Guide to Eating Fish and Shellfish from San Francisco Bay

Men over 17 and women over 45

- Striped Bass: Safe to eat 2 servings per week
- Jacksmelt: Safe to eat 1 serving per week
- California halibut: Safe to eat OR
- Red rock crab: Safe to eat OR
- Brown rockfish: Safe to eat OR
- Chinook (king) salmon: Safe to eat

- White croaker: Safe to eat 1 serving per week
- Sharks: Safe to eat 1 serving per week
- White sturgeon: Safe to eat 1 serving per week
- Surfperches: Safe to eat 1 serving per week

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

- Love = High in Omega-3s

= High in Omega-3s

Note: Men over 17 and women over 45 should avoid eating any fish from the Lauritzen Channel in Richmond Inner Harbor.
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

- 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
- 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.

Safety Ratings:
- Low: Safe to eat
- Medium: Safe to eat
- High: Do not eat

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

- PC: PCBs are in the fat and skin of white croaker.
- PCB: PCBs are in the fat and skin of white croaker.

Chemical Meter:
- Low
- Medium
- High

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