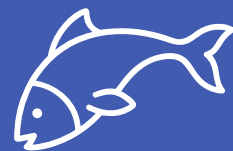


The Asian/Pacific Islander Community Exposures (ACE) Project measured levels of chemicals in Chinese and Vietnamese adults living in the San Francisco Bay area.

Eating seafood was linked to increased levels of some chemicals in ACE participants. Read more below and on our website.



See other side for Simplified Chinese
文版请见背面



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ACE participants had higher levels of PFASs than the general U.S. population



Participants who ate **3 or more fish meals per week** had higher PFAS levels than those who ate less fish.



Participants who ate **fish parts like skin, organs, head, and eyes** had higher PFAS levels than those who didn't.

Seafood is an important part of a healthy, well-balanced diet

Tips for reducing PFAS exposures
_____ from seafood _____

- ✓ Vary the types of fish and shellfish you eat
- ✓ Limit how much you eat fish parts like skin, head, and organs
- ✓ Eat fish and shellfish from a variety of water bodies

PFASs can be harmful to our health. They can build up in fish and shellfish, which can be a concern for people who often eat seafood.

Learn more about PFASs:



For information about **safer choices for fish you catch**, check out this website:



E亚裔/太平洋岛民社区环境暴露 (ACE) 项目检测了居住在旧金山湾区的华裔和越南裔成年人体内的化学物质水平。

E食用海鲜与 ACE 项目参与者体内某些化学物质水平的升高有关。请阅读下文或访问我们的网站了解更多信息。



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与美国普通人群相比，ACE 参与者体内的 PFAS 水平更高

海鲜是健康、均衡饮食的重要组成部分



每周吃鱼至少 3 次的参与者，其体内的全氟及多氟烷基物质 (PFAS) 水平高于吃鱼次数较少的人。

减少从海鲜中摄入 PFAS 的建议

- 经常变换所吃鱼和贝类的种类
- 少吃鱼皮、鱼头和内脏等部位
- 交替食用不同水域出产的鱼和贝类

食用鱼皮、内脏、鱼头和鱼眼等部位的参与者，其体内的 PFAS 水平高于不吃这些部位的人。



PFAS 可能危害人体健康。这类物质会在鱼和贝类体内累积，经常吃海鲜的人需要特别注意。了解更多关于 PFAS 的信息：



如需了解如何更安全地食用您自己捕到的鱼，请访问以下网站：

