



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* SANTA MONICA BEACH SOUTH OF SANTA MONICA PIER TO SEAL BEACH PIER

(LOS ANGELES AND ORANGE COUNTIES)

**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



Yellowfin
Croaker



California Halibut



California Scorpionfish (Sculpin)



Kelp Bass
(Calico Bass)



Pacific Sardine

♥ high in omega-3s



Rockfish



Sargo



Shovelnose
Guitarfish



Barred Sand Bass



Black Croaker



Pacific Barracuda



Topsmelt



White Croaker
(Kingfish or Tomcod)

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



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

0 DO NOT
EAT

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(LOS ANGELES AND ORANGE COUNTIES)

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

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