

## 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.**

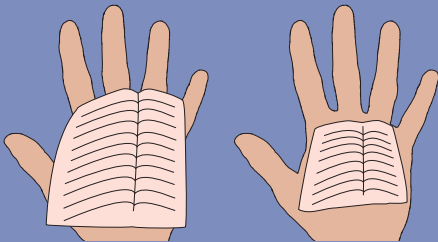
### ♥ Why eat fish?

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

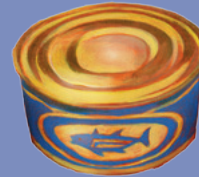
Do not eat fish caught by family or friends in the same week that you eat fish bought in a store or restaurant. For fish that you buy:

- **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 ♥

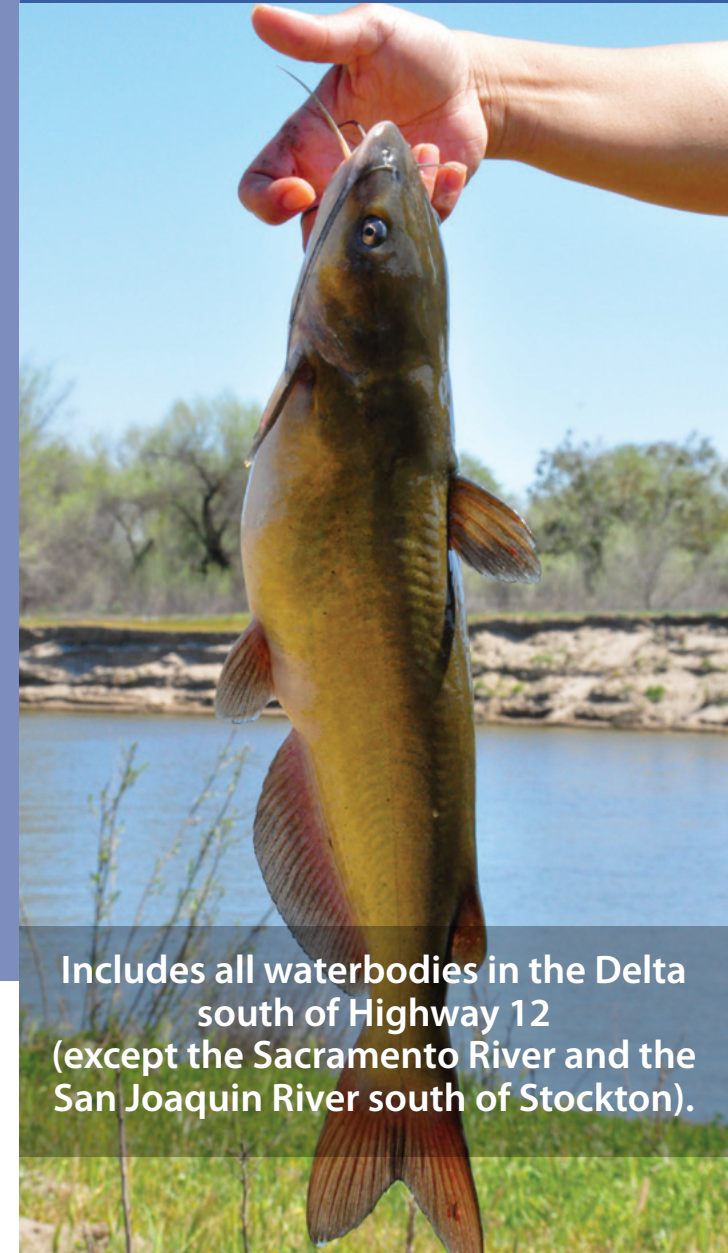


- **Do not eat** shark, swordfish, tilefish, or king mackerel



♥ = High in Omega-3s

## 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).

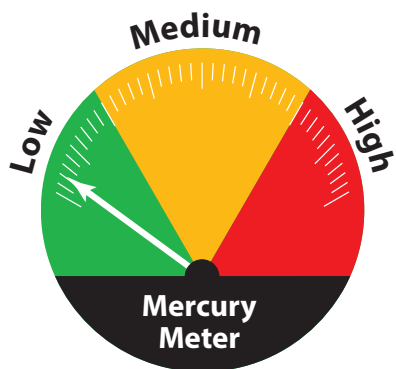
California Office of Environmental Health Hazard Assessment

[www.oehha.ca.gov/fish.html](http://www.oehha.ca.gov/fish.html)

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

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

Women 18 - 45 and children 1 - 17



Crayfish



American shad ♥



Bluegill or other sunfish



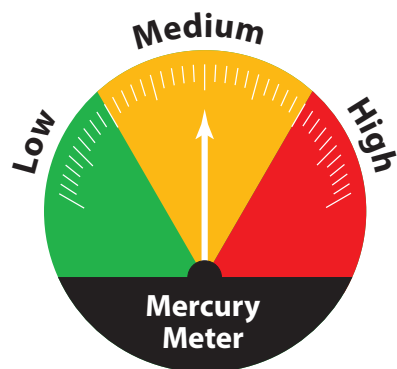
Catfish



Asiatic clam



Steelhead trout\* ♥



Bass ♥



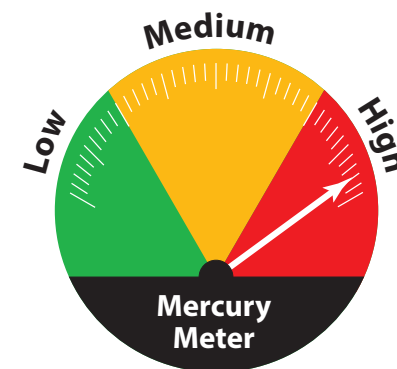
Sucker



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](http://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**