

A Healthy Guide to Eating Fish from San Diego Bay

Women over 45 years and men can safely eat more fish

















 Diamond turbot  Spotted turbot  Black perch Pile surfperch Rainbow seaperch  California lizardfish  Round stingray  Shovelnose guitarfish	 Spotted sand bass  Barred sand bass  Yellowfin croaker  Pacific chub mackerel  Leopard shark  Gray smoothhound shark	 Shiner perch  Topsmelt	
2 servings a week	OR	1 serving a week	Do not eat
<p>Eat only the skinless fillet. PCBs are in the fat and skin of the fish.</p>  <ul style="list-style-type: none"> Remove and throw away the skin before cooking. Cook thoroughly and allow the juices to drain away. 	<p>What is a serving?</p>  <p>For Adults For Children</p> <p>The recommended serving is the size and thickness of your hand. Give children smaller servings.</p>		<p>Why eat fish?</p> <p>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.</p> <p>What is the concern?</p> <p>Some fish have high levels of mercury or PCBs. Mercury can harm the brain, especially in unborn babies and children. PCBs can cause cancer.</p>
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Figure 3. OEHAA fish consumption advisory guidelines for San Diego Bay for women > 45 years old and men.