



Women
(18 – 49 Years)

Children
(1 – 17 Years)



Women
(50+ Years)

Men
(18+ Years)

2 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

0 DO NOT
EAT

7 TOTAL
SERVINGS
A WEEK

OR

5 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

Serving Size

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

For Adults



For Children



A GUIDE TO EATING FISH THAT MIGRATE

IN CALIFORNIA RIVERS, ESTUARIES, AND COASTAL WATERS

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.

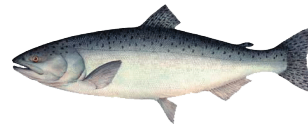


Choose the Right Fish

Chemicals may be more harmful to unborn babies and children.



American Shad
♥ high in omega-3s



Chinook (King) Salmon
♥ high in omega-3s



Steelhead Trout
♥ high in omega-3s



Striped Bass



White Sturgeon



California Office of Environmental Health Hazard Assessment

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Eat only the skinless fillet



Eat only the meat



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

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