

Benefits of Eating Fish

- ← Fish help reduce the risk of heart disease.
- ← Fish are high in protein, low in fat.

Preparing Fish

- ← Eat only the fillet. Discard the skin, guts, head, bone, and fat.
- ← Bake, broil, grill, or steam fish so fatty juices drip away. Discard the cooking juice.
- ← Buying fish in the market is generally safe.

Eating Fish

- ← Adults should not eat Bay fish more than two times/month.
- ← Pregnant women, nursing mothers and young children should not eat striped bass over 27 inches or any shark.
- ← Pregnant women and young children should eat Bay fish no more than one time/month.
- ← Never eat striped bass over 35 inches.
- ← Eat different kinds of fish.

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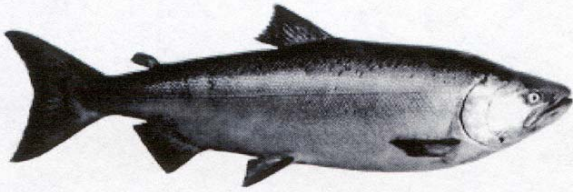
San Francisco Bay Fish...



*Coyote Point Harbor
San Mateo, California*

Protecting Your Health

Eat in Moderation



SALMON



HERRING



SMELT



ANCHOVIES

Why???

- Some fish from the San Francisco Bay contain high levels of toxic chemicals (mercury, PCB and pesticides).
- Eating large amounts of certain fish regularly may cause cancer or kidney and liver disease.
- Large amounts of mercury are harmful to an unborn baby and young children.
- Women who are pregnant, or nursing, or may become pregnant should be especially careful about the fish they eat.
- Bigger fish have higher levels of chemicals (shark and striped bass have higher levels of mercury. Kingfish has the highest level of PCBs).

Eat Seldom Most Fish From SF Bay



PERCH



STRIPED BASS



SHARK



WHITE CROAKER
(Kingfish)