A Guide to Eating Fish from the California Coast
Advisory for Areas Without Site-specific Advice

Women 18 - 45 years and Children 1 - 17 years

2 total servings a week

Silent Sand Bass
Barred Sand Bass
Cabezon
Lingcod
Kelp Bass

6 total servings a week OR 1 total serving a week

Silent Sand Bass
Barred Sand Bass
Cabezon
Lingcod
Kelp Bass

Do not eat

Women 46 years and older and Men 18 years and older

4 total servings a week

Croaker
Queenfish
Low-PCB Surperch
Medium-Mercury Rockfish
Cabezon
Lingcod
Kelp Bass

6 total servings a week OR 2 total servings a week OR 1 total serving a week

Croaker
Queenfish
Low-PCB Surperch
Medium-Mercury Rockfish
Cabezon
Lingcod
Kelp Bass

California Corbina
High-Mercury Rockfish
Sharks

Croaker species include: White and Yellowfin
Small Flatfish species include: Diamond Turbot, Longfin Sanddab, Speckled Sanddab, Spotted Turbot

Medium-Mercury Rockfish species include: Black, Blue, Brown, Kelp, Olive, Rosethorn, and Vermillion
High-Mercury Rockfish species include: Black and Yellow, China, Copper and Gopher

Very Low-PCB Surperch species include: Barred, Black, Pile, Rainbow, Spotfin, and White
Low-PCB Surperch species include: Shiner, Silver, and Walleye

Do not combine advice. If you eat 2 servings of fish from the "2 total servings per week group", do not eat any other fish that week from any source (caught or store bought).

California Office of Environmental Health Hazard Assessment • (916) 324-7572 • fish@oeoha.ca.gov