Women over 45 years and men can safely eat more fish

- Diamond turbot
- Spotted turbot
- Black perch
- Pile surfperch
- Rainbow seaperch
- Spotted sand bass
- Barred sand bass
- Yellowfin croaker
- Pacific chub mackerel
- Leopard shark
- Gray smoothhound shark
- Shiner perch
- Topsmelt

**2 servings a week**

Eat only the skinless fillet. PCBs are in the fat and skin of the fish.

- Remove and throw away the skin before cooking.
- Cook thoroughly and allow the juices to drain away.

**What is a serving?**

**For Adults**

The recommended serving is the size and thickness of your hand.

**For Children**

Give children smaller servings.

**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 the concern?**

Some fish have high levels of mercury or PCBs. Mercury can harm the brain, especially in unborn babies and children. PCBs can cause cancer.

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