



**Women**  
(18-45 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 - 45 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.

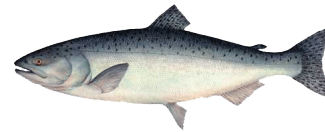


## Choose the Right Fish

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

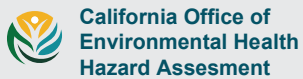


Some chemicals are higher in the skin, fat, and guts.

### Eat only the skinless fillet



### Eat only the meat



web [www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)  
email [fish@oehha.ca.gov](mailto:fish@oehha.ca.gov)  
phone (916) 324-7572



**Women**  
(46+ 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

# A GUIDE TO EATING FISH *from* SAN FRANCISCO BAY

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

**WOMEN 46 YEARS AND OLDER AND  
MEN 18 YEARS AND OLDER**

## 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.



**Chinook (King) Salmon**

♥ high in omega-3s



**Brown rockfish**



**Red rock crab**



**California halibut**



**Striped Bass**

♥ high in omega-3s



**Jacksmelt**



**Sharks**



**White sturgeon**



**White croaker**



**Surfperches**



California Office of  
Environmental Health  
Hazard Assessment

web [www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)  
email [fish@oehha.ca.gov](mailto:fish@oehha.ca.gov)  
phone (916) 324-7572

### 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

