

# Qhia Txog Kev Noj Ntses

## Yam Cov Poj Niam Cev Xeeb Tub thiab Cov Niam Txiv Yuav Tsum Tau Paub

Ntses thiab lwm yam khoom noj uas mua protein-ntau muaj cov kuab hu ua nutrients uas tuaj yeem pab tau koj tus me nyuam kev loj hlob thiab nthuav txav.

Txog cov poj niam yug menyuam hnuv nyoog (kwv yees 16-49 xyoos), tshwj xeeb cov cev xeeb tub thiab pub mis me nyuam noj, thiab rau cov niam txiv thiab yog cov tu me nyuam mos.

- *Noj ntses 2 txog 3 zaug nyob rau ib asthiv los ntawm cov npe “Kev Xaiv Zoo tshaj” lossis 1 zaug los ntawm cov npe “Kev xaiv Zoo”.*
- *Noj ntau hom ntsets.*
- *Muab ntsets rau cov menyuam hnuv nyoog pib txij 2 xyoo noj 1 txog 2 zaug nyob rau 1 asthiv.*
- *Yog tias koj noj cov ntsets uas koj tsev neeg lossis cov phooj ywg txhom, saib daim ntawv qhia kev noj ntsets. Yog tias tsis muaj cov ntawv qhia, ces noj ib zaug xwb noj thiab tsis muaj lwm yam ntsets lub asthiv ntawv.\**

## Siv daim ntawv qhia (chart) no!

koj tuaj yeem siv daim ntawv qhia los pab koj xaiv seb noj hom ntsets twg twg, thiab yuav noj tuab npaum cas, nyob ntawm cov ntsets muaj kuab mercury ntaus los tsawg. Cov npe ntsets “Kev xaiv Zoos tshaj” muaj kuab mercury qis tshaj plaws.

### Noj ib zaug yog li cas?



Cov laus  
4 ounces



Cov me nyuam  
yaus, hnuv nyoog  
4 txog 7 xyoo  
2 ounces

Txhawm rau nrhiav paub, siv koj lub xib teg!

### Kev xaiv Zoo Tshaj NOJ 2 TXOG 3 ZAUG NYOB RAUB IB LUB ASTHIV

LOSSIS

### Kev Xaiv Zoo NOJ 1 TXOG 1 ZAUG NYOB RAUB IB ASTHIV

Cov Ntsets Me Anchovy	Ntsets Hake	Ntsets Scallop
Ntsets hiav txwv Atlantic croaker	Ntsets Herring	Ntsets Shad
Ntsets hiav txwv Atlantic mackerel	Ntsets Lobster, American thiab spiny	Koob Cws (Shrimp)
Ntsets hiav txwv Black sea bass	Ntsets Mullet	Ntsets Choo (Skate)
Ntsets Butterfish	Ntsets Oyster	Ntsets Smelt
Ntsets kaus (Catfish)	Ntsets Pacific chub mackerel	Ntsets Sole
Qwj (Clam)	Ntsets Perch, hav dej thiab hiav txwv	Ntsets Squid
Ntsets Cod	Ntsets Pickerel	Ntsets Tilapia
Roob ris (Crab)	Ntsets Plaice	Ntsets Trout, hav dej
Koob Cws Dej Tsuag (Crawfish)	Ntsets Pollock	Ntsets Tuna, ntim kaus poom (nrog rau skipjack) (Canned light tuna)
Ntsets Flounder	Ntsets Salmon	Ntsets Dawb (Whitefish)
Ntsets Haddock	Ntsets Sardine	Ntsets Whiting

Ntsets xiav (Bluefish)	Ntsets Monkfish	Ntsets Tilefish (Hiav txwv Atlantic)
Ntsets twm (Buffalofish)	Ntsets Rockfish	Ntsets Tuna, albacore/white tuna, ntim kaus poom thiab ntsets tshiab/tso tub txias
Ntsets Keem (Carp)	Ntsets Sablefish	Ntsets Tuna, yellowfin
Ntsets Chilean sea bass/Patagonian toothfish	Ntsets Sheepshead	Ntsets Weakfish/seatrout
Ntsets Grouper	Ntsets Snapper	Ntsets White croaker/Pacific croaker
Ntsets Halibut	Ntsets Spanish mackerel	
Ntsets Mahi mahi/dolphinfish	Ntsets Striped bass (Hiav txwv)	

### Xaiv Txhob Noj MUAJ KUAB MERCURY SIAB

Ntsets King mackerel	Ntsets Noj Neeg (Shark)	Ntsets Tuna, bigeye (qhov muag loj)
Ntsets Marlin	Ntsets Swordfish	
Ntsets Orange roughy	Ntsets Tilefish (Gulf hauv Mexico)	

\*Ib txhia ntsets uas yog txhom los ntawm tsev neeg thiab cov phooj ywg xws li ntsets keem loj, ntsets kaus, ntsets twm thiab ntsets perch, yog cov uas yuav tsum muaj ntawv qhia vim tias muaj kuab mercury lossis lwm yam txuam tsis zoo nyob nrog tus ntsets. Cov neeg qhuab qhia hauv lub xeev yuav qhia koj tias koj tsim nyog noj tau cov ntsets no tuab npaum cas txhawm rau muaj kev nyab xeeb.

[www.FDA.gov/fishadvice](http://www.FDA.gov/fishadvice)

[www.EPA.gov/fishadvice](http://www.EPA.gov/fishadvice)

