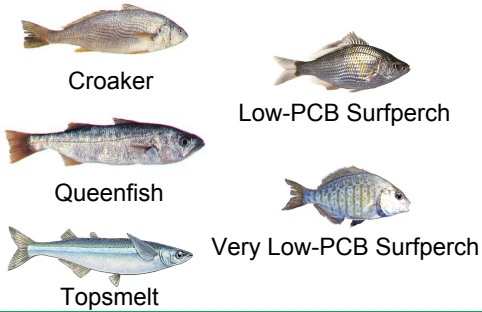


A Guide to Eating Fish from the California Coast

Advisory for Areas Without Site-specific Advice

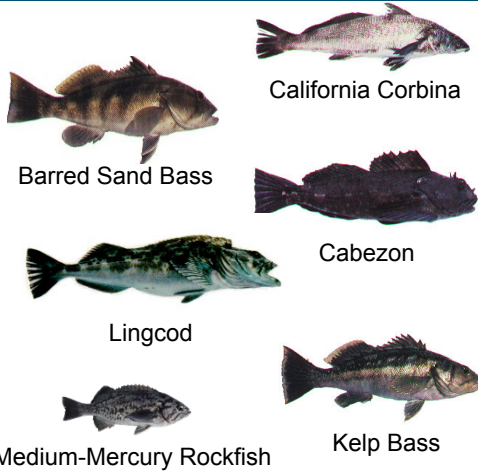
Women 18 - 45 years and Children 1 - 17 years



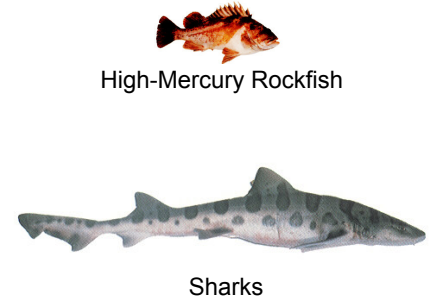
2 total servings a week



6 total servings a week

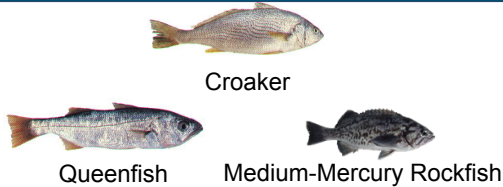


1 total serving a week

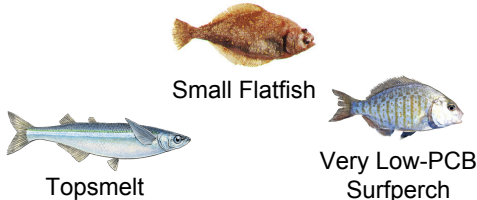


Do not eat

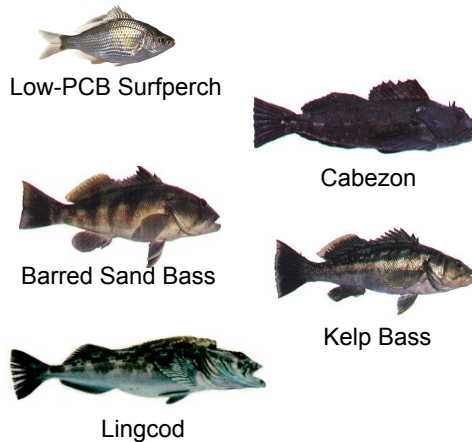
Women 46 years and older and Men 18 years and older



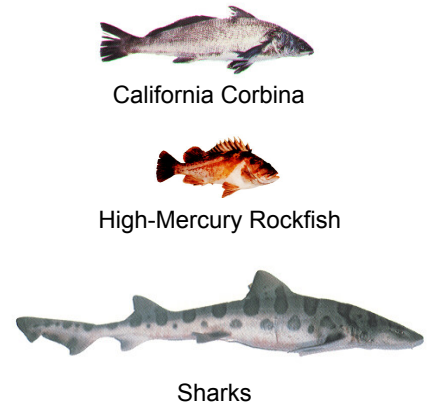
4 total servings a week



6 total servings a week



2 total servings a week



1 total serving a week

Croaker species include: White and Yellowfin
Small Flatfish species include: Diamond Turbot, Longfin Sanddab, Speckled Sanddab, Spotted Turbot

Medium-Mercury Rockfish species include: Black, Blue, Brown, Kelp, Olive, Rosethorn, and Vermillion
High-Mercury Rockfish species include: Black and Yellow, China, Copper and Gopher

Very Low-PCB Surfperch species include: Barred, Black, Pile, Rainbow, Spotfin, and White
Low-PCB Surfperch species include: Shiner, Silver, and Walleye

8 | BUJBTFSWOH?



'PS" EVMV 'PS\$! JNVSFO
 " TFSWOHJT about U F TJ F BOE
 U JLOFTT PGZPVS! BOE for fish fillets
 (JV DI JNVSFO TN BWS TFSWOHT

♥ 8 | Z FBUGTI ?

&BUOH GTI JTHPPE QSZPVS! FBV.
 ' JI I BVF oN FHB TU BUDBO
 SFEVDF ZPVSSJL QSI FBSJEJTFBF
 BOE JN QSPVW I PX U F CSBJO
 EFVWVWOT JO VOCPSO CBCJFT BOE
 DI JNVSFO

Do not combine advice. If you eat 2 servings of fish from the "2 total servings per week group", do not eat any other fish that week from any source (caught or store bought).

8 | BUJU F DPODFS?

4PN F GTI I BVF I JI NWFVWIPG
 N FSDVSZ BOE 1C#T . FSDVSZ DBO
 I BSN U F CSBJO, eTOFDJBNVJJO
 VOCPSO CBCJFT BOE DI JNVSFO 1C#T
 DBO DBVTF DBODFS