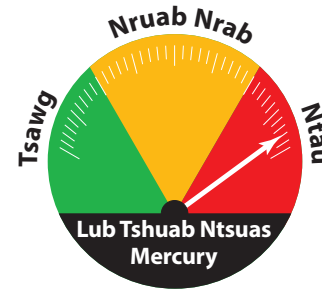
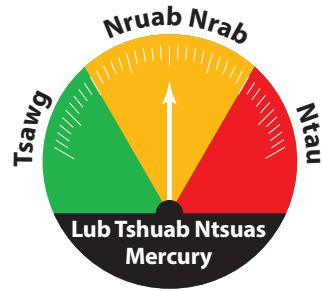
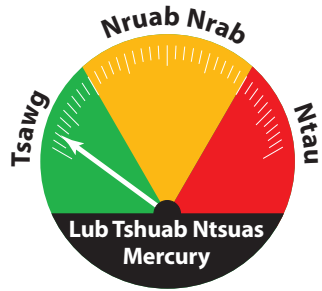


Kev qhia noj cov ntse txhom los tom cov dej Sab Nruab Nrab Teb thiab Sab Qab Teb

Cov lus qhia no yog siv rau cov dej nyob Sab Qab Teb ntawm Txoj Kev Loj 12
(zam rau Tus Dej Sacramento thiab Tus Dej San Joaquin sab qab teb Stockton)

Cov pojniam muaj hnub nyoog 18 - 45 thiab cov menyuam yaus hnub nyoog 1 - 17

Cov txivneej muaj hnub nyoog 17 thiab cov pojniam muaj hnub nyoog tshaj 45 yuav tsis muaj mob yog noj nqaij ntse ntau



- Ntse American shad (American shad) ♥
- Ntse dej tsuag (Crayfish)
- Ntse tuaj kub (Catfish)
- Ntse dej hia txwv thiab lwm yam ntse dej hia txwv (Bluegill or other sunfish)
- Qwj axis (Asiatic clam)
- Ntse Steelhead trout* ♥

- Ntse Bass (Bass) ♥
- Ntse Sucker (Sucker)
- Ntse noj tau (Crappie)
- Ntse pas nais (Carp)

- Ntse txaj tav (Striped bass)
- Ntse dawb hav zoov hav tsuag (White sturgeon)

♥ = Muaj cov Omega-3s Ntau

* Qhov raug cai yog tsuas saib xyuas hom ntse hatchery steelhead thiab tsuas xaiv hom dej, saib hauv www.wildlife.ca.gov/Regulations

2 zaug hauv ib lub asthiv LOSSIS
7 zaus hauv ib lub asthiv ntawm cov qwj

LOSSIS

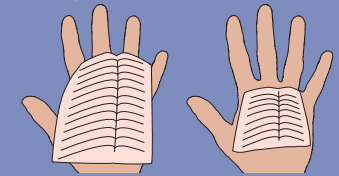
noj 1 zaug hauv ib lub asthiv

Tsis txhob noj THIAB

Tsis txhob noj hom ntse lossis tej tsiaj muaj plhaub tuaj tom Lub Pas Dej Stockton.

- 7 zaus hauv ib lub asthiv LOSSIS
5 zaug hauv ib lub asthiv ntawm cov ntse dej tsuag lossis ntse tuaj kub LOSSIS
- 2 zaug hauv ib lub asthiv LOSSIS
- 2 zaug hauv ib lub asthiv ntawm cov ntse txaj tav LOSSIS
1 zaug hauv ib lub asthiv ntawm cov ntse dawb hav zoov hav tsuag
Tsis txhob noj hom ntse lossis tej tsiaj muaj plhaub tuaj tom Lub Pas Dej Stockton.

Yuav noj licas?



Rau Cov Neeg Laus

Rau Cov Menyuum Yaus

Qhov loj thiab tuaj ntawm cov nqaij ntse uas koj yuav noj yog luaj li koj txhais tes. Muab rau cov menyuum yaus noj kom tsawg dua ntawd.

♥ Vim licas thiaj noj ntse?

Noj ntse zoo rau koj li kev noj qab haus huv. Ntse muaj cov Omega-3s uas pab txo kom txhob muaj mob plawv thiab pab ua txhawb kev loj hlob ntawm cov hlwb ntawm cov menyuum yaus thiab cov menyuum mos tseem nyob hauv plab.

Kev txhawj xeeb yog dabtsi?

Qee hom ntse muaj cov tshuaj kua hlau (mercury) thiab PCBs ntau. Mercury tuaj yeem cuam tshuam rau cov hlwb tshwj xeeb mas cov menyuum yaus thiab cov menyuum mos tseem nyob hauv plab. PCBs tuaj yeem ua rau muaj mob khees xaws.