



Women
(18-49 Years)

Children
(1-17 Years)

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT

A GUIDE TO EATING FISH *from the* **LOWER COSUMNES RIVER**

(SACRAMENTO COUNTY)

**WOMEN 18 - 49 YEARS AND
CHILDREN 1 - 17 YEARS**

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.



American Shad
♥ high in omega-3s



Steelhead Trout
♥ high in omega-3s



Common Carp



Sacramento Sucker



Sunfish Species



Black Bass Species



Crappie



Catfish Species



Striped Bass



White Sturgeon

Serving Size

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

For Adults



For Children



Eat only the
skinless fillet



Eat only the meat



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

Updated 11/2022



California Office of
Environmental Health
Hazard Assessment

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



Women
(50+ years)

Men
(18+ Years)

7 TOTAL SERVINGS A WEEK

OR

5 TOTAL SERVINGS A WEEK

OR

2 TOTAL SERVINGS A WEEK

OR

1 TOTAL SERVING A WEEK

0 DO NOT EAT

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