



**Women**  
(18-49 Years)

**Children**  
(1-17 Years)

**4** TOTAL  
SERVINGS  
A WEEK

OR

**2** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK

**0** DO NOT  
EAT

# A GUIDE TO EATING FISH

*from*  
**SOUTH OF SEAL BEACH PIER TO  
SAN MATEO POINT**  
(ORANGE 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.



Jacksmelt



California Corbina



Opaleye



Pacific Chub Mackerel

♥ high in omega-3s



Queenfish



Surfperch



Topsmelt



Yellowfin Croaker



Barred Sand Bass



California Halibut



California Scorpionfish (Sculpin)



Kelp Bass (Calico Bass)



Pacific Sardine

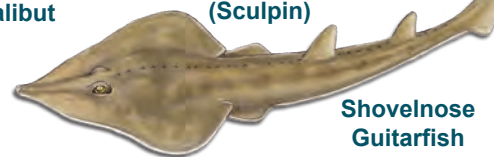
♥ high in omega-3s



Rockfish



Sargo



Shovelnose Guitarfish



White Croaker (Kingfish or Tomcod)



Black Croaker



Pacific Barracuda

## 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.



web [www.oehha.ca.gov/fish](http://www.oehha.ca.gov/fish)  
email [fish@oehha.ca.gov](mailto:fish@oehha.ca.gov)  
phone (916) 324-7572



Women  
(50+ Years)

Men  
(18+ Years)

**7** TOTAL  
SERVINGS  
A WEEK

OR

**4** TOTAL  
SERVINGS  
A WEEK

OR

**2** TOTAL  
SERVINGS  
A WEEK

OR

**1** TOTAL  
SERVING  
A WEEK



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*from*

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(ORANGE COUNTY)

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

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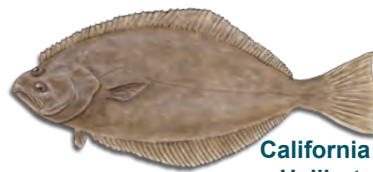


Pacific Chub Mackerel

♥ high in omega-3s



Barred Sand Bass



California Halibut



California Corbina



Opaleye



Queenfish



Rockfish



Shovelnose Guitarfish



Surfperch



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Yellowfin Croaker



White Croaker  
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Black Croaker



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