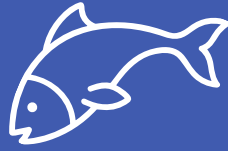


The Asian/Pacific Islander Community Exposures (ACE) Project measured levels of chemicals in Chinese and Vietnamese adults living in the San Francisco Bay area.

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



See other side for Traditional Chinese
繁體中文版請見背面



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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:



亞裔/太平洋島民社區環境暴露(ACE)項目測量了居住在舊金山灣區的華裔和越南裔成年人體內的化學物質含量。

食用海鮮與 ACE 項目參與者體內某些化學物質含量增加有關。請閱讀下文或瀏覽我們的網站以了解更多資訊。



英文版請見背面
See other side for English



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ACE 參與者體內的 PFAS 濃度普遍高於美國全國平均水平

海鮮是健康、
均衡飲食的重要組成部分



每週食用魚類達到或超過三次的參與者，體內 PFAS 水平高於食用魚類頻率較低者。

降低海鮮相關 PFAS 暴露風險小貼士

- ✓ 交替食用不同種類的魚和貝類
- ✓ 減少食用魚皮、魚頭及內臟等易累積污染物部位
- ✓ 分散選購不同水域來源的魚和貝類



食用魚類魚皮、內臟、頭部及眼部等部位的參與者，體內 PFAS 水平高於未食用者。

PFAS 可能對人體健康造成危害。這類化學物質易在魚及貝類體內積累，對經常食用海鮮的人群構成潛在健康風險。更多 PFAS 相關知識：



欲詳細了解自捕魚類的安全選擇指引，請查閱官方網站：

