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.

2 TOTAL SERVINGS A WEEK

- American Shad ❤️ high in omega-3s
- Chinook (King) Salmon ❤️ high in omega-3s

1 TOTAL SERVING A WEEK

- California Halibut
- Jacksmelt
- Barred Surfperch
- Black Perch
- White Surfperch
- White Croaker
- Northern Anchovy ❤️ high in omega-3s
- Rubberlip Surfperch
- Barred Surfperch
- Walleye Surfperch

Do Not Eat Any Fish from Lauritzen Channel

- Mississippi Silverside
- Pacific Sardine
- Shiner Perch
- Striped Bass
- Topsmelt
- White Sturgeon
- Shark species

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

For Children
Eat only the meat

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

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