A GUIDE TO EATING FISH FROM HUMBOLDT BAY

(Humboldt County)

Choose the Good Fish

Fish are a good source of vitamins, protein, and omega-3s. Eating fish low in harmful chemicals may provide important health benefits.

Avoid the Bad Fish

Eating fish with higher levels of mercury and PCBs can harm the brain and nervous system, especially in fetuses, babies, and children

Women (18-49 Years) & Children (1-17 Years)	Women (50+ Years) & Men (18+ Years)
7 TOTAL SERVINGS A WEEK	7 TOTAL SERVINGS A WEEK
OR	OR
4 TOTAL SERVINGS A WEEK	7 TOTAL SERVINGS A WEEK
OR	OR
1 TOTAL SERVING A WEEK	3 TOTAL SERVINGS A WEEK
OR	OR
1 TOTAL SERVING A WEEK	2 TOTAL SERVINGS A WEEK
	OR
0 DO NOT EAT	1 TOTAL SERVING A WEEK



Speckled Sanddab



Threespine Stickleback

photocredit: Ken-ichi Ueda, inaturalist.org



California Halibut



Pile Perch



Walleye Surfperch



Lingcod



Shiner Perch



White Surfperch



Leopard Shark

Children



Less than 8 ounces

One Serving

Adults



8 ounces

Safer Eating Tips

- Eat only the skinless fillet, some chemicals are higher in the skin, fat, and guts
- Cook fish thoroughly to destroy harmful parasites
- Rinse fish or meat with clean water before cooking if a harmful algal bloom may be present

California Office of Environmental Health Hazard Assessment
www.oehha.ca.gov/fish
fish@oehha.ca.gov
(916) 324-7572

SCAN ME

A GUIDE TO EATING SHELLFISH FROM HUMBOLDT BAY

(Humboldt County)

Choose the Good Shellfish

Shellfish are a good source of vitamins, protein, and omega-3s. Eating shellfish low in harmful chemicals may provide important health benefits.

Avoid the Bad Shellfish

Eating shellfish with higher levels of cadmium can harm the fetus during pregnancy and damage the kidneys of children and adults.

Pregnant Women	Men and Non-Pregnant Women (18+ Years) Children (1-17 Years)
1 TOTAL SERVING A WEEK	2 TOTAL SERVINGS A WEEK
	OR
	1 TOTAL SERVING A WEEK
	OR
0 DO NOT EAT	2 TOTAL SERVINGS A MONTH
0 DO NOT EAT	



Striped Shore Crab

photocredit:aaflaata,inaturalist.org



Clam Species

photocredit: joescience1,inaturalist.org

photocredit:smithsonian_marinegeo,inaturalist.org

photocredit:Katie Kushneryk,inaturalist.org



Mussel Species



Pacific Oyster

photocredit:Chris Moody,inaturalist.org



Red Rock Crab

One Serving

Crustaceans 8 Ounces

Bivalves 4 Ounces

Safer Eating Tips

- Eat only the meat, some chemicals are higher in the guts
- Cook shellfish thoroughly to destroy harmful parasites
- Check for shellfish biotoxin advisories www.wildlife.ca.gov/fishing/ocean/health-advisories

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