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.

Women (18-49 Years)

Children (1-17 Years)

6 TOTAL SERVINGS A WEEK

2 TOTAL SERVINGS A WEEK

1 TOTAL SERVING A WEEK

0 DO NOT EAT

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

Queenfish

Low-PCB Surfperch: Shiner, Silver, and Walleye

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

Croaker: White and Yellowfin

Barred Sand Bass

California Corbina

Lingcod

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

Barred Sand Bass

Cabezon

Kelp Bass

Sharks

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

Eat the Good Fish

Eat only the skinless fillet

Eat only the meat

Serving Size
A serving of fish is about the size and thickness of your hand. Give children smaller servings.

For Adults

For Children

California Office of Environmental Health Hazard Assessment
web www.oehha.ca.gov/fish
email fish@oehha.ca.gov
phone (916) 324-7572
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WOMEN 50 YEARS AND OLDER AND MEN 18 YEARS AND OLDER

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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.

Women (50+ Years)

Men (18+ Years)

6 TOTAL SERVINGS A WEEK

4 TOTAL SERVINGS A WEEK

2 TOTAL SERVINGS A WEEK

1 TOTAL SERVING A WEEK

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

Low-PCB Surfperch: Shiner, Silver, and Walleye

California Corbina

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

Sharks

Eat only the skinless fillet

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For Adults

For Children

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

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