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

Croaker

Low-PCB Surfperch

Queenfish

Very Low-PCB Surfperch

Topsmelt

2 total servings a week

Small Flatfish

Barred Sand Bass

California Corbina

Cabezon

Lingcod

Kelp Bass

Medium-Mercury Rockfish

High-Mercury Rockfish

Sharks

6 total servings a week OR **1 total serving a week** | **Do not eat**

Women 46 years and older and Men 18 years and older

Croaker

Queenfish

Medium-Mercury Rockfish

4 total servings a week

Small Flatfish

Very Low-PCB Surfperch

Topsmelt

Low-PCB Surfperch

Cabezon

Barred Sand Bass

Kelp Bass

Lingcod

California Corbina

High-Mercury Rockfish

Sharks

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

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

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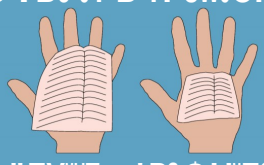

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Do not combine advice. If you eat 2 servings of fish from the "2 total servings per week group", do not eat any other fish that week from any source (caught or store bought).

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