



INFORMATION ABOUT EATING FISH FROM FOLSOM LAKE (SACRAMENTO, EL DORADO, PLACER COUNTIES)

Office of Environmental Health Hazard Assessment (OEHHA)
California Environmental Protection Agency
September 2021

Why did OEHHA update the advisory for eating fish from Folsom Lake?

OEHHA updated an advisory for Folsom Lake to include advice for one additional species, Threadfin Shad. This advisory was developed because of mercury found in the fish caught from this water body. Folsom Lake is located approximately 23 miles northeast of Sacramento, and spans Sacramento, El Dorado, and Placer Counties. This advisory is part of an ongoing effort by OEHHA to provide safe-eating advice for fish in different California water bodies.

Why should I eat fish?

- Low-contaminant fish are an important part of a healthy, well-balanced diet. The American Heart Association recommends eating at least two servings of fish each week.
- Fish are a good source of protein and vitamins, and are a primary dietary source of heart-healthy omega-3 fatty acids. Eating low-contaminant fish while pregnant may help the baby's brain develop.

Which chemicals are of concern for people eating fish from Folsom Lake?

- Mercury
 - Mercury is a metal that comes from mining, air fallout from burning coal and other fuels, and natural sources. It is the most commonly found contaminant in fish.
 - Too much methylmercury, the form of mercury found in fish, can harm the brain, especially in fetuses, babies, and children. Mothers can pass methylmercury to their babies during pregnancy.
 - Because fetuses, babies, and children are especially sensitive to mercury, OEHHA has one set of advice for the amount of mercury-containing fish that women age 18–49 years and children should eat, and another set of advice for women 50 years and older and men 18 years and older.

How did OEHHA determine the consumption guidelines for fish from Folsom Lake?

- OEHHA compared chemical levels in fish caught from Folsom Lake to levels that are considered safe for human consumption.

- OEHHA’s consumption guidelines balance the health benefits of fish consumption and the risks from the contaminants.

What does OEHHA recommend for people who want to eat fish from Folsom Lake?

- OEHHA recommends the types and amounts of fish that may be eaten each week as “servings.” A serving is about the size and thickness of your hand for fish fillets. Give children smaller servings. For smaller fish species, several individual fish may be required to yield a serving.
- Women 18–49 years and children 1–17 years
 - Should not eat black bass species, Channel Catfish, Chinook (King) Salmon, or Rainbow Trout over 16 inches
 - May eat:
 - 2 total servings per week of Rainbow Trout 16 inches or less or sunfish species, or
 - 7 total servings per week of Threadfin Shad
- Women 50 years and older and men age 18 years and older
 - May eat:
 - 1 total serving per week of black bass species, Channel Catfish, Chinook (King) Salmon, or Rainbow Trout over 16 inches, or
 - 4 total servings per week of sunfish species, or
 - 5 total servings per week of Rainbow Trout 16 inches or less, or
 - 7 total servings per week of Threadfin Shad
- For additional fish species found in Folsom Lake and not included in this advisory, OEHHA recommends following the [statewide advisory for eating fish from California’s lakes and reservoirs without site-specific advice](#).

What else can I do to protect my health and the health of my family?

- Eat a variety of fish.
- Eat smaller (younger) fish of legal size.
- Eat only the skinless fillet or meat portion of fish.
- Thoroughly cook the fish, allow the juice to drain away.
- Learn about OEHHA’s guidelines for eating sport fish in California:
 - Visit <https://oehha.ca.gov/fish/advisories>, or call OEHHA at (916) 324-7572 or (510) 622-3170
 - Check the Freshwater or Ocean Sport Fishing Regulations booklets from the California Department of Fish and Wildlife, or visit <https://www.wildlife.ca.gov/Regulations>



Women
(18 – 49 Years)

Children
(1 – 17 Years)

7 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

0 DO NOT
EAT

Serving Size

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

For Adults



For Children



Women
(50+ Years)

Men
(18+ Years)

7 TOTAL
SERVINGS
A WEEK

OR

5 TOTAL
SERVINGS
A WEEK

OR

4 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

A GUIDE TO EATING FISH *from* FOLSOM LAKE

(SACRAMENTO, EL DORADO,
and PLACER COUNTIES)

Eat the Good Fish

Eating fish that are low in chemicals may provide health benefits to children and adults.



Avoid the Bad Fish

Eating fish with higher levels of chemicals like mercury or PCBs may cause health problems in children and adults.



Choose the Right Fish

Chemicals may be more harmful to unborn babies and children.



Threadfin Shad



Rainbow Trout
16 inches or less
♥ high in omega-3s



Sunfish Species



Black Bass Species



Channel Catfish



Chinook (King) Salmon



Rainbow Trout
over 16 inches



California Office of Environmental
Health Hazard Assessment

web www.oehha.ca.gov/fish
email fish@oehha.ca.gov
phone (916) 324-7572

Eat only the
skinless fillet



Some chemicals are higher in the skin, fat, and guts.

Eat only the meat



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