



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* SAN FRANCISCO BAY

(ALAMEDA, CONTRA COSTA, MARIN, NAPA, SAN FRANCISCO, SAN MATEO, SANTA CLARA, SOLANO, SONOMA COUNTIES)

**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.



Brown rockfish



Chinook (King) Salmon

♥ high in omega-3s



Jacksmelt



Red rock crab



California halibut



White croaker



Sharks



White sturgeon



Surfperches



Striped Bass

Serving Size

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

For Adults



For Children



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

Eat only the skinless fillet



Eat only the meat



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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(ALAMEDA, CONTRA COSTA, MARIN, NAPA, SAN FRANCISCO, SAN MATEO, SANTA CLARA, SOLANO, SONOMA COUNTIES)

**WOMEN 50 YEARS AND OLDER AND
MEN 18 YEARS AND OLDER**

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California Office of
Environmental Health
Hazard Assessment

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