

A guide to eating San Francisco Bay fish and shellfish

Women 18 - 45 and children 1 - 17

**Safe to eat
2 servings per week**

OR

**Safe to eat
1 serving per week**

Do not eat



Chinook (king) salmon ♥



Brown rockfish



Red rock crab



Jacksmelt



California halibut



White croaker



Striped Bass



Surfperches



Sharks



White sturgeon

♥ = High in Omega-3s

Men over 17 and women over 45

Safe to eat

Salmon — 7 servings per week OR
Brown rockfish OR red rock crab —
5 servings per week

**Safe to eat
2 servings per week**

OR

**Safe to eat
1 serving per week**



Chinook (king) salmon ♥



Brown rockfish



Red rock crab



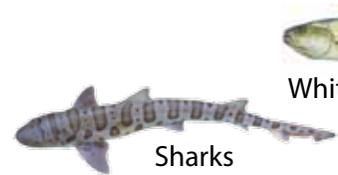
California halibut



Jacksmelt



Striped Bass



Sharks



White croaker



White sturgeon

Do not eat

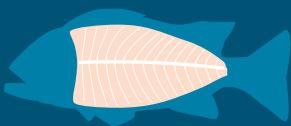


Surfperches

♥ = High in Omega-3s

Jacksmelt photo: Kirk Lombard, California Halibut: John Shelton

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.

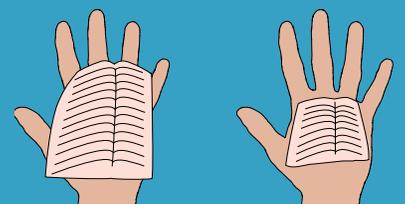
What is the concern?

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.

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.