

DRAFT SAFE EATING GUIDELINES

FISH AND SHELLFISH CONSUMPTION FROM THE LOWER COSUMNES RIVER AND NEARBY CREEKS AND SLOUGHS

Fish and shellfish are nutritious and should be part of a healthy, balanced diet. It is important, however, to choose your fish wisely. The American Heart Association recommends healthy adults eat at least two meals of fish a week. OEHHA recommends that you choose fish to eat that are low in mercury such as those in the "Enjoy" category. Because many types of fish from the lower Cosumnes River contain higher levels of mercury, OEHHA provides the recommendations below that you can follow to reduce the risks from exposure to methylmercury in fish.



Women of childbearing age, pregnant or breastfeeding women, and children 17 years and under

AVOID	
DO NOT EAT MORE THAN THE AMOUNT LISTED BELOW:	
DO NOT EAT	Largemouth, smallmouth or spotted bass; or Sacramento pikeminnow
NO MORE THAN 1 MEAL A MONTH	All other fish or crayfish species*

*Asiatic clams may be eaten up to 3 times a week



Women beyond childbearing age and men

ENJOY
UP TO 2 MEALS A WEEK
Bluegill or redear sunfish or Asiatic clams
EAT IN MODERATION
NO MORE THAN 1 MEAL A WEEK
Crayfish or Sacramento sucker or white catfish
AVOID
NO MORE THAN 1 MEAL A MONTH
Largemouth, smallmouth or spotted bass; or Sacramento pikeminnow

- **EVERYONE FOLLOW THE STRIPED BASS ADVISORY FOR DELTA WATER BODIES.** WOMEN OF CHILDBEARING AGE AND CHILDREN 17 YEARS AND YOUNGER: no more than one meal per month and none over 27 inches. WOMEN BEYOND CHILDBEARING AGE AND MEN: no more than two meals per month and none over 35 inches.
- **CONTACT WITH THE WATER IS SAFE.**
- **EAT SMALLER FISH OF LEGAL SIZE.** Fish build up mercury in their bodies as they grow.
- **MEAL SIZE DEPENDS ON BODY WEIGHT.** Meals are based on a 160 lb adult eating 8 ounces of fish (6 ounces after cooking)—about the size of two decks of cards. If you weigh less than 160 lbs, eat smaller portions of fish. Serve smaller meals to children.
- **DO NOT EAT MORE THAN ONE OF THE LISTED FISH SPECIES DURING THE SAME TIME PERIOD** unless you are only eating from the Enjoy (green) category. If you eat fish from one place, following the advisory, avoid eating fish from other sources during the same time period.
- **CONSIDER THE FISH YOU BUY FROM STORES AND RESTAURANTS.** Women of childbearing age and children can safely eat up to 2 meals a week of a variety of fish purchased from a store or restaurant, **OR** use this guide for eating fish caught from this water body. In a week when you eat 2 meals of fish purchased from stores or restaurants, avoid eating fish caught from a local water body. Commercial fish such as shrimp, king crab, scallops, farmed catfish, wild ocean salmon, oysters, tilapia, flounder, and sole generally contain some of the lowest levels of mercury. Women of childbearing age and children should not eat SHARK OR SWORDFISH.
- **FISH FROM OTHER WATER BODIES MAY ALSO CONTAIN MERCURY.** Not all water bodies in California have been tested. With the exception of ocean or river-run salmon and steelhead, which generally contain low levels of contaminants, fish caught from places without an advisory should be eaten in limited amounts.

Draft Fish Consumption Guidelines for the lower Cosumnes and Mokelumne rivers
(Sacramento and San Joaquin counties)

For more information, contact OEHHA at 916-327-7319 or visit www.oehha.ca.gov