



Safety Tips for Eating Fish:

Information for Women and Children

Fish is good food. It has protein and healthy fats, but some fish have harmful chemicals like mercury, pesticides and others. Growing children, pregnant and breastfeeding women, and women who might become pregnant need to be more careful.

Which fish are safe to eat?

- Never eat shark, swordfish, tilefish, or king mackerel. These fish are highest in mercury.
- Eat a variety of other fish, like wild salmon, tilapia, trout, farmed catfish, shrimp, and pollock.
- If you can, choose wild salmon instead of farmed salmon. Farmed salmon is higher in chemicals. You can tell which type it is by the label.
- Choose chunk light tuna. It has less mercury than white or albacore tuna or tuna steaks.

How should I prepare and cook the fish?

- Eat only the fillet (flesh/meat) of the fish. Throw away the head, guts, kidneys, liver, fat, and skin.
- Broil, grill, bake, or steam fish on a rack. Throw away the drippings or juice.

How much fish is safe to eat?

- See the amounts in the tables on the other side:



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Fish or shellfish from a store or restaurant



Women

Eat up to 2 meals a week (or 12 ounces).

Children up to 17 years of age

Eat up to 2 meals a week, but smaller portions (about 1 ounce for every 20 pounds of body weight). For example: A child that weighs 40 pounds could eat 2 ounces twice a week.

OR

Fish caught by yourself, family or friends



From the coast of Los Angeles or Orange County:

- Do not eat white croaker (kingfish, tomcod) caught from the Los Angeles/Long Beach Harbor areas.
- Some fishing points in this area include Cabrillo Pier, White Point, Pier J, Belmont Pier, and Point Vicente.
- For other fish from the coast of Los Angeles and Orange Counties, do not eat more than one meal a week (or 6 ounces).

For other areas:

- Check for local health advisories.
- If no advice is available, eat up to 1 meal a week (6 ounces) of fish caught by friends or family, and eat no other fish that week.

To check the local advisories or for more information, call 213-576-6634 or visit www.pvsfish.org

Important: For any of the above, do not add the recommended amounts together. For example, if you eat one meal of fish caught by friends or family, do not eat any other fish the same week.



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