Guide to Eating Fish and Shellfish from San Francisco Bay

Men over 17 and women over 45

- Safe to eat 2 servings per week
  - Brown rockfish OR red rock crab — 5 servings per week
  - Salmon — 7 servings per week

- Safe to eat 1 serving per week
  - White sturgeon

- Do not eat
  - AND
  - Do not eat any fish from the Lauritzen Channel in Richmond Inner Harbor

- = High in Omega-3s
Women 18 - 45 and children 1 - 17

- **Safe to eat:** 2 servings per week
- **Safe to eat:** 1 serving per week
- **Do not eat AND Do not eat any fish from the Lauritzen Channel in Richmond Inner Harbor**

### Chemical Meter

- **Low**
- **Medium**
- **High**

#### Fishes

- **Brown rockfish**
- **Jacksmelt**
- **Red rock crab**
- **Chinook (king) salmon**
- **California halibut**
- **White croaker**
- **Striped Bass**
- **Sharks**
- **White sturgeon**

### What is a serving?

- **For Adults**
- **For Children**

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

### What is the concern?

Some fish have high levels of PCBs and mercury. PCBs might cause cancer. Mercury can negatively affect how the brain develops in unborn babies and children. It is especially important for women who are pregnant or breastfeeding to follow these guidelines.

### Why eat fish?

Eating fish is good for your health. Fish have Omega-3s that can reduce your risk for heart disease and improve how the brain develops in unborn babies and children.

### Important Tips

- Eat only the skinless fillet. PCBs are in the fat and skin of the fish.
- Always remove and throw away the skin of white croaker before cooking.
- Cook thoroughly and allow the juices to drain away.
- For crab, eat only the meat.

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[California Office of Environmental Health Hazard Assessment](www.oehha.ca.gov/fish.html) • (916) 327-7319 or (510) 622-3170