
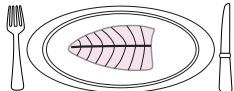



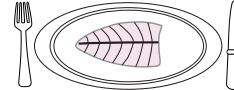










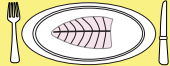


# Fish Consumption Recommendations to Reduce Exposure to Mercury, DDTs, and PCBs

 <p>Barracuda</p>			<p><b>For Both Zones</b></p>  <p><b>2 - 4</b> meals per month</p>	
 <p>Pacific (chub) mackerel</p>	 <p>Top smelt</p>	 <p>Bonito</p>	 <p><b>4</b> meals per month</p>	
<p>Rockfishes</p> 	<p>Surf perch</p> 	<p>Kelp bass (calico bass)</p> 	<p><b>Red Zone</b></p>  <p><b>1-2</b> meals per month</p>	<p><b>Yellow Zone</b></p>  <p><b>4</b> meals per month</p>
<p>Sculpin, (scorpionfish)</p> 	<p>Black croaker</p> 	<p>Queenfish</p> 		
<p>White croaker (kingfish, tomcod)</p> 			<p><b>Do Not Eat!</b></p> 	 <p><b>2</b> meals per month</p>

Graphics courtesy of Cabrillo Marine Aquarium, NOAA and Montrose Settlements Restoration Program.  
Artist: Evie Templeton. Technical advisor: M. James Allen (SCCWRP).

**Note**

Do not eat these fish more than 4 times per month. This meal limit applies to combinations of different fish. For example, if you have eaten 2 meals of bonito and 2 meals of queenfish this month, do not eat more of the fish shown above.

*These recommendations are based on the State's Consumption Advisories for DDTs and PCBs and national guidelines for mercury.*

