

# San Francisco Bay Fish...Protecting Your Health

## Eat in Moderation



SALMON



HERRING



SMELT



ANCHOVIES



WHITE CROAKER  
(Kingfish)



STRIPED BASS



SHARK



PERCH

## Eat Seldom Most Fish From SF Bay

### 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 to eat Bay fish no more than one time per month.
- Bigger fish have higher levels of chemicals (shark and striped bass have higher levels of mercury. Kingfish has the highest level of PCBs).

## 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.

*Supported in part by:* Mills-Peninsula Health Services African American Community Health Advisory Committee; University of California Cooperative Extension and California Department of Health Services, United States Environmental Protection Agency; San Francisco Foundation. **For further information call:** (510) 622-3170 or (916) 327-7319