



Women
(18-49 Years)

Children
(1-17 Years)



Women
(50+ Years)

Men
(18+ Years)

2 TOTAL SERVINGS
A WEEK

OR

2 TOTAL SERVINGS
A WEEK

OR

1 TOTAL SERVING
A WEEK

0 DO NOT EAT

0 DO NOT EAT

7 TOTAL SERVINGS
A WEEK

OR

2 TOTAL SERVINGS
A WEEK

OR

2 TOTAL SERVINGS
A WEEK

OR

1 TOTAL SERVING
A WEEK

0 DO NOT EAT

Serving Size

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

For Adults



For Children



A GUIDE TO EATING FISH from SAN DIEGO BAY

(SAN DIEGO COUNTY)

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.



Pile Perch



Rainbow Surfperch



Diamond Turbot



Spotted Turbot



Black Perch



Round Stingray



Shovelnose Guitarfish



(California) Spiny Lobster



Sharks



Barred Sand Bass



Spotted Sand Bass



Pacific Chub Mackerel



Yellowfin Croaker



Shiner Perch



Topsmelt



California Office of Environmental Health Hazard Assessment

web www.oehha.ca.gov/fish

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Eat only the skinless fillet



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

Eat only the meat



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