

LUS QHIA TXOG KEV NOJ NTSES

Rau Cov Neeg Uas Tej Zaum Cev Xeeb Me Nyuam los sis Cev Xeeb Me Nyuam Lawm los sis Tab Tom Pub Mis Rau Me Nyuam Mos thiab Cov Me Nyuam Yaus Muaj Hnub Nyoog Li 1 - 11 Xyoo

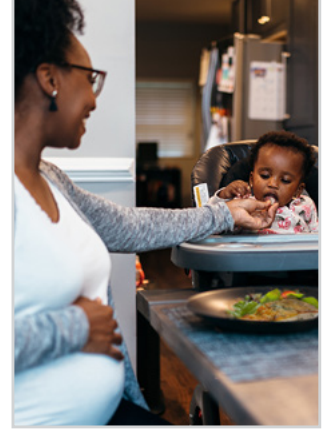


Ntses† muab cov txab khoom noj tseem ceeb uas pab txhawb nqa cov me nyuam yaus li kev loj hlob ntawm lub hlwb.

Ntses yog ib feem xyuam ntawm tus [qauv kev noj khoom noj txhawm rau kev noj qab nyob zoo](#) thiab muab cov txab khoom noj tseem ceeb ncuu sij hawm cev xeeb me nyuam, tab tom pub mis rau me nyuam mos, thiab/los sis thaum tseem yau txhawm rau pab txhawb tus **me nyuam li kev loj hlob ntawm lub hlwb**:

- Omega-3 (tau hu ua DHA thiab EPA) thiab roj omega-6
- Iron
- Iodine (ncua sij hawm cev xeeb me nyuam)
- Choline

Choline los kuj pab tsim tus **me nyuam mos cov hlwb txha nqaj qaum**. Ntses muab txab iron thiab zinc los pab txhawb **cov me nyuam yaus li roj ntshav tiv thaiv kab mob**. Ntses yog ib yam khoom noj uas muaj lwm yam txab khoom noj li plaus tees (protein), viv tas mees (vitamin) B12, viv tas mees (vitamin) D, thiab xis lis nias (selenium).



Xaiv cov ntses uas muaj kob mercury tsawg zog.

Txawm tias kev muaj ciam txwv kob mercury nyob rau hauv cov khoom noj ntawm cov neeg uas cev xeeb me nyuam los sis tab tom pub mis rau me nyuam mos thiab cov me nyuam yaus nws yog qhov tseem ceeb los, muaj ntau hom ntses puav leej muaj cov txab khoom noj thiab kob mercury tsawg zog tib si.

Qhov no yog lub kem ntawv uas tuaj yeem pab tau koj xaiv tias yuav noj hom ntses twg, thiab yuav noj heev npaum li cas, uas saib raws li cov qib mercury nyob rau ntawm cov ntses ntawd.

Kev pab cuam khoom noj yog dab tsi?

Tam li yog qhov lus qhia, siv koj lub xib tes.



Ces xeeb me nyuam thiab tab tom pub mis rau me nyuam mos: 1 zaug kev pab cuam khoom noj yog 4 ounces

Noj cov khoom noj ntawm kem "Cov Kev Xaiv Zoo Tshaj Plaws" li 2 txog 3 zaug rau ib vij (LOS SIS 1 zaug ntawm cov khoom noj ntawm kem "Cov Kev Xaiv Zoo").

Me nyuam yaus:

Raws li qib feem nrab, ib zaug kev pab cuam khoom noj yog thaj tsam li:

- 1 ounce rau cov muaj hnub nyoog 1 txog 3 xyoo
- 2 ounces rau cov muaj hnub nyoog 4 txog 7 xyoo
- 3 ounces rau cov muaj hnub nyoog 8 txog 10 xyoo
- 4 ounces rau cov muaj hnub nyoog 11 xyoo

Noj cov khoom noj ntawm kem "Cov Kev Xaiv Zoo Tshaj Plaws" li 2 zaug rau ib vij.

Cov Kev Xaiv Zoo Tshaj Plaws

Anchovy	Herring	Sardine
Ntses hiav txwv As Las Tiv croaker	Koob Cws Hiav Txwv, Ntses American thiab spiny	Scallop
Ntses hiav txwv As Las Tiv mackerel	Mullet	Shad
Black sea bass	Oyster	Koob Cws
Butterfish	Ntses hiav txwv Pas Xis Fiv chub mackerel	Skate
Ntses Tuaj Kub	Perch, ntses dej tsuag thiab dej hiav txwv	Smelt
Pias Deg	Pickering	Sole
Cod	Plaice	Squid
Roob Ris	Pollock	Tilapia
Koob cws dej tsuag	Salmon	Trout, ntses dej tsuag
Flounder		Tuna, ntses kos poom (Suav nrog skipjack)
Haddock		Whitefish
Hake		Whiting

Cov Kev Xaiv Zoo

Ntses Xiav	Monkfish	Hiav Txwv As Las Tiv
Buffalofish	Rockfish	Tuna, albacore/ ntses tuna dawb, ntses kos poom thiab cov ntses uas tseem tshiab/ntses tsau tub txias
Carp	Sablefish	Tuna, ntses tis-tw daj
Chilean sea bass/ Patagonian toothfish	Sheepshead	Snapper
Grouper	Spanish mackerel	Weakfish/seatrout
Halibut	Hiav txwv	Ntses croaker dawb/ Ntes hiav txwv Pas Xis Fiv croaker
Mahi mahi/ dolphinfish		

Cov Kev Xaiv Uas Yuav Tau Zam COV QIB KOB MERCURY SIAB TSHAJ PLAWS

King mackerel	Shark	Tilefish (Pas Dej Mexico)
Marlin	Swordfish	Tuna, ntses qhov muag loj
Orange roughy		

Yuav ua li cas hais txog ntawm cov ntses uas tsev neeg thiab cov phooj ywg txhom tau? Ntsuam xyuas [cov lus qhia hais txog ntses thiab qwj](#) kom koj paub tias yuav noj cov ntses ntawd heev npaum li cas thiaj li muaj kev nyab xeeb. Yog tias tsis muaj lus qhia, ces noj tib zaug nkaus xwb thiab tsis txhob noj lwm hom ntses ntxiv lawm nyob rau lub vij ntawd. Qee hom ntses uas tsev neeg thiab cov phooj ywg txhom tau, xws li ntses carp loj, ntses tuaj kub, ntses trout thiab ntses perch, feem ntau lawm yeej muaj cov lus qhia txog kev noj ntses vim muaj kob mercury los sis lwm yam kob tsis huv.

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



LUS QHIA TXOG KEV NOJ NTSES

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Cov Lus Qhia Txog Khoom Noj rau Neeg Mes Kas pom zoo kom noj cov ntses uas yog ib feem ntawm tus qauv kev noj khoom noj txhawm rau kev noj qab nyob zoo.

Cov [Lus Qhia Txog Khoom Noj rau Neeg Mes Kas](#) pom zoo:

- Kom noj khoom noj dej hiav txwv yam tsawg kawg 8 ounces (tsawg dua rau cov me nyuam yaus§) rau ib vij saib raws li qhov khoom noj 2,000 calorie.
- Cov neeg uas cev xeeb me nyuam los sis tab tom pub mis rau me nyuam noj ncuu li ntawm **8 thiab 12 ounces rau ib vij** ntawm cov khoom noj dej hiav txwv los ntawm cov kev xaiv uas muaj **kob mercury tsawg zog**.



Kev noj ntses kuj tseem muaj lwm yam txiaj ntsig rau kev noj qab haus huv thiab.

Tau pom zoo kom noj ntses ncuu sij hawm cev xeeb me nyuam vim pov thawj fab kev tshawb fawb theem nrab qhia pom tias nws tuaj yeem pab tau koj tus me nyuam mos li kev loj hlob ntawm kev txawj ntse.

Pov thawj tseeb tiag qhia pom tias kev noj ntses, yog ib feem ntawm tus qauv kev noj khoom noj txhawm rau kev noj qab nyob zoo, **tej zaum yuav muaj txiaj ntsig rau kev noj qab haus huv ntawm lub plawv**. [Cov qauv kev noj khoom noj txhawm rau kev noj qab nyob zoo](#) uas suav nrog ntses tej zaum yuav muaj lwm yam txiaj ntsig ib yam thiab. Pov thawj fab kev tshawb fawb theem nrab qhia pom tias cov qauv kev noj khoom noj tej zaum kuj yuav yog ntses ntau dua tab sis kuj muaj lwm yam khoom noj thiab, uas suav nrog zaub, txiv hmab txiv ntoo, taum, thiab txhua yam noob qoob loo, cov mis muaj roj tsawg los sis tsis muaj roj, nqaij ntshiv thiab nqaij qaib, txiv ntseej, thiab cov roj ntoo, cov nqaij uas tsis tshuam liab heev thiab cov nqaij uas noj tau tam sim, cov khoom noj thiab khoom haus uas qab zib-muaj piam thaj, thiab khoom noj uas muab noob qoob loo ua uas tau cuam tshuam nrog:



Kev pab txhawb kev noj qab haus huv ntawm pob txha – txo kev pheej hmoo lov dua*



Txo kev pheej hmoo uas hnyav dau lawm los sis muaj mob rog*



Txo kev pheej hmoo muaj mob khees xaws rau txoj hnyuv laus thiab qhov quav*

Tus **qauv kev noj khoom noj txhawm rau kev noj qab nyob zoo** muaj cov kev xaiv los ntawm txhua pawg khoom noj (zaub, txiv hmab txiv ntoo, noob qoob loo, mis, thiab cov khoom noj muaj plaus tees, uas suav nrog ntses), noj kom ntau li tau pom zoo noj, thiab raws li cov kev xav tau calorie. Cov qauv kev noj khoom noj txhawm rau kev noj qab nyob zoo suav nrog cov khoom noj uas muaj vis tas mees, cov txab khoom noj, thiab lwm yam feem xyuam xyaw uas pab txhawb kev noj qab haus huv thiab tsis muaj los sis muaj piam thaj, roj thiab sodium ntshiv me ntsis.

Qhov lus qhia no pab txhawb cov kev pom zoo ntawm [Cov Lus Qhia Txog Khoom Noj rau Neeg Mes Kas](#), uas qhia txog kev tshawb fawb fab khoom noj tam sim no txhawm rau txhim kho kev noj qab haus huv ntawm zej tsoom. [Cov Lus Qhia Txog Khoom Noj rau Neeg Mes Kas](#) tau tsoom kwm rau cov qauv khoom noj thiab cov feem cuam tshuam tsis zoo ntawm khoom noj thiab cov yam ntawm txab khoom noj uas muaj rau kev noj qab haus huv.

§ Rau qee cov me nyuam yaus, qhov noj ntses ntau nyob rau hauv cov [Lus Qhia Txog Khoom Noj rau Neeg Mes Kas](#) muaj ntau zog li nyob rau hauv qhov lus qhia FDA/EPA no. [Cov Lus Qhia Txog Khoom Noj rau Neeg Mes Kas](#) hais tias yog tias yuav noj qhov ntau zog ntawd, cov me nyuam yaus tsim nyog tau noj cov ntses ntawm kem "Cov Kev Xaiv Zoo Tshaj Plaws" uas muaj kob mercury tsawg zog xwb – cov ntses nov yog ntses anchovies, ntses hiav txwv As Las Tiv mackerel, ntses tuaj kub, pliag deg, roob ris, kab cws dej tsuag, flounder, haddock, mullet, oysters, plaice, pollock, salmon, sardines, scallops, shad, kab cws, sole, squid, tilapia, trout, thiab ntses whiting.

* Muaj [pov thawj fab kev tshawb fawb theem nrab ntawm kev sib cuam tshuam](#) ncuu ntawm tus qauv kev noj khoom noj uas xam tag nrho thiab qhov muaj feem muaj txiaj ntsig rau kev noj qab haus huv.

‡ Qhov lus qhia no yog hais txog ntses thiab qwj uas xam tias yog "ntsens" / Qhov lus qhia tau hloov kho nyob rau Lub Kaum Hlis Ntuj 2021