



Women
(18-49 Years)

Children
(1-17 Years)

4 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT



California Office of
Environmental Health
Hazard Assessment

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

A GUIDE TO EATING FISH *from* VENTURA HARBOR TO SANTA MONICA PIER

(VENTURA AND LOS ANGELES 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.

Jacksmelt



California Corbina



Opaleye



Pacific Chub
Mackerel
high in omega-3s



Queenfish



Surfperch



Topsmelt



Yellowfin
Croaker



Barred Sand Bass



California
Halibut



California Scorpionfish
(Sculpin)



Kelp Bass
(Calico Bass)



Pacific Sardine
high in omega-3s



Rockfish



Sargo



Shovelnose
Guitarfish



White Croaker
(Kingfish or Tomcod)



Black Croaker



Pacific Barracuda

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



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

Eat only the meat





Women
(50+ Years)

Men
(18+ Years)

7 TOTAL
SERVINGS
A WEEK

OR

4 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

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WOMEN 50 YEARS AND OLDER AND MEN 18 YEARS AND OLDER

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high in omega-3s



Barred Sand Bass



California Halibut



California Corbina



Opaleye



Queenfish



Rockfish



Shovelnose
Guitarfish



Surfperch



Topsmelt



Yellowfin Croaker



White Croaker
(Kingfish or Tomcod)



Black Croaker



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