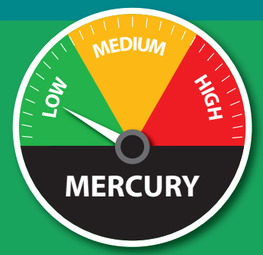
Eat Fish Safely

San Joaquin River

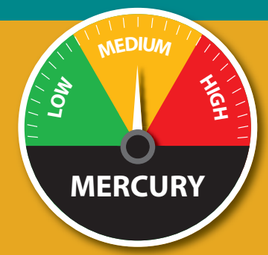


Eat More

Women 18 – 45
Children 1–17
2 servings a week

OR

Men age 18+
Women age 46+
5 servings a week

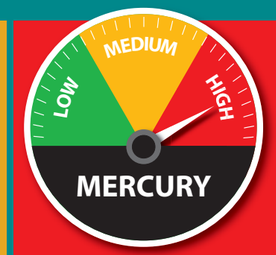


Eat Less

Women 18 – 45
Children 1–17
1 serving a week

OR

Men age 18+
Women age 46+
2 servings a week



Women 18 – 45
Children 1–17

Do NOT Eat

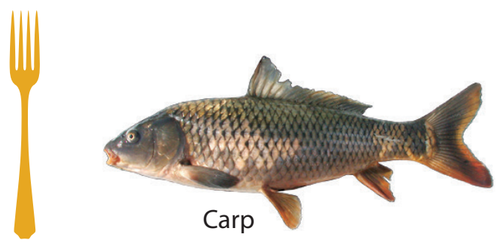
OR

Men age 18+
Women age 46+
1 serving a week **OR**
Striped bass —
2 servings a week

Bluegill or other sunfish

Steelhead trout

American shad



Carp

Catfish

Sucker

Bass

Striped bass

White sturgeon

Some fish have high levels of mercury which can harm the brain, especially in unborn babies and children.

SACRAMENTO - SAN JOAQUIN DELTA CONSERVANCY
A California State Agency

Learn more at **www.oehha.ca.gov/fish**

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