

# MY PLEDGE FOR MAKING HEALTHY FISH CHOICES











Please mark the statements that apply to you:

## I eat fish from stores or restaurants.

- Because fish is good for my health, I promise to eat 8 ounces of seafood each week, especially fish high in omega-3s like salmon, sardines, trout, herring, and anchovies.
- I promise not to eat fish high in mercury like shark, swordfish, king mackerel, and tilefish.

## I eat fish caught in the San Francisco Bay.

- I promise to follow the advisory guidelines for women and children (below).

A guide to eating San Francisco Bay fish and shellfish			
Women 18 - 45 and children 1 - 17			
Safe to eat 2 servings per week	OR	Safe to eat 1 serving per week	Do not eat
 Chinook (king) salmon ♥		 California halibut	 Striped Bass
 Brown rockfish		 White croaker	 Surfperches
 Red rock crab			 Sharks
 Jacksmelt			 White sturgeon
♥ = High in Omega-3s			

Signed by: \_\_\_\_\_ Date: \_\_\_\_\_