

Title: Talk about Fish and Way of Eating Fish

***Tham txog ntses thiab kev noj ntses***

In Minnesota we can catch fish to eat from many rivers and lakes. We also can buy fish to eat from the market.

***Nyob MN peb muaj dej ntw, pas dej thiab ntses ntau hom. Peb kuj mus yuav ntses tau tom tej kiab khw thiab.***

Fish are fun to catch. Most fish are healthy to eat. They have good fat for our bodies and are especially good for growing babies. It helps their brains and eyes grow strong.

***Nuv ntses kuj lom zem. Ntses feem ntau noj kuj zoo rau koj lub cev. Lawv muaj cov roj zoo rau peb lub cev thiab zoo rau me nyuam mos kev loj hlob. Nws pab lawv tej paj hlwb thiab qhov muag loj hlob muaj zog.***

You may have heard that have chemicals. This is true.

***Tej zaum nej yuav tau hnov lawm tiam ntses nyob MN muaj kua tshuaj. Qhov nov, muaj tseeb.***

Therefore, we are going to talk about the chemical in fish that is of most concern for health in our state. This chemical is mercury

***Yog li, peb yuav tham txog yam kua tshuaj (chemical) nyob hauv ntses uas yog yam txhawj xeeb heev rau kev noj qab haus huv hauv peb lub xeev. Yam kua tshuaj (chemical) no yog kua hlau (Mercury).***

We cannot see, taste or smell mercury whether it is in air, water or in fish.

***Peb yeej tsis muaj peev xwm pom tau. saj tau los yog nhyiav tau cov Kua Hlau Mercury no txawm nws yuav nyob nrog huab cua, nyob hauv dej los nyob rau hauv ntses.***

Mercury is especially harmful to young children and the baby growing inside its mother. So women who are pregnant or planning to have a baby should be careful about the fish they eat. A lot of mercury can even be dangerous for adults.

***Kua Hlau (Mercury) mauj peev xwm ua mob rau me nyuam yau thiab me nyuam mos uas tseem loj hlob nyob hauv leej niam lub nrog cev. Yog li, cov poj niam uas xeeb tub los sis tseem npaj yuav muaj me nyuam, yuav tau xyuam xim, txog rau tej ntses lawv noj. Cov Kua Hlau Mercury no thaum muaj ntau kuj muaj cuab kav ua teeb meem rau cov neeg laus.***

But fish are nutritious to eat, so how can we get the good health benefits from fish for ourselves and our family without getting too much mercury?

***Tab sis, ntses kuj yog ib yam zoo noj, yog li yuav ua li cas, peb thiaj li yuav tau txoj kev noj qab haus huv los ntawm kev noj ntses, rau peb tus kheej thiab peb tsev neej, thiab cais kom txhob tau cov Kua Hlau Mercury no ntau ntau?***

Many people make the mistake by thinking that fish from clear lakes and rivers are good and safe to eat. But mercury does not follow or obey that rule. Mercury resides in all lakes and rivers whether or not they are clear or murky and in the city or rural.

***Muaj ntau leej yuav xav yuam kev tias ntses nyob hauv tej dej ntshiab yuav huv thiab zoo noj, tsi muaj teeb meem. Tab sis, Kua Hlua Mercury tsis mloog los ua raws li txoj cai no. Kua hlau (Mercury) yeej muaj nyob rau txhua lub pas dej thaib cov dej ntws tsis hais cov dej yuav ntshiab los nrov los sis yuav nyob hauv nroog los nyob sab nraum.***

This is because mercury comes with the wind and air. Mercury gets into the air from power plants that burn coal to make electricity and burning trash that contains mercury. Mercury can travel long distances in the air. Most of the mercury in the air in Minnesota are blown in from other places.

***Qhov no vim yog Kua Hlua Mercury yas los nrog huab nrog cua. Nws nyob rau saum tej huab cua, vim yog los ntawm tej chaw zom ua hluav taws xob uas hlavv pob zeb thee thiab khoom sws uas muaj Kua Hlau (Mercury). Mercury mauj peev xwm yas mus tau deb, nrog huab cuab. Feem ntau ntawm cov KuaHlau (Mercury) nyob saum huab cua hauv MN no, yog tshuab lwm qhov los.***

It is not a problem to our body's health when we breathe the air but it is a problem when the mercury falls into lakes and rivers.

***Nws tsis muaj teeb meem rau peb lub cev thaum peb ua pa, tab sis nws muaj teeb meem thaum cov Kua Hlau Mercury no poob rau pas dej thiab tej dej ntws.***

It gets into the food fish eat. Fish can't get the mercury out of their bodies.

***Nws poob mus rau ntses tej zaub noj. Ntses tsis muaj peev xwm tshem tau cov Kua Hlau Mercury no tawm ntawm lawv cev nqaij daim tawv mus.***

When bigger fish eat the smaller fish, they will get the mercury from the smaller fish. The more small fish they eat, the more mercury builds up in their bodies. The longer they live, the more fish they eat and the more mercury they have in their bodies.

***Yog thaum tus ntses loj noj tus ntses mes lawv yuav tau cov Kua Hlau Mercury no los ntawm tus ntses mes. Thaum lawv yim noj cov ntses mes, lawv yim huab tau cov Kua Hlau Mercury no ntau ntxiv rau hauv lawv lub cev. Lawv yim nyob ntev, lawv yim noj cov ntses mes ntau ntxiv, thiab yim muaj cov Kua Hlau Mercury nyob hauv lawv lub nrog cev lawm ntau.***

On the other hand, fish that only eat bugs and plants have less mercury than fish that eat other fish.

***Tab sis, cov ntses uas tsuas noj kab thiab zaub nkaus xwb, lawv muaj cov Kua Hlau Mercury no tsawg dua cov ntses uas noj lwm cov ntses.***

Bigger fish and older fish have the most mercury.

***Tus ntses loj dua thiab laus dua, muaj Kua Hlau Mercuryj ntau dua.***

So, to get the good health benefits that come from eating fish with little mercury, choose fish that are smaller and younger. Choose fish that don't eat other fish.

***Yog li, yuav kom tau txoj kev noj qab haus huv los ntawm kev noj ntses uas muaj Kua Hlau Mercury tsawg, Xaiv tej ntses uas mes zog thiab mos. Xaiv tej ntses uas tsis noj lwm cov ntses.***

Though our body has the ability to get rid of mercury naturally, it will take a some time to get rid of the mercury from our body.

***Txawm peb lub cev muaj cuab kav tshem tau cov Kua Hlau Mercury no ntawm hauv peb lub cev tawm, nws yuav siv sij hawm ntev heev rau peb lub cev, ua rau cov Kua Hlau Mercury no yaj kom tas tawm hauv peb lub cev.***

So, after choosing the right kind and the smaller size of fish to eat, we must wait for some time before eating another meal with fish.

While we wait, our bodies will slowly get rid of the mercury.

***Yog li, tom qab xaiv tau hom ntses uas yog thiab hom ntses mes, los noj, peb yuav tsum tau tos kom ntev me ntsis ua ntej peb rov qab noj duas ib pluag ntses.***

***Lub sib hawm peb tseem tos, peb lub cev yuav muab cov Kua Hlau Mercury no mab mam zom tawm mus.***

That way, the mercury will not hurt us or our children, and we will get the good health benefits that come from fish.

***Thaum ua raws li no, Mercury thiaj yuav tsis ua rau peb los tej me nyuam muaj mob, thiab peb thiaj li tau txoj kev noj qab haus huv los ntawm kev noj ntses.***

Minnesota Department of Health health scientists have developed advice that will help us to know the benefits of eating fish like all the good nutrition as well as to avoid contaminants like mercury as much as possible.

***MN lub Koom Haum Saib Kev Noj Qab Haus Huv Hauv Xeev MN nov, peb cov neeg tshuaj ntsuam tau los tsim kev cob qhia uas pab nej kom paub zoo txog rau ntawm kev noj ntses xws li txhua yam kuj yog zoo zaub thaib zam cov Kua Hlau mercury kom ntau li ntau tau.***

This advice is for two groups of people. The kinds of advice are different for these two different groups. The first group is women who won't become pregnant and men. This group can eat as much bluegill sunfish, crappie, and perch as they want. The advice for this group regarding fish that eat other fish which is largemouth, smallmouth, walleye and northern pike is permitted one meal per week. For group number 2, the advice is different.

***Qhov lus qhia no yog rau ob pab neeg. Cov lus qhia no nyias muaj txawv nyias tsis zoo ib yam rau cov neeg no. Thawj pab yog rau cov poj niam uas lawv tsis xeeb tub thiab cov txiv neej. Pab no nej noj cov ntses bluegill***

***sunfish, crappie thiab perch ntau npaum lis nej xav noj los kuj tau. Cov lus hais qhia rau pab neeg no txog kev noj ntses xws li yog ntses largemouth, smallmouth, walleye thiab ntses nothern pike yog cia nej noj tau ib vas thiv ib pluag xwb. Rau pab ob, cov lus hais qhia kuj txawv.***

Group number 2 includes women who are pregnant or who might become pregnant and children, the advice lets them eat bluegill sunfish, crappie, and perch one meal per week. Bluegill and crappie are fish that don't eat other fish and have less mercury in their body.

***Pab thib ob yog rau cov poj niam uas lawv yeej xeeb tub lawm los sis yog tej zaum lawv kuj tseem yuav xeeb tub thiab cov me nyuam yaus, cov lus qhias no yog cia rau nej noj cov ntses bluegill sunfish, crappie, thiab perch ib vas thiv ib pluag. Cov ntses bluegill sunfish thiab crappie lawv yog cov ntses uas tsis noj lwm cov ntses thiaj li muaj kua hlau (mercury) tsawg dua nyob hauv lawv lub cev.***

For fish that eat other fish, the advice is more restricted because they accumulate more mercury in their body. So, for smallmouth bass, largemouth bass, walleye and northern pike, the advice only allow one meal per month.

***Yog rau cov ntses uas noj lwm cov ntses qhov lus qhia no yuav ib nyuag nruj zog vim cov ntses no nws muaj kua hlau (mercury) ntau duas nyob rau lawv lub cev. Yog li, rau cov ntses npev qhov ncauj me (smallmouth bass) thiab cov ntses npev qhov ncauj loj (large mouth bass), Walleye thiab Northern Pike, qhov lus qhia no tsuas pub noj ib hli ib pluag xwb. Ntses npev dawb (white bass) los kuj ib yam li thiab.***

The advice for how often we can safely eat white bass is the same for all people. Men, women and children can safely eat white bass one time each month. This advice may change as we update our information for white bass.

***Cov lus qhia no hais tias peb noj ntses npev dawb (white bass) ntau npaum li cas pluas thiaj li yuav nyab xeeb tag nrho rau peb txhua leej txhua tus***

***txog kev noj ntses yuav yog txiv neej, poj niam thiab tej me nyuam yaus yeej noj tau ntses npev dawb (white bass) ib hli ib pluag uas yeej tsis muaj yuav txhawj xeeb dab tsi li. Cov lus hais qhias nov yog muaj kev hloov thiab txawv li cas txog rau cov ntses npev dawb (white bass) no peb mam li ho qhias rau nej paub ntxiv.***

MDH has advice for eating fish caught from specific lakes and rivers and advice for eating fish from the market on their web site.

***MDH muaj lus qhias txog kev noj ntses ua nuv tau los ntawm tej pas dej thiab tej dej ntwis thiab lus qhia txog kev yuav ntses tom kiab khws nyob rau lawv qhov web site.***

Fish are great tasting food (meat) and good food for our bodies.

***Ntses yog ib yam nqaij qab thiab zoo zaub rau peb lub cev.***

By knowing the right size and kind of fish we choose for our meal and how long we wait until we can eat fish again, we can keep on enjoying the benefits of eating fish.

***Yog peb paub hais tias cov ntses zoo noj yog cov ntses luaj li cas thiab yog hom twg, thiab yuav tos ntev npaum li cas mam rov noj dua ib pluag ntxiv, peb thiaj li yuav tau txoj kev kaj siab tsim nuj muaj nqi los ntawm kev noj ntses.***