



**Women**  
(18-49 Years)

**Children**  
(1-17 Years)

**6** 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 the* CALIFORNIA COAST

ADVISORY FOR AREAS WITHOUT SITE-SPECIFIC ADVICE

**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.



**Small Flatfish:** Diamond Turbot, Longfin Sanddab, Speckled Sanddab, and Spotted Turbot



**Croaker:** White and Yellowfin



**Queenfish**



**Low-PCB Surfperch:** Shiner, Silver, and Walleye



**Very Low-PCB Surfperch:** Barred, Black, Pile, Rainbow, Spotfin, and White



**Topsmelt**



**Barred Sand Bass**



**Cabezon**



**California Corbina**



**Kelp Bass**



**Lingcod**



**Medium-Mercury Rockfish:** Black, Blue, Brown, Kelp, Olive, Rosethorn, and Vermillion



**High-Mercury Rockfish:** Black and Yellow, China, Copper, and Gopher



**Sharks**

## 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)

6 TOTAL SERVINGS A WEEK

OR

4 TOTAL SERVINGS A WEEK

OR

2 TOTAL SERVINGS A WEEK

OR

1 TOTAL SERVING A WEEK

# A GUIDE TO EATING FISH *from the* CALIFORNIA COAST

ADVISORY FOR AREAS WITHOUT SITE-SPECIFIC ADVICE

WOMEN 50 YEARS AND OLDER AND  
MEN 18 YEARS AND OLDER

## 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

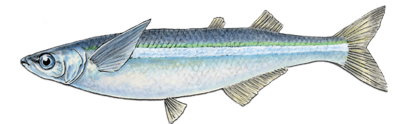
Chemicals may be more harmful to unborn babies and children.



**Small Flatfish:** Diamond Turbot, Longfin Sanddab, Speckled Sanddab, and Spotted Turbot



**Very Low-PCB Surfperch:** Barred, Black, Pile, Rainbow, Spotfin, and White



**Topsmelt**



**Croaker:** White and Yellowfin



**Queenfish**



**Medium-Mercury Rockfish:** Black, Blue, Brown, Kelp, Olive, Rosethorn, and Vermillion



**Barred Sand Bass**



**Cabezon**



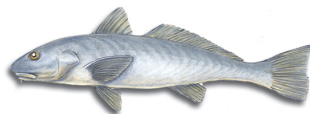
**Kelp Bass**



**Lingcod**



**Low-PCB Surfperch:** Shiner, Silver, and Walleye



**California Corbina**



**High-Mercury Rockfish:** Black and Yellow, China, Copper and Gopher



**Sharks**

## Serving Size

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

For Adults



For Children



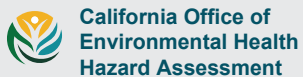
Eat only the skinless fillet



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