



Women
(18 – 49 Years)

Children
(1 – 17 Years)

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT



California Office of
Environmental Health
Hazard Assessment

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.



American Shad

♥ high in omega-3s



Chinook (King) Salmon

♥ high in omega-3s



California Halibut



Jacksmelt



Barred Surfperch



Black Perch



Walleye Surfperch



Northern Anchovy

♥ high in omega-3s



Rubberlip Surfperch



White Surfperch



White Croaker

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



Mississippi Silverside



Shark species



Pacific Sardine



Striped Bass



Shiner Perch



Topsmelt



White Sturgeon

Serving Size

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

For Adults



For Children



Eat only the skinless fillet



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

Eat only the meat



Updated 04/2023



Women
(50+ Years)

Men
(18+ Years)

7 TOTAL
SERVINGS
A WEEK

OR

5 TOTAL
SERVINGS
A WEEK

OR

3 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT



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

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