Cov txivneej muaj hnub nyoog 17 thiab cov pojniam muaj hnub 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 txaij 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.

♥ 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 menyuam yaus thiab cov menyuam 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 menyuam yaus thiab cov menyuam mos tseem nyob hauv plab. PCBs tuaj yeem ua rau muaj mob khees xaws.

Yuav noj licas?

Rau Cov Neeg Laus

Rau Cov Menyuam Yaus

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

Cov lus qhia yuav ntses rau cov pojniam muaj hnub nyoog 18 – 45 thiab cov menyuam yaus muaj hnub nyoog 1 – 17

Tsis txhob noj hom ntses uas koj tsev neeg lossis cov pheej txom hauv los ntawm tib lub asthiv uas koj noj cov ntses yuav los tom kiab khws lossis tsev noj mov. Rau hom ntses koj yuav:

- **Qhov zoo tshaj yog noj cov tshes muaj tshuaj kua hlau (mercury) tsawg yog 2 zaug hauv ib lub asthiv** xws li hom ntses salmon ♥, ntses dub dej hia txwv, ntses tuaj kub, ntses yug, cws, ntses anchovies ♥, ntses sardines ♥, ntses txaij nqaij liab ♥, lossis ntses tuna ntim hauv kaus poom

LOSSIS

- **Qhov zoo tshaj yog noj hom ntses muaj mercury tsawg yog 1 zaug hauv ib lub asthiv** oxws li cov ntses tuna ntim hauv kaus poom (dawb) ♥

- **Tsis txhob nojt** ntses xab lam, ntses caj dab ntev dej hia txwv, ntses dej hia txwv uas noj tau lossis ntses king mackerel

♥ = Muaj cov Omega-3s Ntau

California Chav Lis Haujlwm Tshuaj Ntsuam Xyuas Huab Cua Ib Puag Ncig Uas Tsis Zoo Rau Kev Noj Qab Haus Huv

www.oehha.ca.gov/fish.html

(916) 327-7319 lossis (510) 622-3170

Hmong 11/15

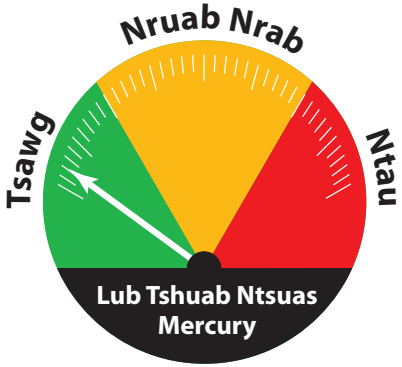
Kev Qhia Noj Cov Ntses Txhom Los Ntawm

Tus Niam Dej San Joaquin

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

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

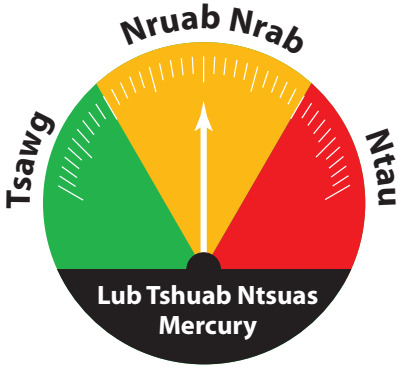
Cov pojniam muaj hnub nyoog 18 - 45, thiab cov menyuam yaus hnub nyoog 1 - 17



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

Ntses Steelhead trout* ♥
(Steelhead trout*)

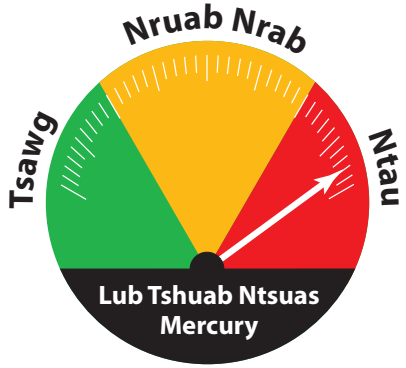
Ntses American shad ♥
(American shad)



Ntses tuaj kub (Catfish)

Ntses pas nais (Carp)

Ntses Sucker (Sucker)



Ntses txaij tav (Striped bass)

Ntses qhov ncauj loj
(Largemouth bass)

Ntses dawb hav zoov hav tsuag
(White sturgeon)

♥ = 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