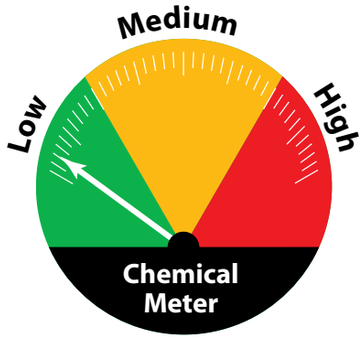
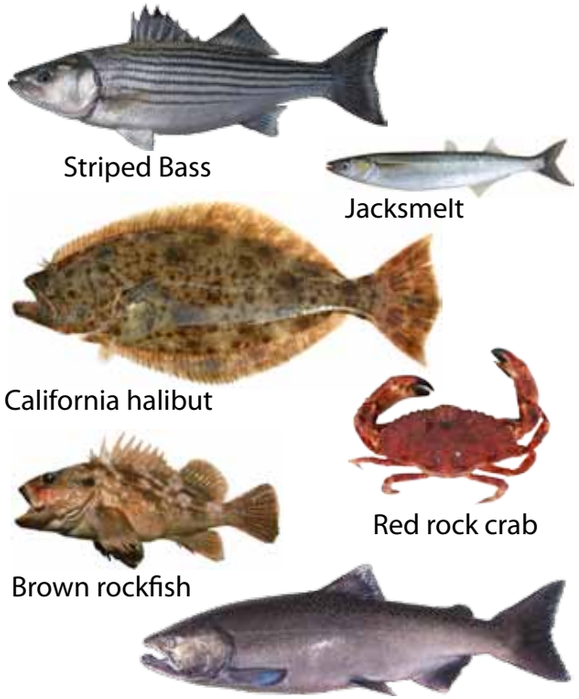
Men over 17 and women over 45

Guide to Eating Fish and Shellfish from

San Francisco Bay





Striped Bass

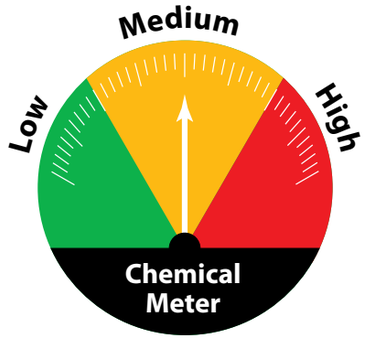
Jacksmelt

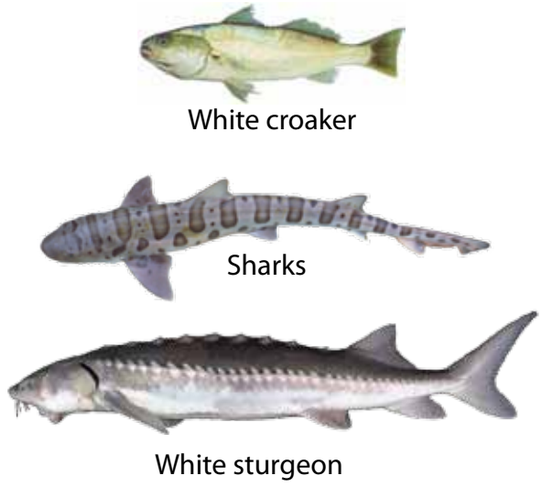
California halibut

Red rock crab

Brown rockfish

Chinook (king) salmon ♥

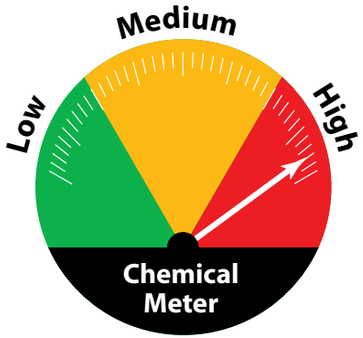




White croaker

Sharks

White sturgeon



Surfperches

♥ = High in Omega-3s

Safe to eat 2 servings per week

Brown rockfish OR red rock crab — 5 servings per week **OR**

Salmon — 7 servings per week

OR

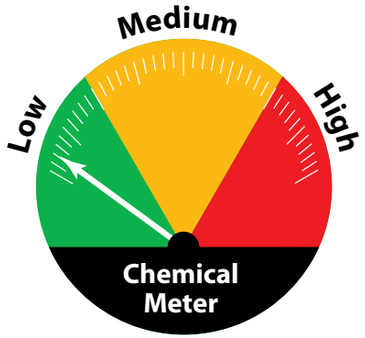
Safe to eat 1 serving per week

Do not eat

AND

Do not eat any fish from the Lauritzen Channel in Richmond Inner Harbor

Women 18 - 45 and children 1 - 17



Brown rockfish

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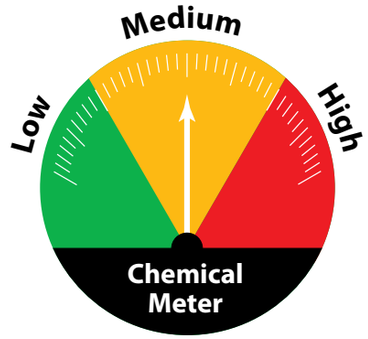
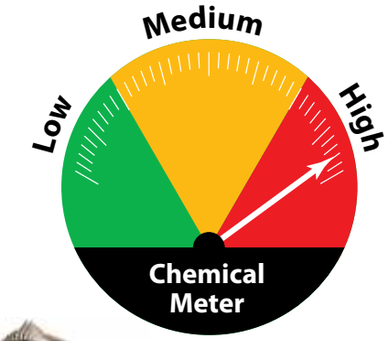
Chinook (king) salmon ♥



California halibut

White croaker



Surfperches

Striped Bass

Sharks

White sturgeon

♥ = High in Omega-3s

Jacksmelt photo: Kirk Lombard, California Halibut: John Shelton

Safe to eat 2 servings per week OR **Safe to eat 1 serving per week**

Do not eat
AND
Do not eat any fish from the Lauritzen Channel in Richmond Inner Harbor

- **Eat only the skinless fillet.** PCBs are in the fat and skin of the fish.
- Always remove and throw away the skin of white croaker before cooking.
- Cook thoroughly and allow the juices to drain away.
- For crab, eat only the meat.

What is a serving?

For Adults For Children

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

What is the concern?

Some fish have high levels of PCBs and mercury. PCBs might cause cancer. Mercury can negatively affect how the brain develops in unborn babies and children. It is especially important for women who are pregnant or breastfeeding to follow these guidelines.

♥ 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.