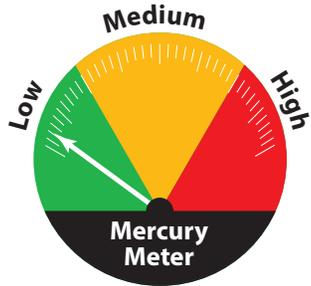


A guide to eating fish caught in the **San Joaquin River**

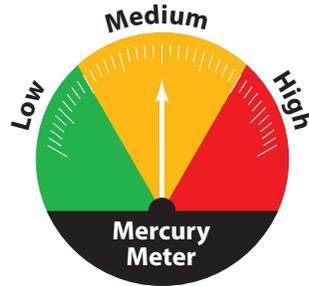
From Friant Dam to the Port of Stockton

Women 18 - 45 and children 1 - 17

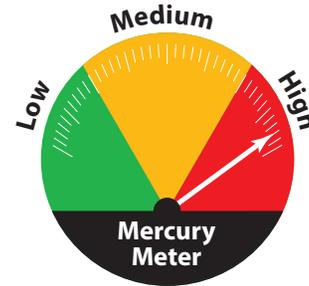
Men over 17 and women over 45
can safely eat more fish



Bluegill or redear sunfish



Catfish



Striped bass



Steelhead trout* ♥



Carp



Largemouth bass



American shad ♥



Sucker



White sturgeon

- **7 servings a week OR**
5 servings a week of bluegill or redear sunfish **OR**
 - **2 servings a week OR**
 - **2 servings a week** of striped bass **OR**
1 serving a week of largemouth bass or white 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.

♥ = 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**
3 servings a week —
shad

OR

1 serving per week

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