



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

A GUIDE TO EATING FISH from SANTA MONICA BEACH SOUTH OF SANTA MONICA PIER TO SEAL BEACH PIER

(LOS ANGELES AND ORANGE 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



Yellowfin
Croaker



California Halibut



Kelp Bass
(Calico Bass)



Rockfish



Sargo



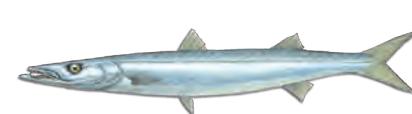
Shovelnose
Guitarfish



Barred Sand Bass



Black Croaker



Pacific Barracuda



Topsmelt



White Croaker
(Kingfish or Tomcod)

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



California Office of
Environmental Health
Hazard Assessment

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

4 TOTAL
SERVINGS
A WEEK
OR

2 TOTAL
SERVINGS
A WEEK
OR

1 TOTAL
SERVING
A WEEK
OR

0 DO NOT
EAT

A GUIDE TO EATING FISH *from* SANTA MONICA BEACH SOUTH OF SANTA MONICA PIER TO SEAL BEACH PIER

(LOS ANGELES AND ORANGE COUNTIES)

WOMEN 50 YEARS AND OLDER AND MEN 18 YEARS AND OLDER

Eat the Good Fish

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Avoid the Bad Fish

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Choose the Right Fish

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Jacksmelt



Pacific Chub Mackerel

♥ high in omega-3s



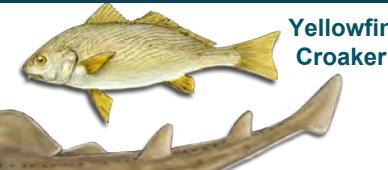
California
Halibut



Queenfish



Surfperch



Yellowfin
Croaker



California
Corbina



Opaleye



Rockfish



Shovelnose
Guitarfish



Black Croaker



California Scorpionfish (Sculpin)



Kelp Bass (Calico Bass)



Pacific Barracuda



Pacific Sardine

♥ high in omega-3s



Sargo



Barred Sand Bass



Topsmelt



White Croaker
(Kingfish or Tomcod)

Serving Size

For Adults



For Children



Eat only the
skinless fillet



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

Eat only the meat



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