



Women
(18-49 Years)

Children
(1-17 Years)

6 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 the* CALIFORNIA COAST

ADVISORY FOR AREAS WITHOUT SITE-SPECIFIC ADVICE

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.



Small Flatfish: Diamond Turbot, Longfin Sanddab, Speckled Sanddab, and Spotted Turbot



Queenfish

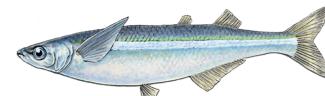
Croaker: White and Yellowfin



Low-PCB Surfperch: Shiner, Silver, and Walleye



Very Low-PCB Surfperch: Barred, Black, Pile, Rainbow, Spotfin, and White



Topsalm



Barred Sand Bass



California Corbina



Cabezon



Kelp Bass



Lingcod



Medium-Mercury Rockfish: Black, Blue, Brown, Kelp, Olive, Rosethorn, and Vermillion



High-Mercury Rockfish: Black and Yellow, China, Copper, and Gopher



Sharks

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)

6 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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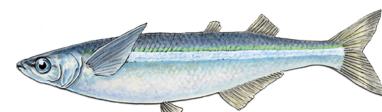
WOMEN 50 YEARS AND OLDER AND MEN 18 YEARS AND OLDER



Small Flatfish: Diamond Turbot, Longfin Sanddab, Speckled Sanddab, and Spotted Turbot



Very Low-PCB Surfperch: Barred, Black, Pile, Rainbow, Spotfin, and White



Topsmelt



Croaker: White and Yellowfin



Queenfish



Medium-Mercury Rockfish: Black, Blue, Brown, Kelp, Olive, Rosethorn, and Vermillion



Barred Sand Bass



Cabezon



Kelp Bass



Lingcod



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California Corbina



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