



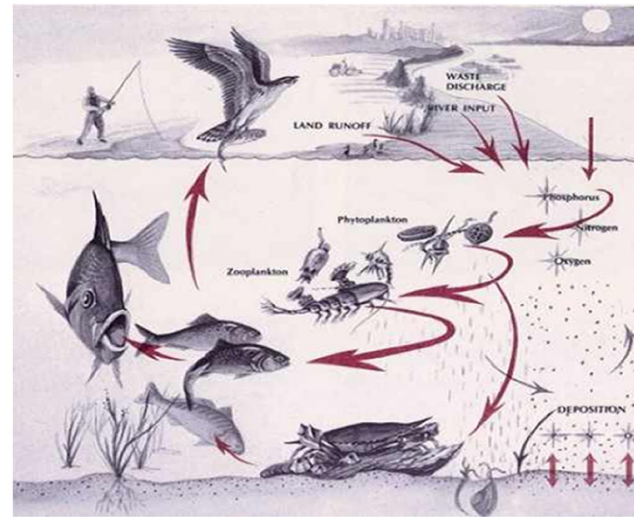
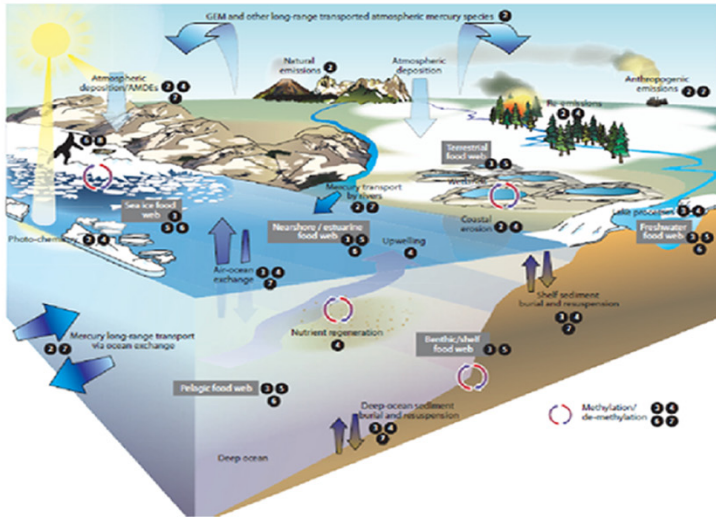
# Healthy fish, healthy people: “wild” food chains

Amy D Kyle [adkyle@berkeley.edu](mailto:adkyle@berkeley.edu)

June 10 2014



**UC BERKELEY**  
**SUPERFUND**  
RESEARCH PROGRAM  
SCIENCE FOR A SAFER WORLD



**A guide to eating fish caught from Ventura Harbor to San Mateo Point**  
Women 18 - 45, especially those who are pregnant or breastfeeding, and children 1 - 17

	Yellow Zone (see map)	Red Zone (see map)
Jacksonnet	Safe to eat 4 servings per week	Safe to eat 4 servings per week
Cortez	2 servings per week	2 servings per week
Pacific chub mackerel	OR	OR
Yellowfin croaker	OR	OR
Queroifish	OR	OR
Surfperch	OR	OR
Opaleye	OR	OR
California halibut	1 serving per week	1 serving per week
Sargo	OR	OR
Rockfishes	OR	OR
Kelp bass (Coco bass)	OR	OR
California scorpionfish (Sculpin)	OR	OR
Sardines	OR	OR
Shownose guitarfish	OR	OR
Topinnet	2 servings per week	DO NOT EAT
OR	OR	OR
Barred sand bass	1 serving per week	DO NOT EAT
White croaker (Kingfish or Tomcod)	OR	OR
Baracuda	DO NOT EAT	DO NOT EAT
Black croaker	OR	OR

For example: if you eat 1 serving of Kelp bass, do not eat any more fish until the next week.

Office of Environmental Health Hazard Assessment  
www.oehha.ca.gov/fish

**COMMONLY CAUGHT CENTRAL CALIFORNIA SURF SPECIES**

<i>Barred surfperch</i> <i>Amphichthys barbata</i>	<i>Walleye surfperch</i> <i>Hypomelanopus organiscus</i>	<i>Striped bass</i> <i>Morone saxatilis</i>
<i>Calico surfperch</i> <i>Amphichthys natalis</i>	<i>Silver surfperch</i> <i>Hypomelanopus affinis</i>	<i>California halibut</i> <i>Paralichthys californicus</i>
<i>Redtail surfperch</i> <i>Amphichthys nebulosus</i>	<i>Jackson's surfperch</i> <i>Aphanopus californicus</i>	<i>Surf smelt</i> <i>Hypomerus pretiosus</i>
		<i>Night smelt</i> <i>Spirinchus stali</i>

California Department of Fish and Game