

Qhia Txog Kev Noj Ntses

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

Ntse thiab lwm yam khoom noj uas mua protein-ntawm 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 ntse 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 ntse.*
- *Muab ntse rau cov menyuam hnuv nyoog pib txij 2 xyoo noj 1 txog 2 zaug nyob rau 1 asthiv.*
- *Yog tias koj noj cov ntse uas koj tsev neeg lossis cov phooj ywg txhom, saib daim ntawv qhia kev noj ntse. Yog tias tsis muaj cov ntawv qhia, ces noj ib zaug xwb noj thiab tsis muaj lwm yam ntse lub asthiv ntawv.**

Siv daim ntawv qhia (chart) no!

koj tuaj yeem siv daim ntawv qhia los pab koj xaiv seb noj hom ntse twg twg, thiab yuav noj tuab npaum cas, nyob ntawm cov ntse muaj kuab mercury ntaus los tsawg. Cov npe ntse “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 Ntse Me Anchovy	Ntse Hake	Ntse Scallop
Ntse hiav txwv Atlantic croaker	Ntse Herring	Ntse Shad
Ntse hiav txwv Atlantic mackerel	Ntse Lobster, American thiab spiny	Koob Cws (Shrimp)
Ntse hiav txwv Black sea bass	Ntse Mullet	Ntse Choo (Skate)
Ntse Butterfish	Ntse Oyster	Ntse Smelt
Ntse kaus (Catfish)	Ntse Pacific chub mackerel	Ntse Sole
Qwj (Clam)	Ntse Perch, hav dej thiab hiav txwv	Ntse Squid
Ntse Cod	Ntse Pickerel	Ntse Tilapia
Roob ris (Crab)	Ntse Plaice	Ntse Trout, hav dej
Koob Cws Dej Tsuag (Crawfish)	Ntse Pollock	Ntse Tuna, ntim kaus poom (nrog rau skipjack) (Canned light tuna)
Ntse Flounder	Ntse Salmon	Ntse Dawb (Whitefish)
Ntse Haddock	Ntse Sardine	Ntse Whiting

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

Xaiv Txhob Noj MUAJ KUAB MERCURY SIAB

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

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

www.FDA.gov/fishadvice
www.EPA.gov/fishadvice

