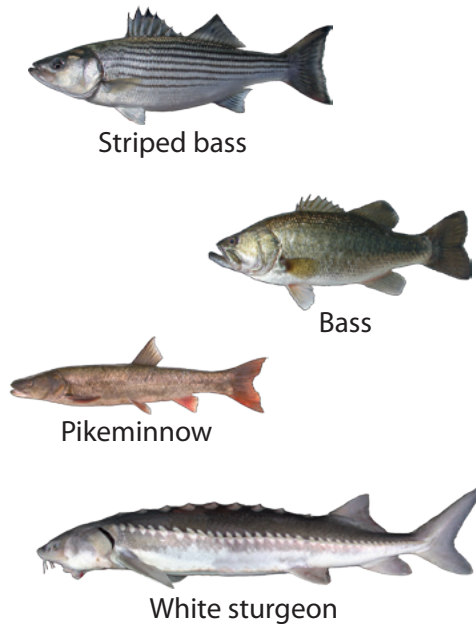
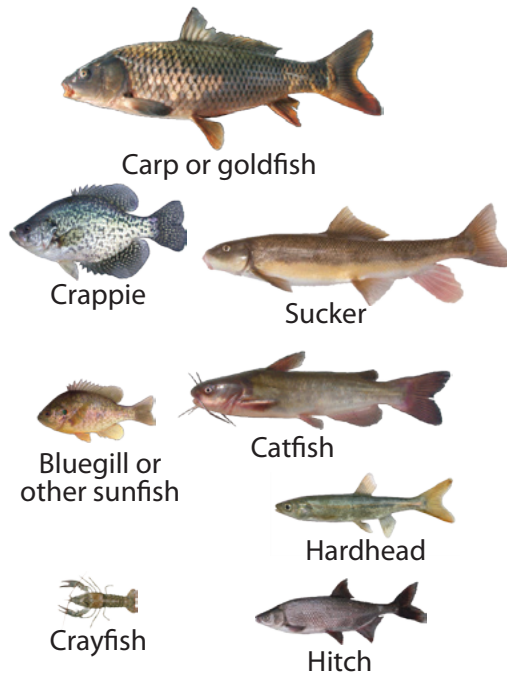
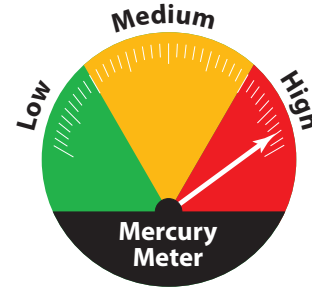
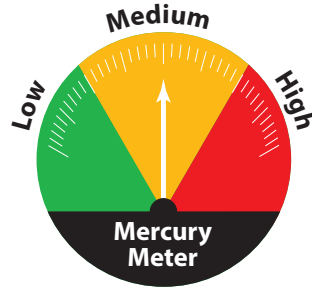
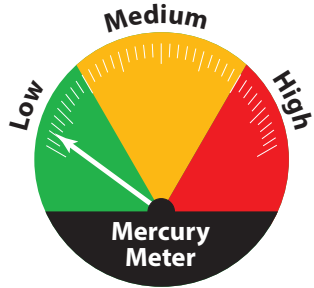


# A guide to eating fish caught in the Sacramento River and Northern Delta

Includes all waterbodies in the Delta north of Highway 12

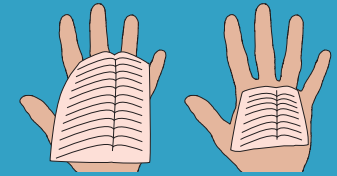
Women 18 - 45 and children 1 - 17

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



- 7 servings a week OR
- 3 servings a week OR
- 2 servings a week of striped bass OR
- 1 serving a week of bass, pikeminnow, or white sturgeon

## 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.

♥ = High in Omega-3s

\* It is only legal to keep hatchery steelhead and only in select waters, see [www.wildlife.ca.gov/Regulations](http://www.wildlife.ca.gov/Regulations)

Rainbow trout photo: John Lyons, Wisconsin Department of Natural Resources

2 servings a week OR  
7 servings a week of  
clams

OR

1 serving per week

Do not eat