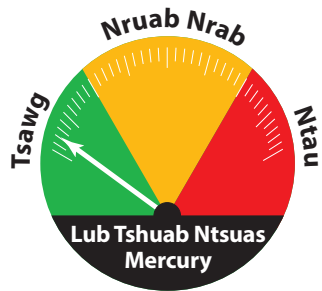


Kev qhia noj cov ntses txhom los ntawm Tus Niam Dej San Joaquin

Los Tom Lub Pas Dej Tauv Friant mus rau Lub Pas Dej Stockton

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



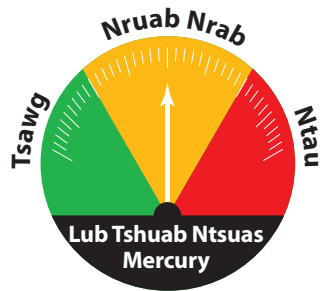
Ntses dej hia txwv lossis lwm yam ntses dej hia txwv reदार (Bluegill or redear sunfish)



Ntses Steelhead trout* (Steelhead trout*)



Ntses American shad (American shad)



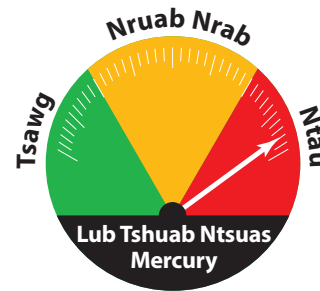
Ntses tuaj kub (Catfish)



Ntses pas nais (Carp)



Ntses Sucker (Sucker)



Ntses txaj tav (Striped bass)



Ntses qhov ncauj loj (Largemouth bass)



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 nqaij ntses ntau

- 7 zaus hauv ib lub asthiv LOSSIS
 - 5 zaus hauv ib lub asthiv ntawm hom ntses dej hia txwv lossis lwm yam ntses dej hia txwv LOSSIS
 - 2 zaus hauv ib lub asthiv LOSSIS
 - 2 zaug hauv ib lub asthiv ntawm hom ntses txaj tav LOSSIS
 - 1 zaus hauv ib lub asthiv ntawm hom ntses qhov ncauj loj lossis ntses dawb hav zoov hav tsuag
- Tsis txhob noj hom ntses 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 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 txhawv 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 www.wildlife.ca.gov/Regulations

2 zaug hauv ib lub asthiv LOSSIS

3 zaug hauv ib lub asthiv ntawm hom ntses hiav txwv shad

LOSSIS

noj 1 zaug hauv ib lub asthiv

Tsis txhob noj

THIAB

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