



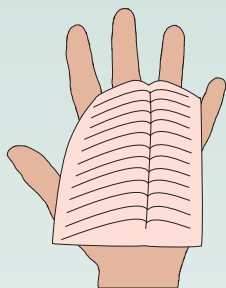
Northern California

Safety Tips for Eating Fish for Families

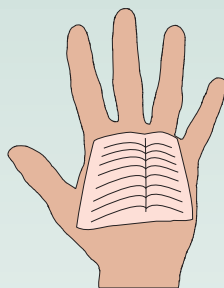
Fish is good for children, too. But follow the safety tips and give children smaller servings.

What is a Serving?

A **serving** of fish for adults is about the size and thickness of your hand.



For Adults



For Children



Never eat shark, swordfish, tilefish, or king mackerel.

These fish are very high in mercury.



Eating fish is good for your health and your children's health. But some fish have a harmful chemical called **mercury** in them.

Too much **mercury** can hurt the way babies and children grow and develop.



For More Information, Contact:
Environmental Health Investigations Branch
California Department of Public Health
(510) 620-3620



Fish you buy in stores and restaurants

Eat up to **2 servings of fish a week**.

It's best to eat a **variety** of fish.

Choose **low-mercury fish**, such as:



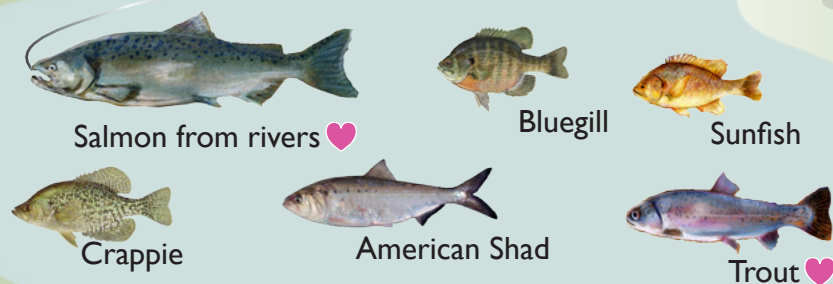
♥ High in omega-3s that are good for you and your baby.

Fish you catch in lakes and rivers

Always check the health advisory where your fish are caught (go to www.oehha.ca.gov/fish.html).

If there is no advisory:

These fish usually have **less mercury**.
Eat up to 1 serving a week.



These fish usually have **more mercury**. Avoid.



If you eat fish you catch, **do not eat any other fish** the same week.

