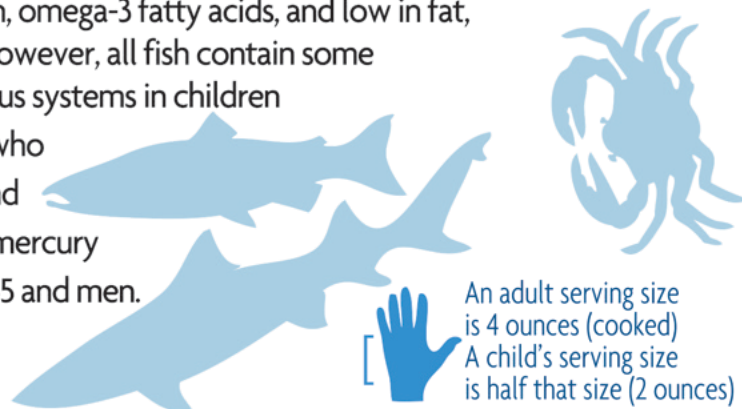


Eating Fish Safely Guidelines for Humboldt Bay

Fish is rich in nutrients and good for you. High in protein, omega-3 fatty acids, and low in fat, eating fish promotes heart health and brain function. However, all fish contain some mercury, a toxic metal that can harm developing nervous systems in children and can cause neurological damage in adults. Women who are or can become pregnant, breastfeeding mothers, and children should follow certain guidelines to limit their mercury intake. There are different guidelines for women over 45 and men. Studies have found that following these guidelines can reduce your body's mercury levels within 3 months.



Guidelines For Women <45 And Children

Best Choices – Eat 5 To 7 Servings A Week

Wild Chinook Salmon	Anchovies
Oysters, Mussels, Clams	Sardines

Good Choices – Eat 2 To 3 Servings A Week

Smelt	Surfperch
Dungeness Crab	Black Rockfish
Locally-caught Albacore Tuna	California Halibut
Pacific Halibut <12lbs. or <35" long	

In Moderation – No More Than 1 Serving A Week

Lingcod <10lbs or <28" long
Pacific Halibut 12-50lbs. or >35" long
Canary Rockfish
Bat Ray

AVOID fish with the Highest Mercury Levels

Leopard Shark
Brown Smooth-hound Shark
Spiny Dogfish
Lingcod >10lbs or >28" long
Cabezon
Rockfish: Copper, China, Gopher,
Quillback, Vermillion

Guidelines For Women >45 And Men

Best Choices – Eat 4 To 7 Servings A Week

Wild Chinook Salmon	Surfperch
Oysters, Mussels, Clams	Anchovies
Dungeness Crab	Sardines
Black Rockfish	Smelt
Locally-caught Albacore Tuna	California Halibut
Pacific Halibut <12lbs. or <35" long	

Good Choices – Eat 2 To 3 Servings A Week

Lingcod <10lbs. or <28" long
Pacific Halibut 12-50lbs. or >35" long
Canary Rockfish Bat Ray

In Moderation – No More Than 1 Serving A Week

Lingcod 10-20lbs. or 28-35" long
Cabezon
Rockfish: Copper, China, Gopher,
Quillback, Vermillion

AVOID fish with the Highest Mercury Levels

Leopard Shark
Brown Smooth-hound Shark
Spiny Dogfish
Lingcod >20lbs or >35" long

For more info, visit www.humboldtwaterkeeper.org or call (707) 499-3678

