A GUIDE TO EATING FISH *from* MISSION BAY

(SAN DIEGO COUNTY)

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)

7 TOTAL SERVINGS A WEEK

OR

6 TOTAL SERVINGS A WEEK

OR

3 TOTAL SERVINGS A WEEK

OR

2 TOTAL SERVINGS A WEEK

OR

1 TOTAL SERVING A WEEK

Diamond Turbot

Opaleye

Spotted Turbot

Topsmelt

Black Perch
Rainbow Surfperch
White Surfperch

Shiner Perch

Striped Mullet

Yellowfin Croaker

Brown Smoothound Shark

Spotted Sand Bass

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

Eat only the meat

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

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* MISSION BAY

(SAN DIEGO COUNTY)

WOMEN 50 YEARS AND OLDER AND MEN 18 YEARS AND OLDER

Women (50+ Years)

Men (18+ Years)

7 TOTAL SERVINGS A WEEK

OR

5 TOTAL SERVINGS A WEEK

OR

3 TOTAL SERVINGS A WEEK

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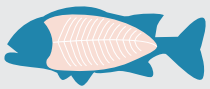

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