



**Women**  
(18 – 49 Years)

**Children**  
(1 – 17 Years)

**7** TOTAL SERVINGS A WEEK

OR

**6** TOTAL SERVINGS A WEEK

OR

**3** TOTAL SERVINGS A WEEK

OR

**2** TOTAL SERVINGS A WEEK

OR

**1** TOTAL SERVING A WEEK



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

# A GUIDE TO EATING FISH *from* MISSION BAY

(SAN DIEGO COUNTY)

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



Diamond Turbot



Opaleye



Spotted Turbot



Topsmelt



Black Perch  
Rainbow Surfperch  
White Surfperch



Shiner Perch



Striped Mullet



Yellowfin Croaker



Brown Smoothhound Shark



Spotted Sand Bass

## Serving Size

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

## For Adults



## For Children



## 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.

Eat only the skinless fillet



Eat only the meat



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



**Women**  
(50+ Years)

**Men**  
(18+ Years)

**7** TOTAL SERVINGS A WEEK

OR

**5** TOTAL SERVINGS A WEEK

OR

**3** TOTAL SERVINGS A WEEK



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(SAN DIEGO COUNTY)

## WOMEN 50 YEARS AND OLDER AND MEN 18 YEARS AND OLDER

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**Black Perch**  
White Surfperch  
Rainbow Surfperch



Diamond Turbot



Opaleye



Spotted Turbot



Topsmelt



Yellowfin Croaker



Brown Smoothhound Shark



Shiner Perch



Spotted Sand Bass



Striped Mullet

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