



Women
(18-49 Years)

Children
(1-17 Years)

7 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

OR

1 TOTAL
SERVING
A WEEK

0 DO NOT
EAT



California Office of
Environmental Health
Hazard Assessment

web www.oehha.ca.gov/fish
email fish@oehha.ca.gov
phone (916) 324-7572

A GUIDE TO EATING FISH *from* HUMBOLDT BAY

(HUMBOLDT COUNTY)

**WOMEN 18 - 49 YEARS AND
CHILDREN 1 - 17 YEARS**

Eat the Good Fish

Eating fish that are
low in chemicals
may provide health
benefits to children
and adults.



Avoid the Bad Fish

Eating fish with higher
levels of chemicals like
mercury or PCBs may
cause health problems
in children and adults.



Choose the Right Fish

Chemicals may
be more harmful
to unborn babies
and children.



Speckled Sanddab



Red Rock Crab



Shiner Perch



White Surfperch



Lingcod



Pile Perch



Walleye Surfperch



Leopard Shark

Serving Size

A serving of fish is
about the size and
thickness of your
hand. Give children
smaller servings.

For Adults



For Children



Some chemicals
are higher in the
skin, fat, and guts.

Eat only the skinless fillet



Eat only the meat





Women
(50+ Years)

Men
(18+ Years)

7 TOTAL
SERVINGS
A WEEK

OR

5 TOTAL
SERVINGS
A WEEK

OR

4 TOTAL
SERVINGS
A WEEK

OR

3 TOTAL
SERVINGS
A WEEK

OR

2 TOTAL
SERVINGS
A WEEK

0 DO NOT
EAT



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**WOMEN 50 YEARS AND OLDER
AND MEN 18 YEARS AND OLDER**

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Red Rock Crab



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Lingcod



Leopard Shark

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For Adults



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