

## Fish Consumption Advisories

The Office of Health Hazard Assessment (OEHHA) issues fish consumption advice for many waterbodies in California. They provide specific consumption advice for fish taken from many of the State's waterbodies. In situations where contaminant levels are not known, OEHHA provides general advice on how to reduce your exposure to chemicals in sport fish (fish that you or your friends catch to eat). These fish advisories are not meant to discourage you from eating fish. Fish are an excellent source of protein and low in saturated fats. Fish also contain omega-3 fatty acids that can reduce your risk from heart disease and improve how the brain develops in unborn babies. Safe eating guidelines provide information to consumers to help them choose the safest fish to eat.

In March 2009, OEHHA released updates of many of their advisories. Two factors prompted the updates: 1) the development of advisory tissue levels, and 2) new chemical data for fish from California waterbodies with existing advisories. OEHHA received new chemical data from SWAMP, The Fish Mercury Project, USGS, and the city of Benicia. OEHHA combined the new data with data staff previously used to develop safe eating guidelines.

Then, OEHHA evaluated the new combined data set (using advisory tissue levels) to update the existing safe eating guidelines. Most advisories are issued for mercury in fish. In a few cases, fish are contaminated with PCBs or other chemicals.

For more on OEHHA's fish advisories, [click here](#).

