

**PUBLIC HEALTH ADVISORY\*FOR TOMALES BAY**

\*This new state advisory replaces the Interim advisory issued in 2000

Fish are nutritious, providing a good source of protein and other nutrients, and are recommended as part of a healthy, balanced diet. As with many other kinds of food, however, it is prudent to eat fish in moderation and to make informed choices about which fish are safe to eat. OEHHA provides this consumption advice so that people can continue to eat fish without putting their health at risk.

<b>TOMALES BAY FISH AND SHELLFISH CONSUMPTION GUIDELINES</b>	
<b>WOMEN OF CHILDBEARING AGE AND CHILDREN AGED 17 YEARS AND YOUNGER EAT NO MORE THAN:</b>	
<b>DO NOT EAT</b>	ALL SHARKS including brown smoothhound shark, leopard shark, and Pacific angel shark
<b>ONCE A MONTH</b>	Bat rays <i>OR</i>
<b>ONCE A WEEK</b>	California halibut; redbtail, pile, or shiner surfperch; or red rock crab <i>OR</i>
<b>3 TIMES A WEEK</b>	Jacksmelt
<b>WOMEN BEYOND CHILDBEARING AGE AND MEN EAT NO MORE THAN:</b>	
<b>ONCE A MONTH</b>	Brown smoothhound sharks or leopard sharks <i>OR</i>
<b>ONCE A WEEK</b>	Pacific angel sharks or bat rays <i>OR</i>
<b>3 TIMES A WEEK</b>	California halibut; redbtail or pile surfperch; or red rock crab <i>OR</i>
<b>UNRESTRICTED</b>	Jacksmelt or shiner surfperch
<p><b>*MANY OTHER WATER BODIES ARE KNOWN OR SUSPECTED TO HAVE ELEVATED MERCURY LEVELS.</b> If guidelines are not already in place for the water body where you fish, women of childbearing age and children aged 17 and younger should eat no more than one sport fish meal per week and women beyond childbearing age and men should eat no more than three sport fish meals per week <b>from any location.</b></p> <p><b>EAT SMALLER FISH OF LEGAL SIZE.</b> Fish accumulate mercury as they grow.</p> <p><b>DO NOT COMBINE FISH CONSUMPTION ADVICE.</b> If you eat multiple species or catch fish from other water bodies, the recommended guidelines for different species and locations should not be combined. For example, if you eat a meal of fish from the one meal per month category, you should not eat another fish species containing mercury for at least one month.</p> <p><b>SERVE SMALLER MEALS TO CHILDREN. MEAL SIZE IS ASSUMED TO BE EIGHT OUNCES FOR A 160-POUND ADULT.</b> If you weigh more or less than 160 pounds, add or subtract 1 oz to your meal size, respectively, for each 20-pound difference in body weight.</p>	

**CONSIDER YOUR TOTAL FISH CONSUMPTION.** Fish from many sources (including stores and restaurants) can contain elevated levels of mercury and other contaminants. If you eat fish with lower contaminant levels (including commercial fish) you can safely eat more fish. The American Heart Association recommends that healthy adults eat at least two servings of fish per week. Shrimp, king crab, scallops, farmed catfish, wild salmon, oysters, tilapia, flounder, and sole generally contain some of the lowest levels of mercury.

This advisory does **NOT** apply to commercial oysters, clams, and mussels from Tomales Bay; elevated levels of mercury have not been found in commercially grown shellfish.

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For more information, contact OEHHA at 510 622-3170 or visit [www.oehha.ca.gov](http://www.oehha.ca.gov)