A guide to eating fish caught in the **San Joaquin River**
From Friant Dam to the Port of Stockton

<table>
<thead>
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<th>Women 18 - 45 and children 1 - 17</th>
<th>Men over 17 and women over 45 can safely eat more fish</th>
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<td><img src="chart" alt="Mercury" /> <strong>Low</strong></td>
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<td><img src="chart" alt="Mercury" /> <strong>Medium</strong></td>
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<td><img src="chart" alt="Mercury" /> <strong>High</strong></td>
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- **Bluegill or redear sunfish**
- **Steelhead trout***
- **Chinook (king) salmon**
- **American shad**
- **Catfish**
- **Carp**
- **Sucker**
- **Striped bass**
- **Largemouth bass**
- **White sturgeon**

**What is a serving?**

For Adults

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.

- 2 servings a week OR 3 servings a week — **shad**
- 1 serving per week
- **Do not eat** AND **Do not eat any fish or shellfish from the Port of Stockton**

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* It is only legal to keep hatchery steelhead and only in select waters, see www.wildlife.ca.gov/Regulations

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**California Office of Environmental Health Hazard Assessment**

- www.oehha.ca.gov/fish.html
- (916) 327-7319 or (510) 622-3170