

# Kuv Yuav Tsum Noj Ntses Hauv Wisconsin Hom Twg?

(Which Wisconsin Fish Should I Eat?)



Ntses uas koj ntes tau hauv Wisconsin yog qhov uas muaj cov protein, cov vitamin, thiab roj rog 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, hauv cov ntses uas tuaj yeem ua mob rau koj lub cev thaum noj ntau. Siv phau ntawv qhia no los xaiv noj cov ntses uas koj ntes tau los ntawm Wisconsin cov niam dej tau yam muaj kev nyab xeeb dua qub.

**Ib qhov kev noj = ib tug neeg laus lub xib teg**

(4 ounces los sis 115 grams)

Ib txwm muab rau cov me nyuam kom me tas li.



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 xeeem uas muaj qhov hnov tau**



**Cov pej xeeem feem dav**

**Cov kev xaiv zoo tshaj plaws**

Ntses Bluegill

Ntses Rock Bass



Ntses Crappie



Ntses Sunfish

Ntses Bullhead



Ntses Yellow Perch

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 ntse



Ntses Tuaj Kub



Ntses Pike

Thiab tag nrho lwm hom uas tsis tau teev nyob ntawm no



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 xeeem uas muaj qhov hnov tau:** cov tib neeg uas tej zaum cev yuav xeeb tub, tab tom cev xeeb tub los sis pub mis me nyuam, thiab cov me nyuam yaus hnuv nyoog qis dua 15 xyoos

**Cov pej xeeem feem dav:** txhua leej txhua tus



WISCONSIN DEPARTMENT of HEALTH SERVICES

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

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