

Women  $(18 - 49 \, Years)$ 

Children (1 - 17 Years)

**TOTAL SERVINGS** A WEEK

OR

TOTAL SERVING A WEEK

DO NOT EAT



web www.oehha.ca.gov/fish email fish@oehha.ca.gov phone (916) 324-7572

# A GUIDE TO EATING FISH from **SAN FRANCISCO BAY**

(ALAMEDA, CONTRA COSTA, MARIN, NAPA, SAN FRANCISCO, SAN MATEO, SANTA CLARA, SOLANO, SONOMA 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.











Mississippi Silverside

**Serving Size** 





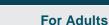






**Topsmelt** 

**White Sturgeon** 



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

For Children

**Pacific Sardine** 



#### Eat only the skinless fillet



#### Eat only the meat



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

Updated 04/2023



Women (50+ Years)

Men (18+ Years)

TOTAL **SERVINGS** A WEEK

OR

SERVINGS A WEEK

OR

**TOTAL SERVINGS** A WEEK

OR

TOTAL SERVINGS A WEEK

OR

**TOTAL SERVING** A WEEK

DO NOT



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# A GUIDE TO EATING FISH from

# SAN FRANCISCO BAY

(ALAMEDA, CONTRA COSTA, MARIN, NAPA, SAN FRANCISCO, SAN MATEO, SANTA CLARA, SOLANO, SONOMA COUNTIES)

**WOMEN 50 YEARS AND OLDER AND MEN 18 YEARS AND OLDER** 

#### 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

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**Barred Surfperch** 



**Black Perch** 



**Rubberlip Surfperch** 



White Surfperch



California Halibut













White Sturgeon

**White Croaker** 

**Do Not Eat Any** Fish from **Lauritzen Channel** 

Mississippi Silverside



**Pacific Sardine** 



**Shiner Perch** 



**Topsmelt** 

# **Serving Size**

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

## **For Adults**



#### Eat only the skinless fillet



## Eat only the meat



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

Updated 04/2023