

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

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 tsiag 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

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 ntiv, mus saib lub website [www.humboldtwaterkeeper.org](http://www.humboldtwaterkeeper.org) los hu rau tus xov tooj (707) 499-3678



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Cov Txheej Txheem Rau Cov Poj Niam Yau  
Tshaj 45 Xyoo Thiab Cov Menyuum Yaus

## Zoo Tshaj - Noj tau 5 rau 7 tais nstes sib rau ib lub lim tiam

Ntses Qus Nqaij Liab Daj Tseb  
(Wild Chinook Salmon)  
Anchovy  
Piaj Dej (Oysters, Clams, Mussels)  
Sardines

## Zoo Me Ntsis - Noj tau 2 rau 3 tais nstes sib rau ib lub lim tiam

Smelt  
Roob Ris (Dungeness Crab)  
Albacore (ntes tau hauv Humboldt)  
Surfperch  
Rockfish xim dub  
California Halibut  
Pacific Halibut  
(tsawg dua 12 phaus/tsawg dua 35 ntv tes ntev)

## Zoo Tsis Cuag - Rau ib lub lim tiam tsis txhob noj ntau tshaj 1 tais

Lingcod  
(tsawg dua 10 phaus/tsawg dua 28 ntv tes ntev)  
Pacific Halibut  
(12 rau 50 phaus/ntau tshaj 35 ntv tes ntev)  
Canary Rockfish, Bat Ray

## Tsis Txhob Noj - Cov ntses muaj mercury ntau tshaj

Ntses Noj Neeg  
(Leopard Shark/Brown Smooth-Hound Shark)  
Spiny Dogfish  
Lingcod  
(ntau tshaj 10 phaus/ ntau tshaj 28 ntv tes ntev)  
Cabezon  
Rockfish hom Copper, China  
Gopher, Quillback, Vermillion

Cov Txheej Txheem Rau Cov Poj Niam Laus  
Tshaj 45 Xyoo Thiab Rau Cov Txiv Neeg

## Zoo Tshaj - Noj tau 4 rau 7 tais nstes sib rau ib lub lim tiam

Ntses Qus Nqaij Liab Daj Tseb (Wild Chinook Salmon)  
Piaj Dej (Oysters, Clams, Mussels)  
Roob Ris (Dungeness Crab)  
Rockfish xim dub  
Albacore (ntes tau hauv Humboldt)  
Anchovy, Sardines, Surfperch  
Smelt  
California Halibut  
Pacific Halibut  
(tsawg dua 12 phaus/tsawg dua 35 ntv tes ntev)

## Zoo Me Ntsis - Noj tau 2 rau 3 tais nstes sib rau ib lub lim tiam

Lingcod  
(ntau tshaj 10 phaus/ntau tshaj 28 ntv tes ntev)  
Pacific Halibut  
(mauj 12 rau 50 phaus/ntau tshaj 35 ntv tes ntev)  
Canary Rockfish  
Bat Ray

## Zoo Tsis Cuag - Rau ib lub lim tiam tsis txhob noj ntau tshaj 1 tais

Lingcod  
(mauj 10 rau 20 phaus/ntau tshaj 28 ntv tes ntev)  
Cabezon  
Rockfish hom Copper, China, Gopher, Quillback,  
Vermillion

## Tsis Txhob Noj - Cov ntses muaj mercury ntau tshaj

Ntses Noj Neeg  
(Leopard Shark/Brown Smooth-Hound Shark)  
Spiny Dogfish  
Lingcod  
(ntau tshaj 20 phaus/ntau tshaj 28 ntv tes ntev)

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