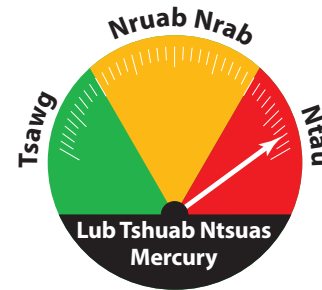
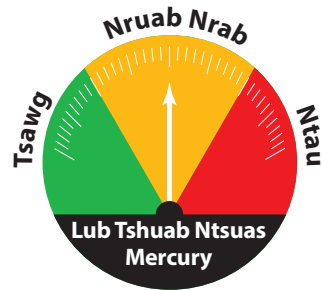
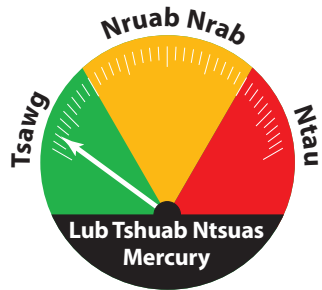


Kev Qhia Noj Ntses uas Txhom los ntawm Tus Niam Dej Sacramento thiab Cov Dej Sab Qaum Teb

Suav nrog txhua tus dej sab qaum teb Delta ntawm Txoj Kev Loj 12

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



Ntses American shad (American shad) ♥



Ntses Rainbow trout (Rainbow trout) ♥



Ntses Steelhead trout* (Steelhead trout*) ♥



Ntses Chinook (king) salmon (Chinook (king) salmon) ♥



Qwj asxis (Asiatic clam)



Ntses pas nais lossis ntses kub (Carp or goldfish)



Ntses noj tau (Crappie)



Ntses Sucker (Sucker)



Ntses dej hia txwv thiab lwm yam ntses dej hia txwv (Bluegill or other sunfish)



Ntses tuaj kub (Catfish)



Ntses taub hau tawv (Hardhead)



Ntses dej tsuag (Crayfish)



Ntses Hitch (Hitch)



Ntses txaj tav (Striped bass)



Ntses Bass (Bass)



Ntses Pikeminnow (Pikeminnow)

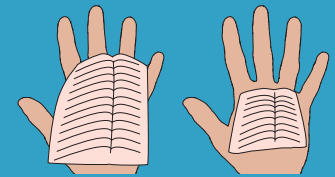


Ntses dawb hav zoov hav tsuag (White sturgeon)

Cov txivneej muaj hnuv nyoog 17 thiab cov pojniam muaj hnuv nyoog tshaj 45 yuav tsis muaj mob yog noj nqaj ntses ntau

- 7 zaus hauv ib lub asthiv LOSSIS
- 3 zaus hauv ib lub asthiv LOSSIS
- 2 zaug hauv ib lub asthiv ntawm cov ntses txaj tav LOSSIS
- 1 zaug hauv ib lub asthiv ntawm hom ntses bass, hom ntses pikeminnow, hom ntses dawb hav zoov hav tsuag

Yuav noj licas?



Rau Cov Neeg Laus

Rau Cov Menyuum Yaus

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

♥ Vim licas thiaj noj ntses?

Noj ntses zoo rau koj li kev noj qab haus huv. Ntses 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 ntses 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.

♥ = Muaj cov Omega-3s Ntau

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

Daim duab hom ntses Rainbow trout: John Lyons, Wisconsin Lub Tsev Haujlwm Saib Xyuas Khoom Thiab Tsiag Hav Zoov Hav Tsuag

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