

# QAUV TAW QHIA TXOG KEV NOJ NTSES

Rau Cov Poj Niam Uas Cev Xeeb Tub Los Sis Ua Ntej Poj Niam Cev Xeeb Tub, Cov Poj Niam Uas Pub Niam Mis Rau Me Nyuam Noj, Thiab Cov Me Nyuam Yaus

## Kev noj ntsest† thaum cev xeeb tub los sis pub niam mis rau me nyuam noj [pab tau koj tus me nyuam.](#)

Ntsest thiab lwm yam khoom noj uas muaj protein ntau thiab muaj nutrients yuav pab tau koj tus me nyuam xeeb txawm tau zoo thiab loj hlob zoo. Ntawm txoj kev noj zaub mov zoo, noj ntsest kuj tseem pab tau rau lub plawv kom muaj zog thiab pab tau rau kev yuav rog tuaj.



### Noj Ntsest Pab Tau Koj Li Cas

Cov [Lus Qhia Kev Noj Haus Kom Zoo Rau Pej Xeeb Mes Kas Xyoo 2015-2020](#)

tau pom zoo tias:


- Noj yam tsawg kawg yog 8 ounces ntawm cov nqaij ntsest seafood (tsawg dua 8 ounces rau cov me nyuam yaus) hauv ib lub lim tiam raws li 2,000 calories ntawm kev noj
- Cov poj niam cev xeeb tub los sis pub niam mis rau me nyuam noj, noj kom txog 8 mus rau 12 ounces ntawm cov nqaij ntsest seafood hauv ib lub lim tiam uas muaj mercury tsawg dua.

[Nqaij ntsest yog ib feem ntawm tus yam ntxwv kev noj haus zoo thiab muaj:](#)

- Protein
- Cov roj Omega-3 (hu ua DHA thiab EPA)
- Vitamin B12 thiab vitamin D ntau dua li lwm hom zaub mov
- Iron, uas yog qhov tseem ceeb rau cov me nyuam mos, me nyuam yaus, thiab cov poj niam uas cev xeeb tub los sis ua ntej poj niam cev xeeb tub
- Lwm yam minerals xws li selenium, zinc, thiab iodine.

## Xaiv hom ntsest uas muaj mercury tsawg dua. ([Saib daim duab qhia nyob lwm nplooj ntawv.](#))

Nws tseem ceeb heev uas yuav tsum txwv kom tsis txhob muaj cov mercury ntau nyob hauv cov zaub mov uas cov poj niam cev xeeb tub thiab cov poj niam uas pub niam mis rau me nyuam noj thiab cov me nyuam yaus noj, muaj ntau hom ntsest uas pab tau koj lub cev thiab muaj mercury nqeg dua.

Cov lus qhia no txhawb nqa cov lus pom zoo ntawm Cov Lus Qhia Noj Zaub Mov Zoo Rau Pej Xeeb Mes Kas Xyoo 2015-2020, uas tau tsim los rau cov neeg muaj hnuv nyoog 2 xyoo thiab laus dua, uas qhia pom txog txoj kev tshawb fawb tam sim no txog kev noj zaub mov zoo los txhim kho kev noj qab haus huv ntawm pej xeeb. Cov Lus Qhia Noj Zaub Mov Zoo Rau Pej Xeeb Mes Kas tsom rau cov qauv kev noj haus zoo thiab cov kev cuam tshuam ntawm cov zaub mov thiab cov yam ntxwv noj zaub mov zoo rau txoj kev noj qab haus huv. Txog kev qhia txog kev pub nqaij ntsest rau cov me nyuam yaus hnuv nyoog qis dua 2 xyoo, koj tuaj sab laj nrog lub [American Academy of Pediatrics](#) .

# Daim duab no pab tau koj hauv kev xaiv seb hom ntses twg muaj them mercury ntau npaum li cas, thiab yuav noj tau heev npaum li cas.

Noj ib pluag npaum li cas? Kev nrhiav paub, yog siv koj lub xib tes.



## Cov lau 1 puas = 4 ounces

Ib lub lim tiam twg, noj li 2 txog rau 3 pluag ntawm hom ntses uas “Xaiv Hom Ntses Zoo Tshaj” los 1 pluag ntawm hom ntses uas “Xaiv Hom Ntses Zoo”.



Rau cov me nyuam yaus, noj ib puas yog 1 ounce thaum muaj hnub nyoog 2 xyoos. Kev Noj [nce txog 4 ounces](#) thaum muaj hnub nyoog 11 xyoos.

Yog koj noj cov nstes uas koj tsev neeg los yog tej phooj ywg muab tau, yuav tsum tau saib ntawm [daim quav taw qhia txog kev noj nstes](#). Yog tsis muaj daim qauv taw qhia, nej tsuas noj ib pluag nyob rau hauv ib lub lim tiam ntawd xwb.\*

Xaiv Hom Ntses Zoo Tshaj NOJ 2 TXOG RAU 3 PLUAG NYOB HAUV IB LUB LIM TIAM TWG			LOSSIS	Xaiv Hom Ntses Zoo NOJ 1 PLUAG NYOB RAU HAUV IB LUB LIM TIAM TWG		
Cov Ntses Me Anchovy	Ntses Hake	Ntses Scallop		Ntses xiav (Bluefish)	Ntses Monkfish	Ntses Tilefish (Hiav txwv Atlantic)
Ntses hiav txwv Atlantic croaker	Ntses Herring	Ntses Shad		Ntses twm (Buffalofish)	Ntses Rockfish	Ntses Tuna, albacore/white tuna, ntim kaus poom thiab ntses tshiab/tso tub txias
Ntses hiav txwv Atlantic mackerel	Ntses Lobster, American thiab spiny	Koob Cws (Shrimp)		Ntses Keem (Carp)	Ntses Sablefish	Ntses Tuna, yellowfin
Ntses hiav txwv Black sea bass	Ntses Mullet	Ntses Choo (Skate)		Ntses Chilean sea bass/Patagonian toothfish	Ntses Sheepshead	Ntses Weakfish/seatrout
Ntses Butterfish	Ntses Oyster	Ntses Smelt		Ntses Grouper	Ntses Snapper	Ntses White croaker/Pacific croaker
Ntses kaus (Catfish)	Ntses Pacific chub mackerel	Ntses Sole		Ntses Halibut	Ntses Spanish mackerel (Hiav txwv)	
Qwj (Clam)	Ntses Perch, hav dej thiab hiav txwv	Ntses Squid		Ntses Mahi mahi/dolphinfish		
Ntses Cod	Ntses Pickerel	Ntses Tilapia		<b>Xaiv Hom Ntses Uas Tsi Txhob Noj</b> HOM NTSSES UAS MUAJ MERCURY SIAB		
Roob ris (Crab)	Ntses Plaice	Ntses Trout, hav dej				
Koob Cws Dej Tsuag (Crawfish)	Ntses Pollock	Ntses Tuna, ntim kaus poom (nrog rau skipjack) (Canned light tuna)		Ntses King mackerel	Ntses Noj Neeg (Shark)	Ntses Tuna, bigeye (qhov muag loj)
Ntses Flounder	Ntses Salmon	Ntses Dawb (Whitefish)		Ntses Marlin	Ntses Swordfish	
Ntses Haddock	Ntses Sardine	Ntses Whiting		Ntses Orange roughy	Ntses Tilefish (Gulf hauv Mexico)	

\*Tej hom ntses uas muab tau los ntawm yus tsev neeg thiab tej phooj ywg, xws li large carp, ntses tuaj kub, trout thiab perch, feem ntau yuav tsum tau tshuaj saib ntawm daim qauv taw qhia kev noj nstes vim muaj mercury los lwm yam nyob rau hauv lawm. Cov tib neeg ua hauj lwm hauv xeev yuav qhia tau rau koj saib yuav noj li cas rau cov hom ntses hais los nov.

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



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