


Noj Ntses Heev?


Lub Xeev Minnesota Kev Qhia txog Noj Ntses





























Cov Kev Noj Kom Nyab Xeeb

Feem ntau mas ntses yeej noj tau. Ntses yog ib hom nqaij thiab roj zoo, tab sis txhua hom ntses (yuav tom khw los yog nuv los) tej zaum kuj muaj kom tshuaj (mercury) uas tsis zoo rau tib neeg lub cev-tshwb xeeb tshaj yog cov menyuam yaus thiab cov tseem nyob hauv plab.

Lub Xeeb Kev Qhia Kom Noj Tsis muaj Kev Phom Sij

 = Coj poj niam cev xeeb menyuam, Cov poj niam uas yuav muaj menyuam, thiab Cov menyuam tsis tau muaj 15 xyoos

 = Civ txiv neej, Cov tub uas muaj 15 xyoos thiab hlob tshaj, thiab Cov poj niam tsis npaj npaj siab muaj menyuam

Hom ntses	4 zaug ntawm ib lub lim tiam*	1 zaug ntawm ib lub lim tiam	1 zaug ntawm ib lub hlis	Tsis txhob noj
Bass				
Bullhead				
Ntses tuaj kub				
Cisco (Lake Herring)				
Crappie				
Inland Stream Trout (Brook, Brown, Rainbow)				
Lake Trout				
Lake Whitefish				
Muskellunge				
Northern Pike				
Sunfish				
Walleye				
Yellow Perch				
Lwm Hom Ntses Tsis Teev Tseg				

* tsis txwv yav tag los



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Yuav ua li cas?

- Noj ntses – Cov txiaj ntsim muaj ntau dua li qhov kev phom sij yog koj ua raws li cov Kev Taw Noj Kom Nyab Xeeb.
- Muaj cov ntses faib kom muaj sij hawm noj ntev loo – cov tshuaj tsis zoo yuav siv sij hawm ntev mas thiaj li tawm hauv koj lub cev mus.
- Mus saib Kev Taw Txoj Noj Cov Ntses Ntawm Lub Pas Dej Twg Thiaj Nyab Xeeb.



Tej co ntses ntawm tej lub pas dej muaj tshuaj tsis zoo ntau zog. Cov hom ntses ntawv tsawg zog li Lub Xeev Kev Taw Noj Kom Nyab Xeeb.

Txawm lub pas dej zoo li huv los tsis tau txhais tau tias cov ntse yuav huv txaus noj kom nyab xeeb.

Hom tshuaj Mercury yeej muaj nyob rau hauv feem ntau ntawm cov ntse – cov nuv hauv zos los yog yuav tom taj laj. Cov ntse uas nyob rau sab qaum teb hnuv tuaj hauv Minnesota mas muaj cov tshuaj mercury tshaj li cov nyob rau sab qab teb los yog hauv plawv Minnesota. Cov ntse muaj tshuaj mercury ntau npaim li cas mas nyob ntawm:

- Hom ntse twg. Tej co ntse muaj hom tshuaj mercury ntau tshaj lwm hom vim cov zaub mov lawv noj thiab lawv nyob tau ntev li cas lawm - Bass, Northern thiab Walleye muaj ntau tshaj li cov Panfish.
- Loj li cas. Cov ntse me feem ntau kuj muaj tshuaj mercury tsawg zog cov ntse loj, laus zog yog tias ib hom ntse. Tsis zoo li tib neeg, ntse tsis lim cov tshuaj mercury tawm.

Cov tshuaj Perfluorooctane Sulfonate (PFOS) kuj muaj tsawg tsawg nyob rau cov ntse thoo plawv lub xeev. Muaj ntau zog ntawm cov ntse hauv cov pas dej ze hauv cov nroog thiab Duluth.

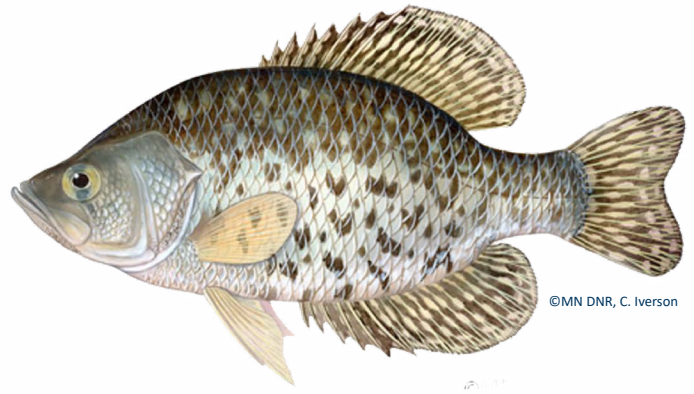
Hom tshuaj Polychlorinated biphenyls (PCBs) muaj ntau tshaj ntawm cov ntse rog zog xws li Pam Nais, Ntse Tuaj Kub, thiab Lake Trout ntawm cov dej ntwis loj thiab Lake Superior.



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Noj cov ntse uas koj nuv kuj yog ib txoj kev zoo rau lub cev, noj zoo. Ntse tsis tshua muaj roj thiab muaj nqaij zoo heev. Ntse muaj vitamins thiab minerals thiab yogh om zaub mov zoo rau omega-3 cov roj.

Kev tshawb fawb pom tau hais tias omega-3 cov roj kuj pab tau cov menyuam tsis tau yug lub hlwb thiab tsim qhov muag, thiab noj ntse ntau uas muaj cov roj zoo no kuj pab kom tsis txhob muaj kab mob plawv rau cov laus neeg. Cov kws kho mob pom zoo kom noj ntse nrog rau puas zaub mov zoo.



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Kev Qhia Tshaj No Ntxiv

Taw Kev Noj Ntse

<https://www.health.state.mn.us/fish>

- Qhia Yam Siv Lwm Hom Lus
- Kev Taw Txoj Noj Cov Ntse Ntawm Lub Pas Dej Twg Thiab Nyab Xeeb
- Noj Ib Pluag Yog Ntau Npaim Cas?

Hom tshuaj thiab Ntse hauv Minnesota

<https://www.health.state.mn.us/communities/environment/fish/faq.html>

Mercury

<https://www.pca.state.mn.us/water/mercury>

Perfluoroalkyl Substances (PFAS)

<https://www.health.state.mn.us/communities/environment/hazardous/topics/pfcs.html>

Nrhiav Pas Dej

<https://www.dnr.state.mn.us/lakefind/index.html>