

# Yuav Ua Li Cas Noj Ntses Yam Xyuam Xim Cov Txhooj Cai Rau Humboldt Bay

Hloov Kho Rau 2021

Nqaij ntsees yog zaub mov zoo rau koj kev noj qab nyob zoo. Nqaij ntsees muaj protein zoo tshaj, muaj roj rog tsawg, thiab muaj cov omega-3 fatty acids. Kev noj zaub mov uas muaj nqaij ntsees muaj kam pab tau kom lub plawv thia lub hlwb ua hauj lwm zoo. Tab sis, ntsees muaj tsiig kua hlau muaj npe “mercury.” Nws yog ib qho tshuaj lom neeg uas rau cov hlab ntsha hauv cov menyuam yaus, thiab ua rau cov neeg laus cov paj hlwb puas tsuaj. Cov poj niam cev xeeb tub, log cov ntxhais hluas coj khaub ncaws tau, cov poj niam pub mis niam, thiab menyuam yaus yuav tsum ua raws li cov txheej txheem ntawd no thiab pab los txo kua hlau mercury hauv cov zaub mov. Muaj txheej txheem txawv rau cov poj niam muaj tshaj 45 xyoo thiab cov txiv neeg. Cov kev tshawb fawb tau pom tias ua raws li cov txheej txheem no yuav txo tau cov mercury ntawm koj lub cev siv sijhawm li ntawm 3 lub hlis.



Rau cov neeg laus ib pluag mov ntsees siav sib npaug 4 ooj. Rau cov menyuam sib npaug ib nrab (2 ooj).

## Eating Fish Safely Guidelines for Humboldt Bay

Revised 2021

Fish is rich in nutrients and good for you. High in protein, omega-3 fatty acids, and low in fat, eating fish promotes heart health and brain function. However, all fish contain some mercury, a toxic metal that can harm developing nervous systems in children and can cause neurological damage in adults. Women who are or can become pregnant, breastfeeding mothers, and children should follow certain guidelines to limit their mercury intake. There are different guidelines for women over 45 and men. Studies have found that following these guidelines can reduce your body's mercury levels within 3 months.



An adult serving size is 4 ounces (cooked)  
A child's serving size is half that size (2 ounces)

Yog koj xav paub ntxiv, mus saib lub website <https://www.humboldtbykeeper.org> los hu rau tus xov tooj (707) 499-3678



