A guide to eating fish caught in the Sacramento River and Northern Delta
Includes all waterbodies in the Delta north of Highway 12

Women 18 - 45 and children 1 - 17

- American shad
- Rainbow trout
- Steelhead trout*
- Chinook (king) salmon
- Asiatic clam
- Carp or goldfish
- Crappie
- Sucker
- Bluegill or other sunfish
- Catfish
- Hardhead
- Crayfish
- Striped bass
- Bass
- Pikeminnow
- White sturgeon

- Low
- Medium
- High

- Low
- Medium
- High

- Low
- Medium
- High

- Low
- Medium
- High

*Rainbow trout: John Lyons, Wisconsin Department of Natural Resources

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
7 servings a week of clams

OR

1 serving per week

Do not eat

Calories Office of Environmental Health Hazard Assessment • www.oehha.ca.gov/fish.html • (916) 327-7319 or (510) 622-3170 11-14