

Kuv Yuav Tsum Noj Wisconsin cov Ntses Hom Twg?

(Which Wisconsin Fish Should I Eat?)



Ntses uas nuv tau hauv Wisconsin muaj protein, cov vitamin, thiab roj nyob rau hauv cov nqaij uas zoo rau kev noj qab nyob zoo. Tab sis cov ntses feem ntau muaj cov kuab paug, los sis cov tshuaj khes mis tsis zoo, nyob rau cov nqaij ntses uas tuaj yeem ua mob rau koj lub cev thaum noj ntau. Siv phau ntawv qhia no los pab koj xaiv noj cov ntses uas koj tau nuv los ntawm Wisconsin tej dej hiav txww kom muaj kev noj muaj kev nyab xeeb tshaj qub.

Ib pluag noj = ib tug neeg laus lub xib teg

(4 ounces los sis 115 grams)

Thaum muab rau cov me nyuam, muab kom me tshaj tus neeg laus.



Qee cov dej muaj lawv tus kheej cov lus qhia. Luam theej tus zauv QR txhawm rau kom saib pom koj qhov chaw nuv ntses:



Cov lus qhia rau cov niam dej sab hauv feem ntau ntawm Wisconsin (tsis yog Cov Pas Dej Loj)



Cov pej xeem uas muaj kev pheej hmoo dua



Cov pej xeem feem dav

Cov kev xaiv zoo tshaj plaws

Ntses Bluegill



Ntses Sunfish



Ntses Yellow Perch



Ntses Rock Bass



Ntses Crappie



Ntses Bullhead



Ntses Trout Dej Tsuag



noj 1 zaug hauv
ib lub lim tiam

Tsis txwv

Kev xaiv uas zoo

Ntses Walleye



Raws li tag nrho
lwm hom ntses



Ntses Tuaj Kub



Ntses Pike



noj 1 pluag
hauv ib hlis

noj 1 zaug hauv
ib lub lim tiam

Zam

Ntses Musky



Tsis txhob noj

noj 1 pluag
hauv ib hlis

Cov pej xeem uas muaj kev pheej hmoo dua: cov tib neeg uas tej zaum cev yuav xeeb tub, tab tom cov xeeb tub los sis pub mis me nyuam, thiab cov me nyuam yaus hnub nyog qis dua 15 xyos

Cov pej xeem feem dav: txhua leej txhua tus



WISCONSIN DEPARTMENT
of HEALTH SERVICES

Cov duab ntses tau los ntawm John Lyons, Wisconsin Sea Grant (Wisconsin Tus Dej Hiav Txwv Sea Grant)

Wisconsin Department of Health Services
Bureau of Environmental and Occupational Health
P-03622CH (06/2024)