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 white sturgeon

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

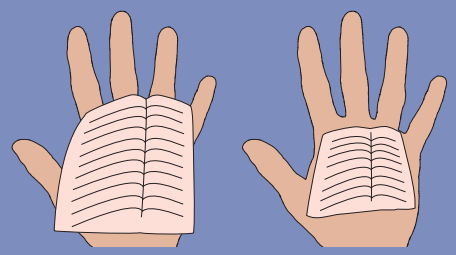
♥ Why eat fish?

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.

What is a serving?



For Adults For Children

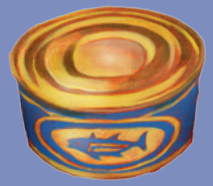
The recommended serving of fish is about the size and thickness of your hand. Give children smaller servings.

Fish buying guidelines for women 18 – 45 and children 1 – 17

Do not eat fish caught by family or friends in the same week that you eat fish bought in a store or restaurant. For fish that you buy:

- **Safe to eat 2 servings per week** of low mercury fish such as salmon ♥, pollock, catfish, tilapia, shrimp, anchovies ♥, sardines ♥, trout ♥, or canned chunk-light tuna

OR



- **Safe to eat 1 serving per week** of medium-mercury fish such as canned albacore (white) tuna ♥
- **Do not eat** shark, swordfish, tilefish, or king mackerel

♥ = High in Omega-3s

California Office of Environmental Health Hazard Assessment

www.oehha.ca.gov/fish.html

(916) 327-7319 or (510) 622-3170

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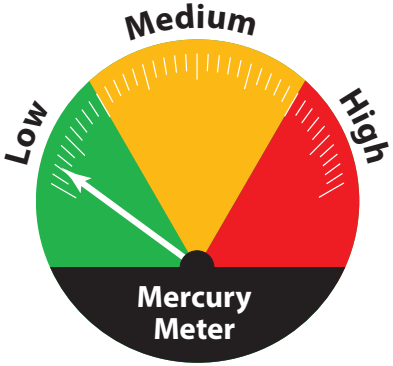
Guide to Eating Fish Caught in the **Central and South Delta**

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

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

Women 18 - 45 and children 1 - 17



Crayfish

American shad ♥

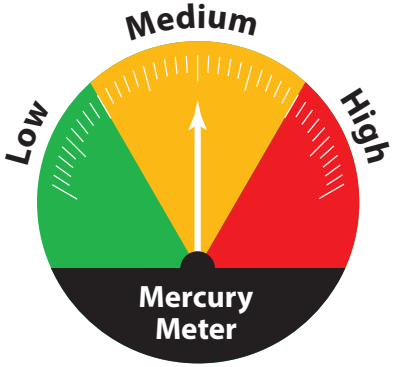
Catfish

Steelhead trout* ♥

Bluegill or other sunfish

Chinook (king) salmon ♥

Asiatic clam

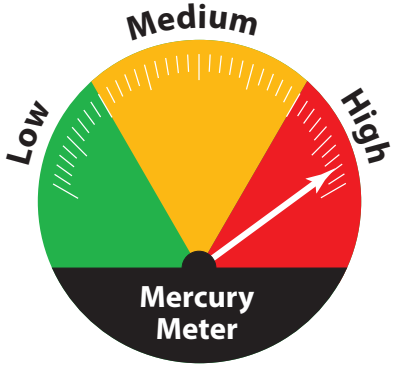


Bass ♥

Sucker

Crappie

Carp



Striped bass

White sturgeon

♥ = 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 per week** | **Do not eat AND do not eat any fish or shellfish from the Port of Stockton**