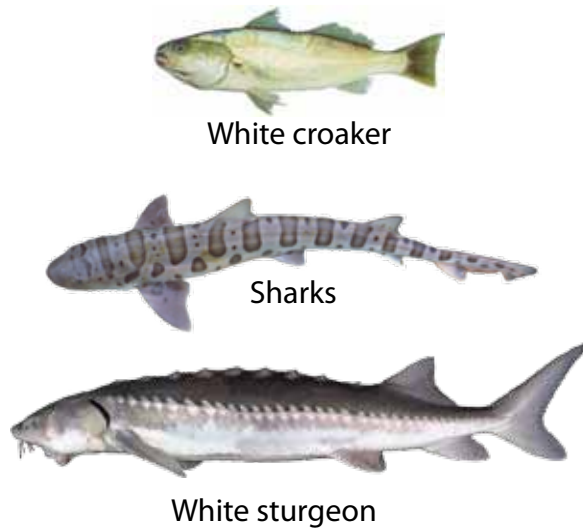
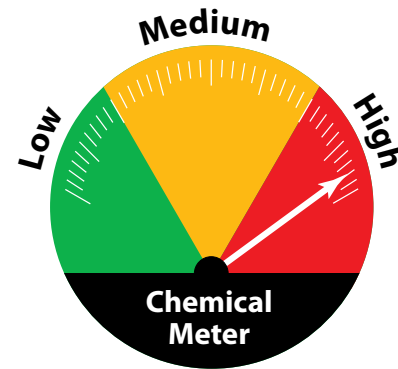
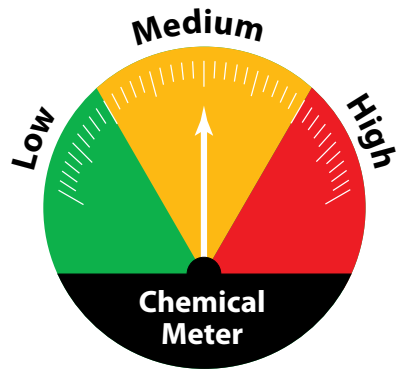
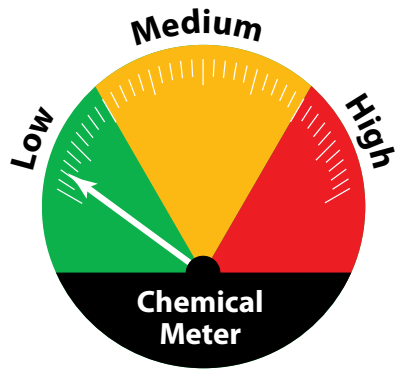


# Men over 17 and women over 49

# Guide to Eating Fish and Shellfish from San Francisco Bay



♥ = High in Omega-3s

**Safe to eat**  
**2 servings per week**

OR

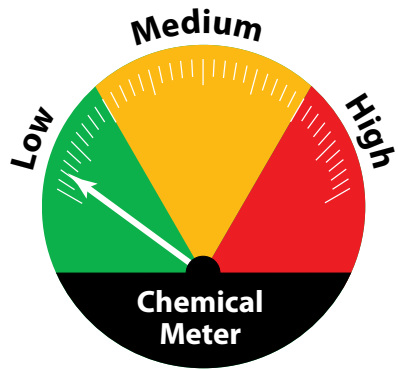
**Safe to eat**  
**1 serving per week**

**Do not eat**  
**AND**

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



# Women 18 - 49 and children 1 - 17



Brown rockfish



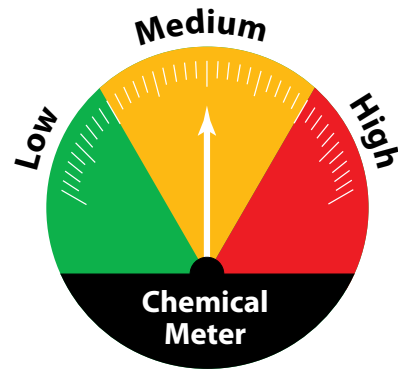
Red rock crab

Jacksmelt



Chinook (king) salmon ♥

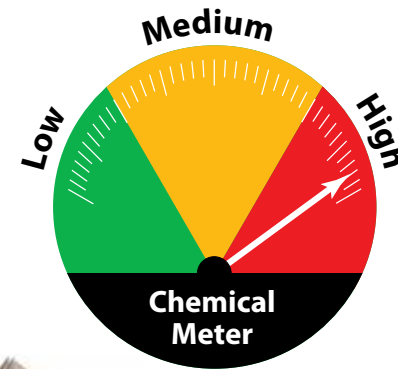
♥ = High in Omega-3s



California halibut



White croaker



Surfperches



Striped Bass



Sharks



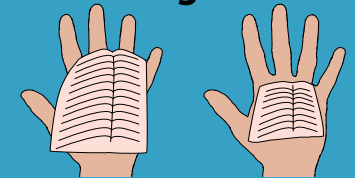
White sturgeon

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 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.

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**