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

- **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

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

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

For Children

= High in Omega-3s
A guide to eating fish caught in the Central and South Delta
Women 18 - 45 and children 1 - 17

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

❤ = High in Omega-3s
* It is only legal to keep hatchery steelhead and only in select waters, see www.wildlife.ca.gov/Regulations

Crayfish
Bluegill or other sunfish
Catfish
Asiatic clam
Steelhead trout*
American shad
Bass
Sucker
Carp
Crappie
Stripped bass
White sturgeon

= Low
= Medium
= High

Mercury
Meter

Bass
Sucke