Men over 17 and women over 45

California halibut
Jacksmelt
Surfperches
Brown rockfish
Striped Bass
White sturgeon
White croaker
Sharks
Red rock crab

Low = Low in Omega-3s
Medium = Medium in Omega-3s
High = High in Omega-3s

Guide to Eating Fish and Shellfish from San Francisco Bay

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

Do not eat AND Do not eat any fish from the Lauritzen Channel in Richmond Inner Harbor
SURFPERCHES
Brown rockfish
Low
Medium
High
Chemical Meter

DO NOT EAT AND DO NOT EAT ANY FISH FROM THE LAURITZEN CHANNEL IN RICHMOND INNER HARBOR

LOW
MEDIAN
HIGH
Chemical Meter

BROWN ROCKFISH

Do not eat
Any fish from the Lauritzen Channel in Richmond Inner Harbor

Low
Medium
High
Chemical Meter

Safe to eat
1 serving per week
OR
2 servings per week

California halibut
White croaker

Women 18 - 45 and children 1 - 17

Safe to eat
1 serving per week

Safe to eat
1 serving per week

Safe to eat
1 serving per week

California Office of Environmental Health Hazard Assessment

9-11

Women 18 - 45 and children 1 - 17

Striped Bass

= High in Omega-3s

White sturgeon

Chinook (king) salmon

Safe to eat
2 servings per week

OR

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 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.