

# A Healthy Guide to Eating Fish from Mission Bay

Women over 45 years and men can safely eat more fish



Diamond turbot



Spotted turbot



Opaleye



Black perch  
White seaperch  
Rainbow seaperch



Topsmelt



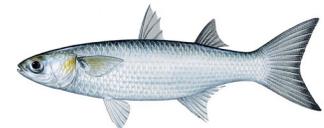
Yellowfin croaker



Shiner perch



Spotted sand bass

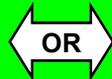


Striped mullet

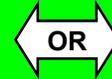


Brown smoothhound shark

7 servings a week



5 servings a week



3 servings a week

**Eat only the skinless fillet.**

PCBs are in the fat and skin of the fish.



- Remove and throw away the skin before cooking.
- Cook thoroughly and allow the juices to drain away.

**What is a serving?**



For Adults For Children

The recommended serving is the size and thickness of your hand. Give children smaller servings.

 **Why eat fish?**

Eating fish is good for your health. Fish have Omega-3s that can reduce your risk for heart disease and improve how the brain develops in unborn babies and children.

**What is the concern?**

Some fish have high levels of mercury or PCBs. Mercury can harm the brain, especially in unborn babies and children. PCBs can cause cancer.