

Nyanc Mbiauz Nyei Jauv:

Mbungh Zinh Hox
Waac Weic Taux M'sieqv
Dorn Caux fu'jueiv



Mbiauz maaiah ndie-henv caux longx nyei hmei, mv'baac maaiah camv-nyungc mbiauz maaiah ndie-suei hhangv sex mangc jorm-yuiv nyei wuom (Mercury) caux doc gaeng nyei ndie (pesticides). Deng-deng hlo nyei fu'jueiv, maaiah sin nyei m'siepv dorn, gu'nguaaz hopv maa nyei nyorx wuov deix, m'sieqv dorn koqc jang maaiah sin nyei mienh, longc jienv nyei oix zuqc hiuv ndangc ninh mbuo haih nyanc duqv mbiauz ndongc haaix camv. Longc naaiv deix mbunggh zinh hoqx waac dorh mbuo nyanc mbiauz nyei jauv.

Biux mengh mbiauz nyei mbunggh zinh hox waac

- **Nyanc Maiv Duqv:** mbiauz sorkv (shark), koiv nyei domh mbiauz maaiah nyaah laic (swordfish), koiv nyei mbiauz- nzueic (tilefish), mbiauz-borngx-jaax (mackerel). Naaiv deix mbiauz maaiah ndie-suei gauh camv ndie-suei fai (mercury).
- Nyanc camv-nyungc mbiauz.
- Norm-norm leiz-baax nyanc mbiauz yietv-nyeic. Mangc biux mengh daan yiem wuov maengx bung.
- Oix zuqc nyanc siang-mbiauz nyei orqv hhangv. Oix zuqc guangc nzengc mbiauz-m'nqorngv, caux mbiauz nyei jangh jienx, hlan, hmei, caux ndopv.
- Wuonh, ziqv, buov, fai zang cuot daaih nyei mbiauz-torng oix zuqc zoi guangc nzengc.
- Gorngv meih nyanc mbiauz fang nor, gin v mbiauz-orqv bieqc nyei wuov deix nyanc. Naaiv deix maaiah ndie-suei gauh zoqc deix fai (mercury) mbiauz orqv hoz wuov deix mbiauz fang maaiah (mercury) gauh camv.
- Gorngv hhangv meih mbatc duqv mbiauz nor, ei jienv wangc siangx waac caux tengx mbuo nyei sou wuo deix jauv zoux. Oix hiuv duqv gauh camv nor, zinh lorx yiem
 - * Meih mbuo nyei buonh deic, bung-dauh wangc siangx nyei gorn fai
 - * Zoux gong dorngx yiem wangc siangx caux mangc zinh hox louc nyei dorngx Haih lorx duqv buatc yiem (916) 327-7319; (510) 622-3170 fai www.oehha.ca.gov/fish.html

Oix hiuv gauh camv deix nor, mangc yiem (FDA'S food Safety website www.cfsan.fda.gov)

Cuotv liuz naaiv, mbiauz sorkv (shark), koiv nyei domh mbiauz maaih nyaah laic (swordfish), koiv nyei mbiauz-nzueic (tilefish), mbiauz-borngx-jaax (mackerel), yietc norm leiz-baaix mbuo haih nyanc duqv mbiauz maaih jiex nyei mbiauz ndongc haaix cam?

Mbiauz fai maaih jiex nyei mbiauz:	M'sieqv mienh (yietc norm leiz-baaix tiuv nzunc)	Fu'jueiv hnyangx-jeiv gauh aiv jiex 6 hnyangx (yietc norm leiz-baaix tiuv nzunc)
<p>Poux-doih fai maaic lai-zuoqc nyei zamc</p> 	<p>1 pauh (fai 16 auh)* —FAI—</p> <p>2 nzunc 6 auh, gorngv hnangv mbiauz fang nor —FAI—</p> <p>1.2 pauh* caux 1 nzunc 6 auh, gorngv hnangv mbiauz fang nor —FAI—</p>	<p>6 auh* —FAI—</p> <p>4 auh gorngv hnangv mbiauz fang nor —FAI—</p> <p>6 cunx mbiauz (fai 6 auh) —FAI—</p>
<p>Meih ganh mbatc duqv daaih, hmuangv doic duqv daaih, fai pongh youv doic bun daaih</p> <ul style="list-style-type: none"> • Wuom-nzang: njaangh, zaeqv daaih nyei njaangh, ndoqv, fai wuom-seix, fai • Koiv-wuom: koiv fai koiv len 	 <p>Ei jienv pung-dauh wange siangx caux tengx taux mbatc mbiauz nyei jauv zoux. Gorngv hnangv naaiv deix yaac maiv maaih nor, dieh nyungc mbiauz maiv dungx nyanc aqv oc</p> <p>M'sieqv dorn nziex haih nyanc duqv 8 auh*</p> <p>*Nziang ndangc cingx zouv oc</p>	<p>Fu'jueiv nziex haih nyanc duqv 3 auh*</p> <p>*Nziang ndangc cingx zouv oc</p>

Zorng mbenc dimv mangc taux kaa^Li^fo^nie nyei lai coix guanx (Californai Wic Supplemental Nutrition Branc). Naaiv deix sou-nyouz maaih yiem naaiv deix sou gom, aengx caux maaih deix yiem naaiv ndei-sue daan "Mercury in fish" caux zorng mbenc mangc taux wangc siangx cauc zinh hoz louc jauv aeangx caus dimv mangc gorn guanx (EHB) yiem naaiv Kaa^Li^fo^nie fux-sux taux wangc siangx nyei gong-dinc