

# PROP 65 WARNING

The materials used as colored decorations on the exterior of glassware products used or sold in this establishment contain lead, a chemical known to the State of California to cause birth defects or other reproductive harm.

# **NOTICE TO** **CUSTOMERS**

**THIS ESTABLISHMENT  
CONTAINS CHEMICALS  
KNOWN TO THE STATE  
OF CALIFORNIA TO  
CAUSE CANCER AND  
REPRODUCTIVE  
TOXICITY**

**PROPOSITION 65 WARNING**

# WARNING!

Nearly all fish and seafood contain some amount of mercury and related compounds, chemicals known to the State of California to cause cancer, birth defects or other reproductive harm. Certain fish contain higher levels than others.

Pregnant and nursing women, women who may become pregnant and young children should not eat the following fish:

**SWORDFISH ♦ SHARK ♦ KING MACKEREL ♦ TILEFISH**



They should also limit their consumption of other fish, including fresh or frozen tuna.

**Fish and seafood** can be an important source of nutrients and an important part of a balanced diet. However, the federal Food and Drug Administration advises pregnant and nursing women and women who may become pregnant to limit their consumption of fish to no more than 12 ounces per week.

Fish that tend to have little or no mercury include salmon (fresh, frozen or canned) shrimp and scallops. Mercury levels in canned tuna vary but on average are lower than levels in many other fish. Chunk or chunk light tuna has less mercury than solid white or chunk white tuna.

The California Department of Health Services (DHS) recommends certain steps you can take to reduce mercury exposure:

- ♦ Eat a variety of different types of fish;
- ♦ Eat smaller fish rather than older, larger fish;
- ♦ Begin following these guidelines one year before becoming pregnant.

For more information consult the following websites:

U.S. Food and Drug Administration

[www.cfsan.fda.gov](http://www.cfsan.fda.gov)

U.S. Environmental Protection Agency

[www.epa.gov/mercury](http://www.epa.gov/mercury)

California Department of Health Services

[www.dhs.ca.gov/ps/deode/ehib/ehib2/topics/mercury\\_in\\_fish.html](http://www.dhs.ca.gov/ps/deode/ehib/ehib2/topics/mercury_in_fish.html)

or call the FDA toll-free at **1-888-SAFEFOOD (1-888-723-3366)**