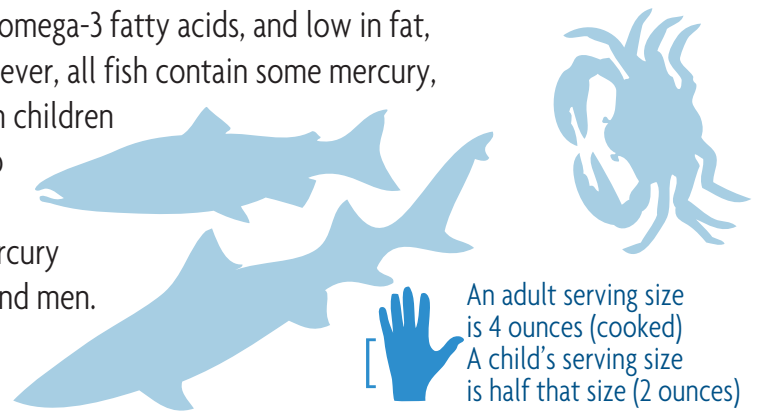


Eating Fish Safely

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
Black Rockfish	

Good Choices – Eat 2 To 3 Servings A Week

Dungeness Crab	Surfperch
Locally-caught albacore	Smelt

In Moderation – No More Than 1 Serving A Week

Lingcod under 10 pounds
California Halibut
Pacific Halibut under 40 pounds
Bat Ray

AVOID fish with the Highest Mercury Levels

Leopard Shark
Brown Smooth-hound Shark
Spiny Dogfish
Lingcod over 10 pounds
Pacific Halibut over 40 pounds
Cabezon
Copper, China, and Gopher Rockfish

Guidelines For Women >45 And Men

Best Choices – Eat 5 To 7 Servings A Week

Wild Chinook Salmon	Smelt
Oysters, Mussels, Clams	Surfperch
Dungeness Crab	Anchovies
Black Rockfish	Sardines
Locally-caught Albacore	

Good Choices – Eat 2 To 3 Servings A Week

Lingcod under 10 pounds
California Halibut
Pacific Halibut under 40 pounds
Bat Ray

In Moderation – No More Than 1 Serving A Week

Lingcod under 25 pounds
Pacific Halibut over 40 pounds
Cabezon
Copper, China, and Gopher Rockfish

AVOID fish with the Highest Mercury Levels

Leopard Shark
Brown Smooth-hound Shark
Spiny Dogfish
Lingcod over 25 pounds

For more info, visit <https://www.humboldtbykeeper.org> or call (707) 499-3678



Mercury in Fish Sampled by Humboldt Baykeeper

Species	Average Mercury Levels, ppm ¹	Recommended Servings* per Week, Women <45 & Children ²	Recommended Servings* per Week, Women >45 & Men ²
Oysters	0.026	7	7
Chinook salmon	0.043	5	7
Clams	0.045	5	7
Jack Smelt	0.079	2	7
Local Albacore	0.110	2	5
Walleye Surfperch	0.115	2	5
Black Rockfish	0.131	2	4
California Halibut	0.192	1	3
Bat Ray	0.281	1	2
Lingcod <10 lbs.	0.330	1	2
Lingcod >10 lbs.	0.787	AVOID	1
Leopard Shark	1.476	AVOID	AVOID

For more info on Humboldt Baykeeper's study, visit <https://www.humboldtbykeeper.org>.

Mercury in Fish from Other Regions

Species	Average Mercury Levels, ppm ¹	Recommended Servings per Week, Women <45 & Children ²	Recommended Servings per Week, Women >45 & Men ²
Sardines	0.013	7	7
Anchovies	0.017	7	7
Mussels	0.041	5	7
Dungeness Crab	0.074	2	7
Pacific Halibut <40 lbs.	0.202	1	3
Pacific Halibut >40 lbs.	0.606	AVOID	1
Cabazon	0.474	AVOID	1
China Rockfish	0.643	AVOID	1
Gopher Rockfish	0.76	AVOID	1
Copper Rockfish	0.835	AVOID	1

These recommendations are designed to reduce mercury exposure. Other contaminants, such as PCBs and dioxins, can be found in fish. For more info, visit <https://oehha.ca.gov/fish/advisories>.

*One serving size is 8 ounces uncooked/4 ounces cooked for adults, half that for children.

¹ Parts per million

² Office of Environmental Health Hazard Assessment's Nov. 2017 Advisory Tissue Levels. Available at <https://oehha.ca.gov/media/downloads/fish/report/atlmhgandothers2008c.pdf>

Funded by a grant from

