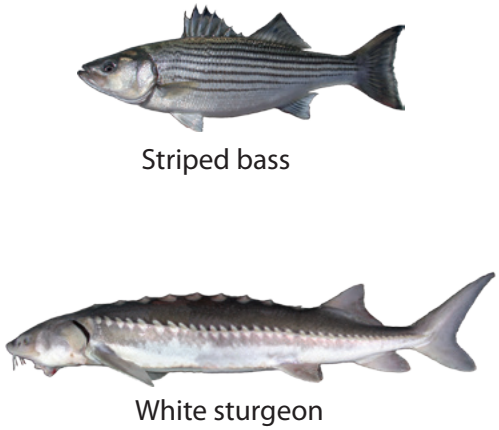












♥ = High in Omega-3s

* It is only legal to keep hatchery steelhead and only in select waters, see www.wildlife.ca.gov/Regulations

2 servings a week OR 7 servings a week of clams | **OR** | **1 serving a week**

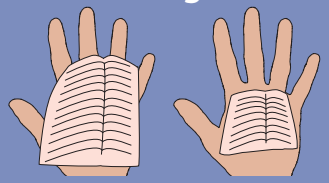
Do not eat AND do not eat any fish or shellfish from the Port of Stockton

Men over 17 and women over 45 can safely eat more fish

- **7 servings a week OR**
  5 servings a week of crayfish or catfish **OR**
- **2 servings a week OR**
- **2 servings a week** of striped bass **OR**
  1 serving a week of sturgeon

Do not eat any fish or shellfish from the Port of Stockton.

What is a serving?



For Adults For Children

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

♥ Why eat fish?

Eating fish is good for your health. Fish have Omega-3s that can reduce your risk for heart disease and improve how the brain develops in unborn babies and children.

What is the concern?

Some fish have high levels of mercury and PCBs. Mercury can harm the brain especially in unborn babies and children. PCBs can cause cancer.

California Office of Environmental Health Hazard Assessment • www.oehha.ca.gov/fish.html • (916) 327-7319 or (510) 622-3170

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