## **MY PLEDGE FOR MAKING HEALTHY FISH CHOICES**

Please mark the statements that apply to you:

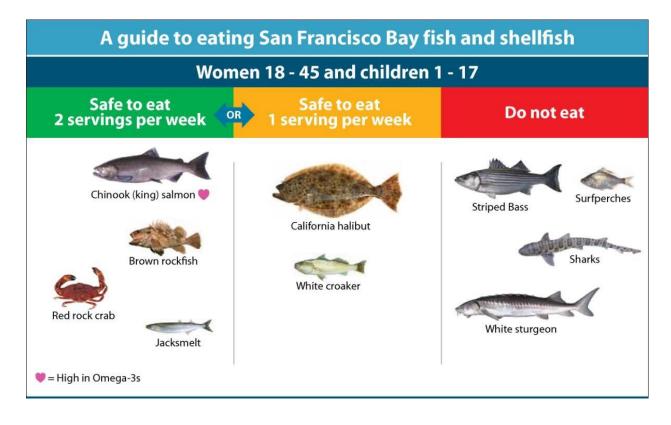
## I eat fish from stores or restaurants.

 $\Box$  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.

 $\Box$  I promise to follow the advisory guidelines for women and children (below).



Signed by:	Date:
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