

# **Xaiv kev noj qab nyob zoo, noj tej ntses uas muaj cov kua hlau nyaum tsawg (low mercury)**




## **TSO NTSES RAU HAUV KOJ LUB PHAJ**

Tsis yog txhua hom ntses yuav zoo ib yam. ***Yuav tau paub hom ntses twg zoo tshaj rau koj noj, koj yuav noj tau ntau thiab heev npaum cas.*** Kev noj ntses yog ib yam zoo yog tias koj xaiv thiab noj tej ntses uas muaj cov kua hlau nyaum tsawg. Cov kua hlau nyuam no muaj kev cuam tshuam txog kev cim xeeb, kev xav, kev tswm seeb thiab me nyuam yaus txoj kev kawm ntaub ntawv.



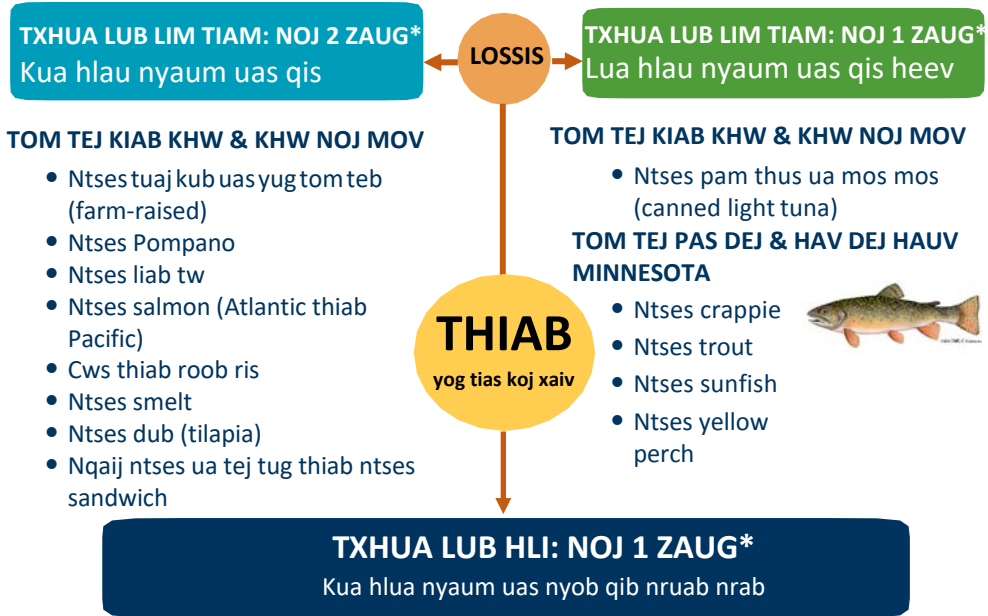
### **Kev taw qhia kom noj qab nyob zoo**



- Yog tias koj muab tus ntses tseev, hau lossis cub, lossis muab tus ntses tso hauv tub ntxias los yeej rhuav tshem tsis tau cov kua hlau nyaum heev ntawd.
- Noj tej ntses uas me. Muab tej ntses dawb (walleyes, nothern, white bass) rau cov pojniam uas cev tsis xeeb menyuam lossis rau tej pojniam uas yuav npaj muaj menyuam thiab tej txivneej.
- Txawm lub pas dej ho ntshiab lossis ntses ho tsw li cas los yeej tsis txhais tau tias zoo noj.

Cov **pojnim** uas cev xeeb menyuam lossis npaj yuav muaj menyuam thiab tej **menyuam** muaj hnuv nyoog 15 xyoos rov hauv–

# Xaiv hom ntses koj yuav noj!



## TOM TEJ KIAB KHW & KHW NOJ MOV

- Ntses tuaj kub uas yug tom teb (farm-raised)
- Ntses Pompano
- Ntses liab tw
- Ntses salmon (Atlantic thiab Pacific)
- Cws thiab roob ris
- Ntses smelt
- Ntses dub (tilapia)
- Nqaj ntses ua tej tug thiab ntses sandwich

## TOM TEJ KIAB KHW & KHW NOJ MOV

- Ntses pam thus ua mos mos (canned light tuna)

## TOM TEJ PAS DEJ & HAV DEJ HAUV MINNESOTA

- Ntses crappie
- Ntses trout
- Ntses sunfish
- Ntses yellow perch



## TOM TEJ KIAB KHW & RKHW NOJ MOV

- Ntses pam thus dawb ua mos mos (albacore)
- Ntses pam thus (fillet thiab steak)

## TOM TEJ PAS DEJ & HAVE DEJ HAUV MINNESOTA

- Ntses dawb (bass)
- Ntses tuaj kub
- Ntses northern pike
- Ntses walleye
- Ntses white bass



## TOM PAS DEJ DEVIL'S LAKE (North Dakota)

- Ntses walleye
- Ntses white bass



### \*1 Zaug = 1 Plaug Noj

Pluag noj muab nce siab lossis tzo qis raws li tus neeg loi lossis me. Ib pluag ntses 3 ounce vog noj rau ib tus neeg muaj 75 phaus (3 ounce vog loj li ntawm ib tum phaib). Ib pluag ntses 5 ounce vog noj rau ib tus neeg muaj 120 phaus. Koi noj tau ntses ntau vog tias koj noj ntses tsawg dua li pluag teev tseg rau koi noj.