

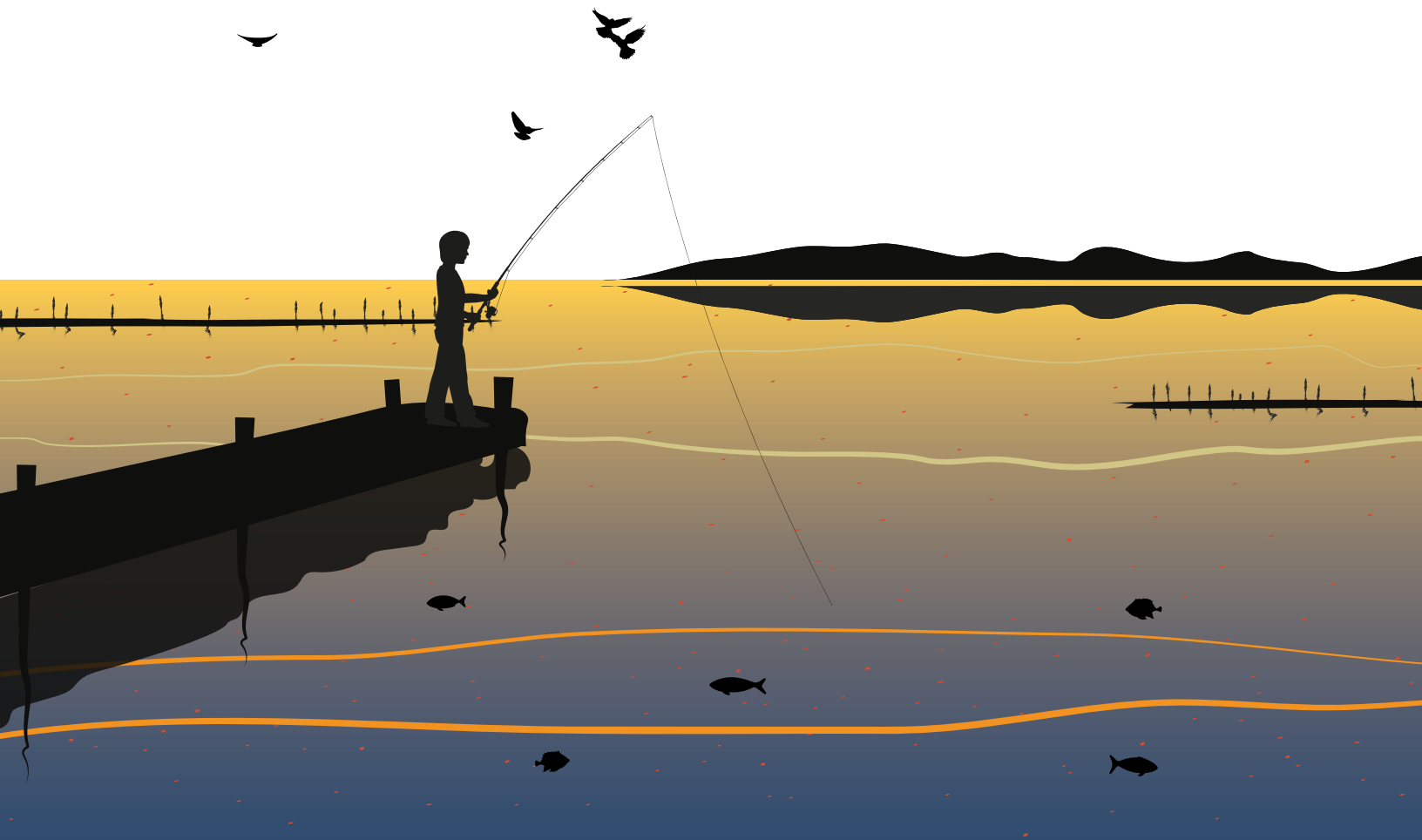
Where Can the Whole Family Eat Fish?

ဟံၣ်ဖိယီဖိခဲလၢၣ်အိၣ်ညၣ်န့ၣ်ဖဲလဲၣ်

Rochester

Area Guide

Karen



**Department
of Health**

နယူယိုၣ်ကီၢ်စၢ်ဝဲၣ်ကျိၣ်ဘၣ်ယၣ်ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ

Fishing is a fun and healthy activity.

တစ်ခွဲညှပ်နဲ့မှတ်တမ်းမရသေးဘဲအိပ်ဆုတ်အိပ်ချွတ်တုတ်ဟူးတုတ်ဟူးနဲ့လီ



Eating fish can be very good for you.

အိပ်ညှပ်နဲ့ဂုဏ်သုခိဗ်မေးလာနဂီနဲ့လီ



Fish is high in protein and part of a healthy diet.

ညှပ်နဲ့အါဝဲဒင်ဖရိုက်ထံ(န)ဒီးတုတ်အိပ်တုတ်ခါလာဒူးနဲ့ဂုဏ်သုခိဗ်မေးလာနဂီနဲ့လီ



But some fish caught in New York can have chemicals.

ဘဲဆဲးဖိာ်နဲးညဲးတနီၤလၢ(နယူယိာ်)နဲးအိာ်ယုာ်သ့ဒီးကဲးအစုာ်အပျါနဲးလီၤ

- Even if the water looks clean, fish can have chemicals that are bad for your health.
ထံမ့ၢ်ဖျါကဆိၣ်လဲာ်သနဲးက့ညဲးကျါအိာ်ယုာ်သ့ဒီးကဲးအစုာ်အပျါလၢကမၤအၢမၤနးနတၢ်အိာ်ဆူာ်အိာ်ချ့ နဲးလီၤ



You cannot see, smell or taste the chemicals found in fish.

နထံာ်အိာ်တသ့ဘဲာ်,တနာဘဲာ်အိာ်ဘဲာ်,ဒီးလုာ်ကွၢ်အိာ်ဒီးတသ့ညါလၢကဲးအစုာ်အပျါအိာ်ယုာ်လၢညဲးကျါဘဲာ်



cannot see

ထံာ်နဲးအိာ်တသ့ဘဲာ်



cannot smell

နာဘဲာ်အိာ်တသ့ဘဲာ်



cannot taste

လုာ်ဘဲာ်အိာ်တသ့ဘဲာ်

Chemicals in fish can be bad for your health.

ကဲးအစုာ်အပျါအိာ်ယုာ်လၢညဲးကျါနဲးမၤအၢမၤသီနတၢ်အိာ်ဆူာ်အိာ်ချ့ သ့နဲးလီၤ

- Chemicals can affect babies more than adults.
ကဲးအစုာ်အပျါနဲးမၤဘဲာ်ဒီးဖိသဲာ်အါနဲးပုၤသးပုၤသ့နဲးလီၤ
- Large amounts of chemicals can affect a child's ability to learn.
အိာ်ဘဲာ်ကဲးအစုာ်အပျါအါနဲးမၤဘဲာ်ဒီးသ့ဝဲ
ဖိသဲာ်တၢ်သ့တၢ်ဘဲာ်လၢကမၤလိတၢ်နဲးလီၤ



Different people can eat different amounts of fish. There is different advice depending on your age.

ပုၤတဖၣ်လၢအိာ်ဒီး တၢ်လီၤဆီလိာ်သးနဲး အိာ်ဝဲဒဲးညဲး အအါအစုၤလၢ အလီၤဆီလိာ်သးနဲးလီၤ.
တၢ်အံၤမ့ၢ်တၢ်ဟ့ၣ်ကူာ်လီၤဆီလၢ အဒီးသန့ၤထီၣ်သးလၢ နသးနံာ်လါအဖီခိာ်နဲးလီၤ.



Since chemicals are most harmful to young people, especially women and children, families should eat less fish.

မ့ၢ်လၢ ကဲးတၢ်ဖိတၢ်လံၤ(chemicals) တဖၣ်နဲး မ့ၢ်ဝဲဒဲးတၢ်လၢအမၤဘဲာ်ဒီးဆါ ပုၤသ့ၣ်စၢ်သးဘီၣ်တဖၣ်ကတၢၢ်, လီၤဆီဒဲးတၢ် ဟံာ်မုာ်တဖၣ်ဒီး ဖိဒဲးသဲာ်တဖၣ်အဃိ, ဟံာ်ဖိဃိဖိတဖၣ်နဲး ကြၢးအိာ်ဝဲဒဲးညဲးစ့ၤစ့ၤလီၤ.

Older adults can eat more fish because the chemicals are not as harmful to their health.

ပုၤသ့ၣ်က့သးပုၤတဖၣ်နဲး အိာ်ဝဲဒဲးညဲးအါအါသ့ မ့ၢ်လၢ
ကဲးအတၢ်ဖိတၢ်လံၤ(chemicals) တဖၣ်နဲး မၤဘဲာ်ဒီးဆါ
အဝဲသ့ၣ်အတၢ်အိာ်ဆူာ်အိာ်ချ့ အါကဲးဆိး
တသ့ဘဲာ်အဃိနဲးလီၤ.



The New York State Department of Health tells anglers where it's good to eat the fish and which fish are good to eat.

New York ကီရိစံပ် တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဝဲၤကျိၤ တဲဘၣ်ဝဲဒၣ် ပှၤတခွဲညၣ်ဖိတဖၣ် တၢ်လီၤလၢ ပှၤအိၣ်ညၣ်တဖၣ် သ့ဝဲဒီး ညၣ်မနုၤတဖၣ် ဂ့ၤလၢပှၤကအိၣ်ဝဲဒၣ်အဂီၢ်လဲၣ်န့ၣ်လီၤ.

- Use the map to find where it's good to eat the fish.
စူးကါဘၣ် ဟီၣ်ခိၣ်ဂီၤလၢ ကဃုကွၢ် တၢ်လီၤလၢ ပှၤအိၣ်ညၣ်တဖၣ် ကသ့ဝဲအလီၢ်တက့ၢ်.
- Choose to eat fish from waters outlined in blue and purple.
ဃုထၢအိၣ်ညၣ်လၢထံတၢ်ပၢ်ဖျါထီၣ်အိၣ်အလါအဲးဒီးအဂီၢ်လုး

Blue waters
ထံလၢအလါအဲး



Purple waters
ထံလၢအဂီၢ်လုး



- These fish have less chemicals and are a healthy choice.
ညၣ်တကလုာ်အံၤစ့ၤဒီးကံၤအစုၣ်အပျါဒီးမ့ၢ်တၢ်ဃုထၢဂ့ၢ်လၢတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ အဂီၢ်န့ၣ်လီၤ.
- Avoid eating fish from waters outlined in red.
ဟးဆွဲ တၢ်အိၣ်ညၣ်တဖၣ်လၢ ပှၤမၤန့ၢ်အိၣ်လၢ ထံအလွဲၢ်ဂီၤတဖၣ် အပူၤန့ၣ်တက့ၢ်.

Red waters
ထံလၢအဂီၢ်



If you choose to cook the whole fish, soups or stews, choose fish from blue waters. These fish have less chemicals in their fat and skin.
နမ့ၢ်ဃုထၢလၢ ကဖီအိၣ်ညၣ်ဒီတဘျီ, တၢ်ထံမ့ၢ်ဂ့ၢ် ကသ့မ့ၢ်ဂ့ၢ်န့ၣ်, ဃုထၢညၣ်လၢ အိၣ်လၢထံအလွဲၢ်လါအဲးတဖၣ်အပူၤတက့ၢ်. ညၣ်တဖၣ်အံၤ ကံၤအတၢ်ဖိတၢ်လံၤစ့ၤဝဲဒၣ်လၢ အသိဒီး အဖံးပူၤန့ၣ်လီၤ.

Blue waters
ထံလၢအလါအဲး



If you fish from purple waters, you should remove the fat and skin from your fish. Fish in purple waters have chemicals in their fat and skin. Trim and skin your fish so it has less chemicals.
နမ့ၢ်ဃုအိၣ်ညၣ်လၢ ထံအလွဲၢ်လုးအပူၤန့ၣ်, နကဘၣ်မၤကဆိကွံၢ် အသိဒီး အဖံးလၢညၣ်အပူၤလီၤ. ညၣ်တဖၣ်လၢအိၣ်လၢ ထံအလွဲၢ်လုးအပူၤန့ၣ် ကံၤအတၢ်ဖိတၢ်လံၤတဖၣ်အိၣ်ဝဲဒၣ်လၢ အသိဒီး အဖံးအပူၤန့ၣ်လီၤ. ကူးတၢ်ဒီး အိးကွံၢ်အဖံးလၢနညၣ်အပူၤ ဒ်သိးကံၤအတၢ်ဖိတၢ်လံၤကစ့ၤလီၤအဂီၢ်တက့ၢ်.

Purple waters
ထံလၢအဂီၢ်လုး



Why we have advice

ဘတ်မနုၤအဃိ ပဘတ်ဟ့ၣ်ကူၣ်တၢ်လဲၣ်

- This is to protect people from chemicals that might be in fish.
တၢ်အံၤကဒီသအပူၤဂီၢ်မုၢ်လၢကၢ်အစုၣ်အပျၢ်အိၣ်ယုၣ်သ့လၢညၣ်ကျါ
- The chemicals can take a long time to build up in the body.
တၢ်ဆၢကတီၢ်လၢကၢ်အစုၣ်အပျၢ်ကမၤအိၣ်(ဒိၣ်)ထီၣ်လၢနနီၢ်ခိအပူၤယံၣ်မၤသ့န့ၣ်လီၤ.
- You won't get sick right away, but after many years, these chemicals may cause health issues like cancer.
နတအိၣ်ဆူၣ်အိၣ်ချ့တဘျီယီၣ်ဘၣ်,ဘၣ်ဆၣ်ကၢ်အစုၣ်အပျၢ်မၤကဲထီၣ်သ့တၢ်ဆါအါအဂ့ၢ်အကျိၤလီၤဂၤဒ်သိးခဲစၢ်န့ၣ်လီၤ.
- It's ok to eat fish from the store more often.
အိၣ်ခ့ၣ်အိၣ်ညၣ်ညီန့ၢ်အါဘျီလၢတၢ်ဆါတၢ်ပွၤအလီၢ်.

Younger, smaller fish will have less chemicals than larger, older fish.

ညၣ်လၢအဆံးအိၣ်စ့ဒီးကၢ်အစုၣ်အပျၢ်ဆံးန့ၢ်ညၣ်ဖးဒိၣ်

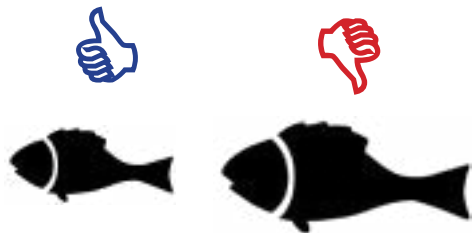


1 fish meal
အိၣ်ညၣ်န့ၢ်တဘျီ.

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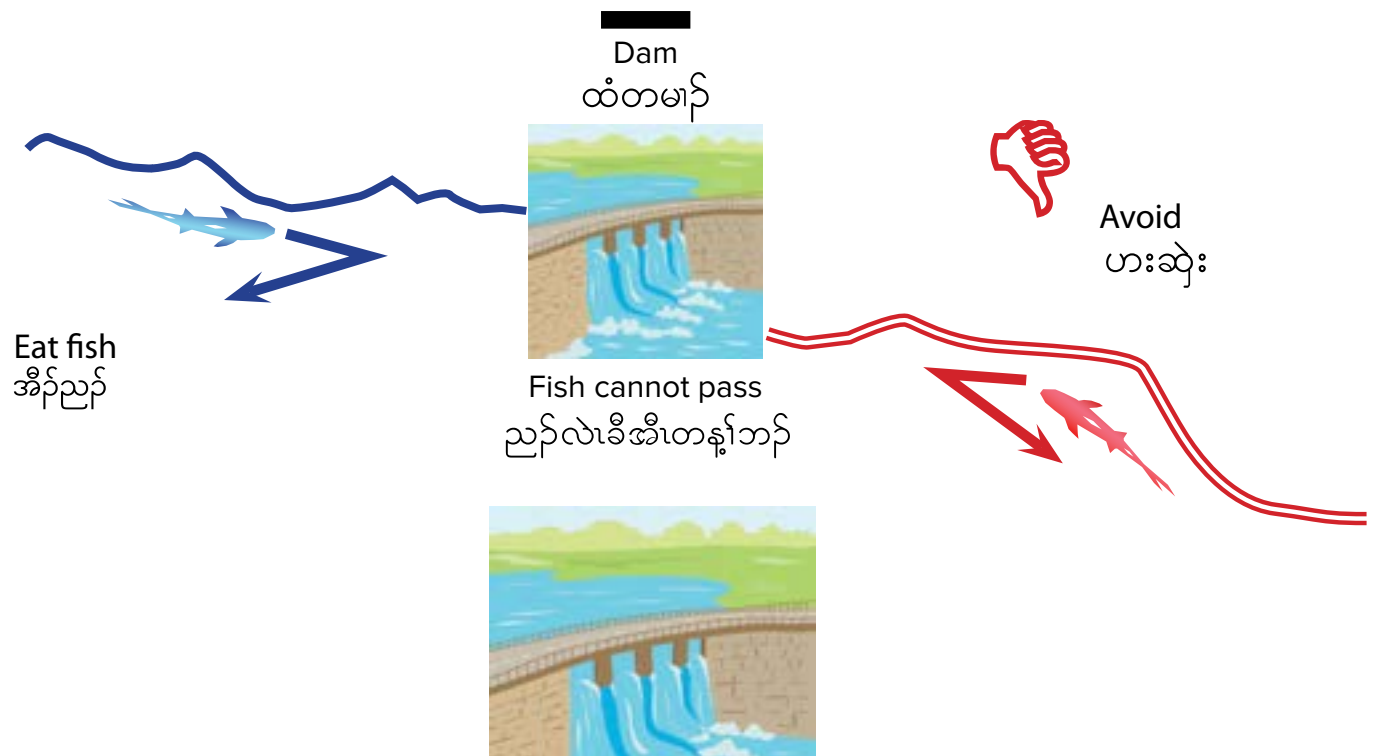
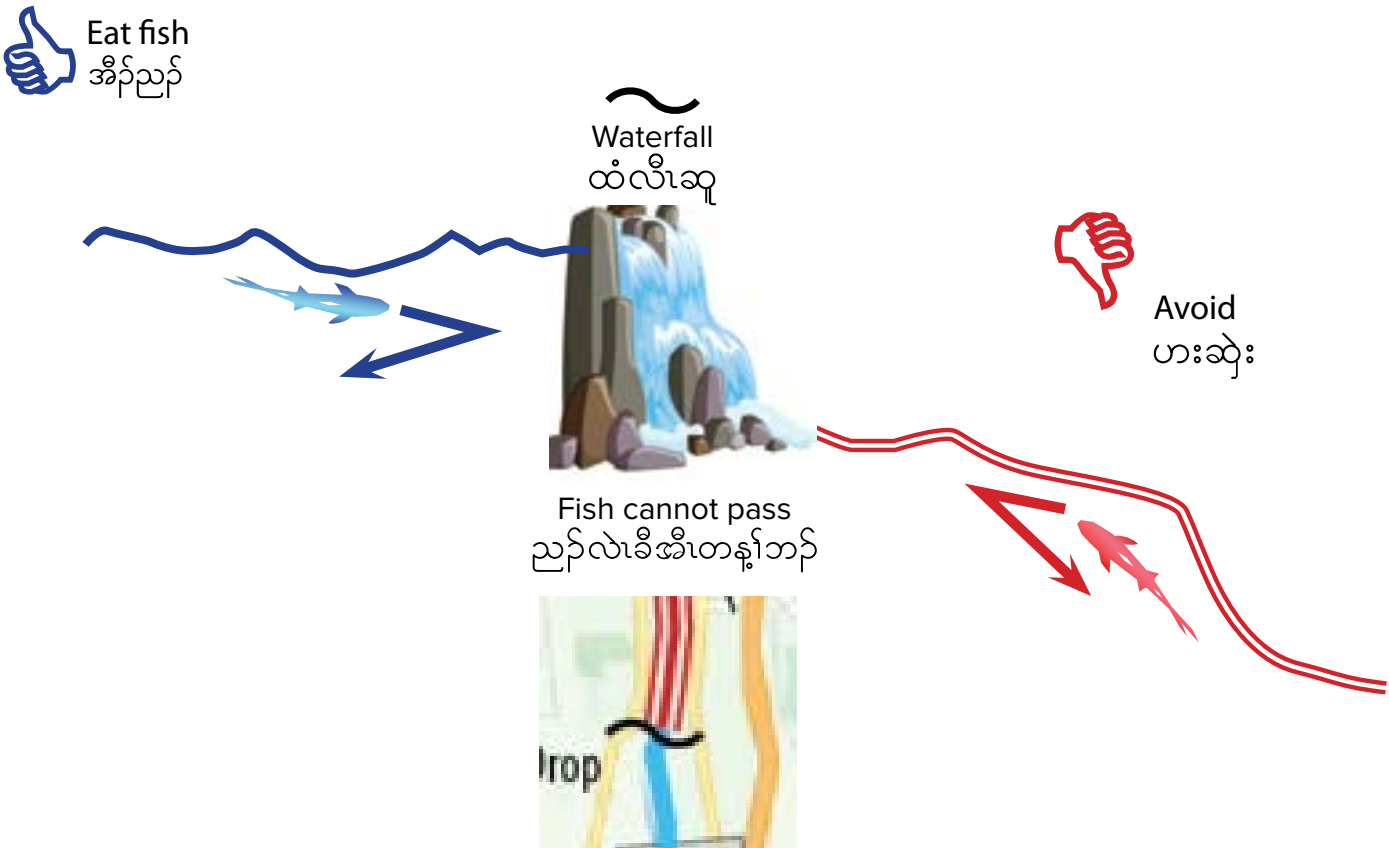


about the size of an
adult hand
ပှၤသးပှၢ်စုညါတခီယၣ်ယၣ်.



Waterfalls and dams can stop fish.
ထံလီၤဆူဒီးထံတမၢ်ဒီသအညၣ်သ့ဝဲန့ၣ်လီၤ

Use the map to check if advice is different on either side of the barrier.
သူဟီၣ်ခိၣ်ဂီၤတၢ်သမံသမိးတၢ်ဟ့ၣ်ကူၣ်လၢခံခိယၢ်ဟအိၣ်ဝဲလီၤဆီဘၣ်ယးဒီးတၢ်လၢအတြီယၢ်တၢ်



#1 Eastman Lake & Durand Lake - Durand Eastman Park



#2 Pineway Park Pond



#3 Genesee River - Genesee Gateway Park



#4 Genesee River - Genesee Valley Park



#5 Cobbs Hill Reservoir



#7 Hundred Acre Pond & Deep Pond



#6 Lake Riley



#8 Lost & Round Pond



#9 Quaker Pond



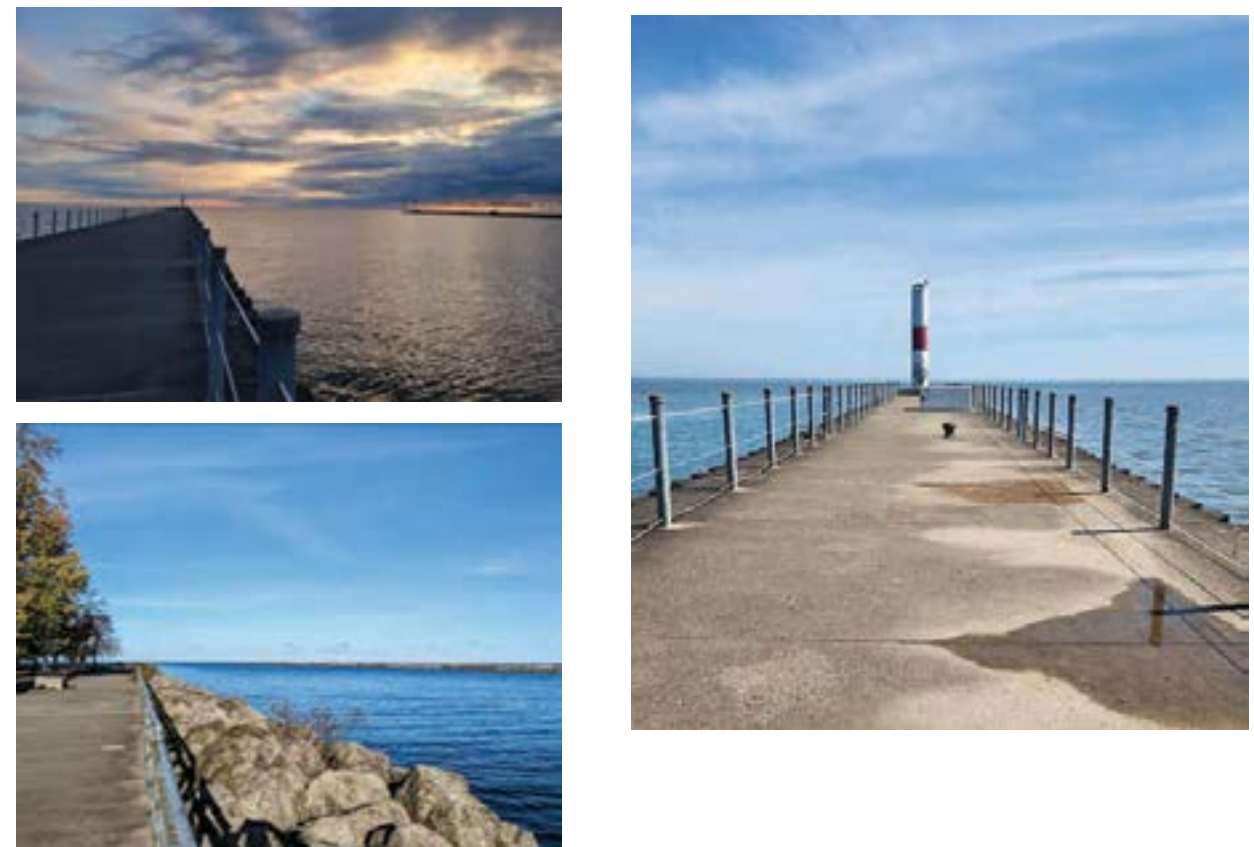
#10 Oatka Creek Park



#11 Lake Ontario - Durand Eastman Beach



#12 Lake Ontario - Ontario Beach Park - Charlotte Pier



#13 Buck Pond



#15 Cranberry Pond



#14 Long Pond



#16 Braddock Bay



#17 Salmon Creek



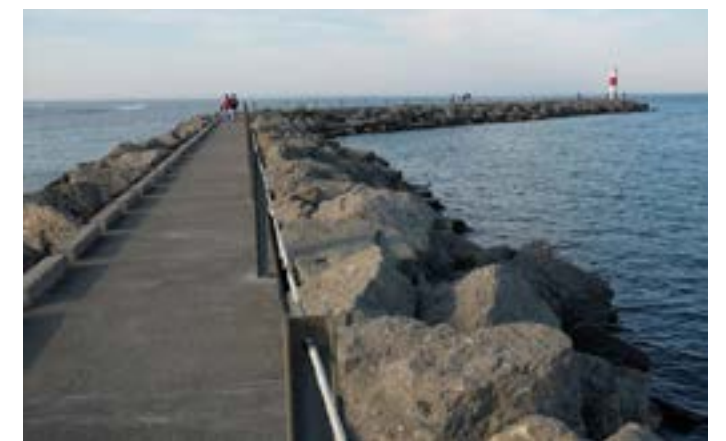
#19 Genesee River - Lower Falls



#18 Sandy Creek



#20 Irondequoit Bay State Marine Park



#21 Irondequoit Bay Park West



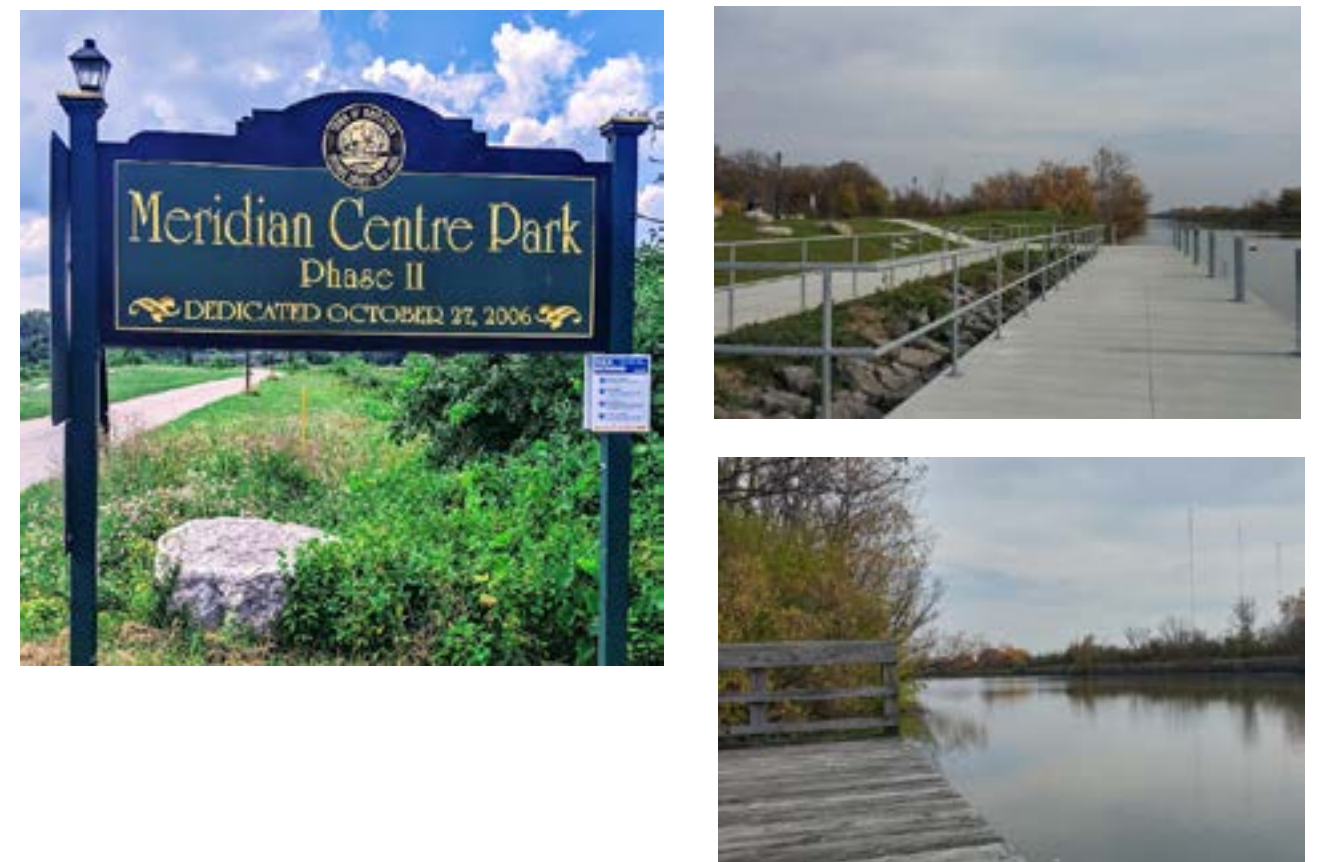
#22 Irondequoit Bay - LaSalles Landing Park



#23 Erie Canal - Lock E32 Pittsford



#24 Erie Canal - Meridian Park



#25 Erie Canal - Henpeck Park



Use the map and fish tables to find which fish are good to eat.
 စူးကါ ဟိပ်ခိပ်ဂီၤဒီး ညှပ်အတၢ်ကွဲးရဲၣ်တဖၣ် ဒ်သီးနကသ့ၣ်ညါဘၣ် ညှပ်မနုၤန့ၣ် ပအိၣ်အီၤဂ့ၤလဲၣ်တက့ၢ်.
 Look at the fish pictures and find the fish you caught.
 ကွၢ်ဘၣ် ညှပ်အဂီၤတဖၣ်ဒီး ယုသ့ၣ်ညါညှပ်လၢ နဖီၣ်န့ၣ်အီၤအဂ့ၢ်တက့ၢ်.



Older people
အသက်ကြီးသူများ

Channel catfish

Whole family
မိသားစုဝင် အားလုံး

Check the map. If you caught the fish from a **blue** outlined water, follow the blue advice.
 ကွၢ်ထံ ဟိပ်ခိပ်ဂီၤတက့ၢ်. နမ့ၢ်ဖီၣ်န့ၣ် ညှပ်လၢ **ထံအလွဲၣ်လါအဲး** အပူၤန့ၣ်, ဝံသးစူၤလူၤဟိံမၤထွဲ တၢ်ဟ့ၣ်ကူၣ်လၢ တၢ်ကွဲးအီၤလၢ အလွဲၣ်လါအဲးန့ၣ်တက့ၢ်.

Blue waters
ထံလၢအလါအဲး

Older people အသက်ကြီးသူများ	Channel catfish	Whole family မိသားစုဝင် အားလုံး
1 meal a month မိၤတၢ်တၢ်လၢလွဲၣ် သ့ၣ်အတၢ်အၢၣ်မိၤတၢ်လၢလွဲၣ်	—	1 meal a month မိၤတၢ်တၢ်လၢလွဲၣ် သ့ၣ်အတၢ်အၢၣ်မိၤတၢ်လၢလွဲၣ်
1 meal a month မိၤတၢ်တၢ်လၢလွဲၣ် သ့ၣ်အတၢ်အၢၣ်မိၤတၢ်လၢလွဲၣ်	==	1 meal a month မိၤတၢ်တၢ်လၢလွဲၣ် သ့ၣ်အတၢ်အၢၣ်မိၤတၢ်လၢလွဲၣ်

If you caught the fish from a **purple** outlined water, follow the purple advice.
 နမ့ၢ်ဖီၣ်န့ၣ် ညှပ်လၢ **ထံအလွဲၣ်လူး** အပူၤန့ၣ်, ဝံသးစူၤလူၤဟိံမၤထွဲ တၢ်ဟ့ၣ်ကူၣ်လၢတၢ်ကွဲးအီၤလၢ အလွဲၣ်လူးန့ၣ်တက့ၢ်.

Purple waters
ထံလၢအဂီၤလူး

Older people အသက်ကြီးသူများ	Channel catfish	Whole family မိသားစုဝင် အားလုံး
1 meal a month မိၤတၢ်တၢ်လၢလွဲၣ် သ့ၣ်အတၢ်အၢၣ်မိၤတၢ်လၢလွဲၣ်	—	1 meal a month မိၤတၢ်တၢ်လၢလွဲၣ် သ့ၣ်အတၢ်အၢၣ်မိၤတၢ်လၢလွဲၣ်
1 meal a month မိၤတၢ်တၢ်လၢလွဲၣ် သ့ၣ်အတၢ်အၢၣ်မိၤတၢ်လၢလွဲၣ်	==	1 meal a month မိၤတၢ်တၢ်လၢလွဲၣ် သ့ၣ်အတၢ်အၢၣ်မိၤတၢ်လၢလွဲၣ်

Some regions have red outlined waters. Avoid the red outlined waters when possible. They have more chemicals. If you caught a fish from a **red** outlined water, follow the red advice.
 လီၢ်ကဝီၤတနီၤအပူၤ အိၣ်ဒီး ထံတဖၣ်လၢ ဘၣ်တၢ်ဟံၣ်ဖျါအီၤလၢ အလွဲၣ်ဂီၤန့ၣ်လီၤ. မ့ၢ်သ့ၣ်ဟးဆဲး ထံလၢဘၣ်တၢ်ဟံၣ်ဖျါ အီၤလၢ အလွဲၣ်ဂီၤတဖၣ်တက့ၢ်. အဝဲသ့ၣ်အပူၤ ကံအတၢ်ဖိတၢ်လံၤအိၣ်အါမးလီၤ. နမ့ၢ်ဖီၣ်န့ၣ် ညှပ်လၢ **ထံအလွဲၣ်ဂီၤ**အပူၤ န့ၣ်, ဝံသးစူၤလူၤဟိံမၤထွဲ တၢ်ဟ့ၣ်ကူၣ်လၢတၢ်ကွဲးအီၤလၢ အလွဲၣ်ဂီၤန့ၣ်တက့ၢ်.

Red waters
ထံလၢအဂီၤ

Older people အသက်ကြီးသူများ	Channel catfish	Whole family မိသားစုဝင် အားလုံး
1 meal a month မိၤတၢ်တၢ်လၢလွဲၣ် သ့ၣ်အတၢ်အၢၣ်မိၤတၢ်လၢလွဲၣ်	—	1 meal a month မိၤတၢ်တၢ်လၢလွဲၣ် သ့ၣ်အတၢ်အၢၣ်မိၤတၢ်လၢလွဲၣ်
1 meal a month မိၤတၢ်တၢ်လၢလွဲၣ် သ့ၣ်အတၢ်အၢၣ်မိၤတၢ်လၢလွဲၣ်	==	1 meal a month မိၤတၢ်တၢ်လၢလွဲၣ် သ့ၣ်အတၢ်အၢၣ်မိၤတၢ်လၢလွဲၣ်



Older people
ပုၤသ့ၣ်ကုသးပုၢ်



Channel catfish



Whole family
ဟံၣ်ဒုၣ်ဃီထၢဒိဒုၣ်ညါ

1 meal a month အိၣ်ညှပ်န့ၣ်ဆူၤလါတဘျီ	—	1 meal a month အိၣ်ညှပ်န့ၣ်ဆူၤလါတဘျီ
1 meal a month အိၣ်ညှပ်န့ၣ်ဆူၤလါတဘျီ	==	1 meal a month အိၣ်ညှပ်န့ၣ်ဆူၤလါတဘျီ



Northern pike



4 meals a month အိၣ်ညှပ်န့ၣ်ဆူၤတလါ(၄)ဘျီ	—	1 meal a month အိၣ်ညှပ်န့ၣ်ဆူၤလါတဘျီ
4 meals a month အိၣ်ညှပ်န့ၣ်ဆူၤတလါ(၄)ဘျီ	==	1 meal a month အိၣ်ညှပ်န့ၣ်ဆူၤလါတဘျီ



Older people
ပုသဉ်ကွသးပု



Largemouth bass



Whole family
ဟံာ်ဒုာ်ဃီထီဒီဒုာ်ညါ

4 meals a month အိာ်ညါန့ဆုတလါ(၄)ဘျီ	—	1 meal a month အိာ်ညါန့ဆုတလါတဘျီ
4 meals a month အိာ်ညါန့ဆုတလါ(၄)ဘျီ	==	1 meal a month အိာ်ညါန့ဆုတလါတဘျီ

*Advice is simplified *တၢ်ဟ့ာ်ကုာ်တဖၣ်န့ာ် ဘၣ်တၢ်ဟံာ်ဖျါအီၤညါညါဖိလီၤ



Sunfish



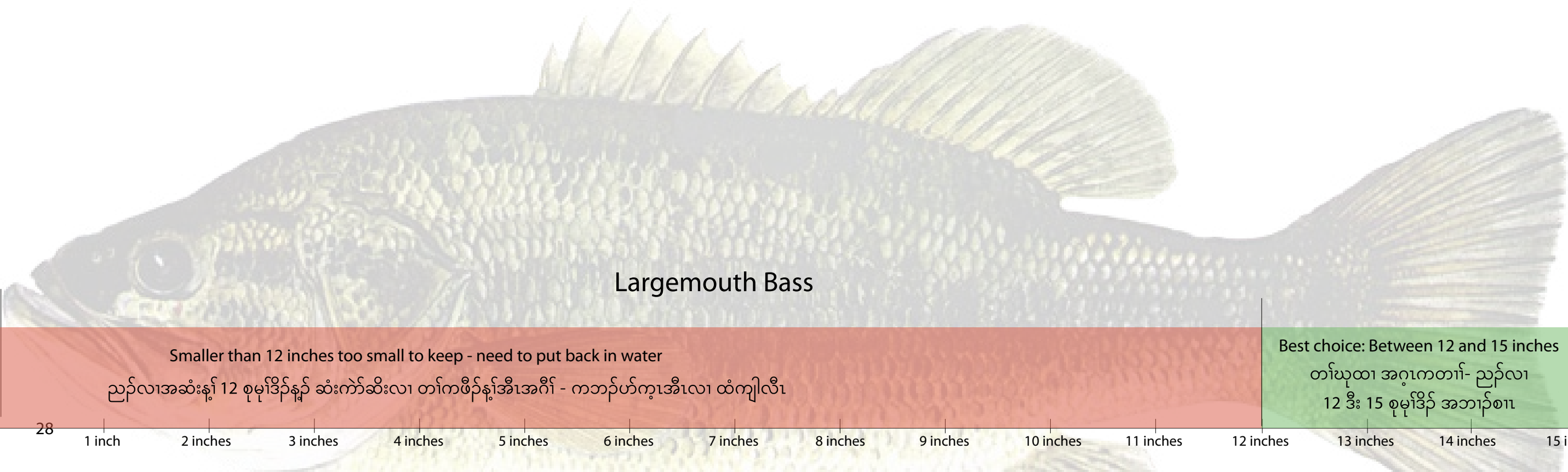
Older people
ပုသဉ်ကွသးပု



Whole family
ဟံာ်ဒုာ်ဃီထီဒီဒုာ်ညါ

4 meals a month အိာ်ညါန့ဆုတလါ(၄)ဘျီ	—	4 meals a month အိာ်ညါန့ဆုတလါ(၄)ဘျီ
4 meals a month အိာ်ညါန့ဆုတလါ(၄)ဘျီ	==	1 meal a month အိာ်ညါန့ဆုတလါတဘျီ

*Advice is simplified *တၢ်ဟ့ာ်ကုာ်တဖၣ်န့ာ် ဘၣ်တၢ်ဟံာ်ဖျါအီၤညါညါဖိလီၤ



Largemouth Bass

Smaller than 12 inches too small to keep - need to put back in water
ညါလါအဆံးန့ၢ် 12 စုမုာ်ဒိာ်န့ၢ် ဆံးကံာ်ဆိးလါ တၢ်ကဖိာ်န့ၢ်အီၤအဂီၢ် - ကဘၣ်ဟံာ်ကွၤအီၤလါ ထံကျါလီၤ

Best choice: Between 12 and 15 inches
တၢ်ဃုထီၤ အဂ့ၤကတၢၢ်- ညါလါ
12 ဒီး 15 စုမုာ်ဒိာ် အဘၢာ်စၢၤ



Older people

ပုၤသ့ၣ်ကွၢ်သးပုၤ



Yellow perch



Whole family

ဟံၣ်ဒုၣ်ဃီထၢဒီးဒုၣ်ညါ

4 meals a month အိၣ်ညါန့ၢ်ဆူတလါ(၄)ဘျီ	—	4 meals a month အိၣ်ညါန့ၢ်ဆူတလါ(၄)ဘျီ
1 meal a month အိၣ်ညါန့ၢ်ဆူလါတဘျီ	==	1 meal a month အိၣ်ညါန့ၢ်ဆူလါတဘျီ



Older people

ပုၤသ့ၣ်ကွၢ်သးပုၤ



Coho salmon



Whole family

ဟံၣ်ဒုၣ်ဃီထၢဒီးဒုၣ်ညါ

4 meals a month အိၣ်ညါန့ၢ်ဆူတလါ(၄)ဘျီ	—	1 meal a month အိၣ်ညါန့ၢ်ဆူလါတဘျီ
4 meals a month အိၣ်ညါန့ၢ်ဆူတလါ(၄)ဘျီ	==	1 meal a month အိၣ်ညါန့ၢ်ဆူလါတဘျီ

*Advice is simplified

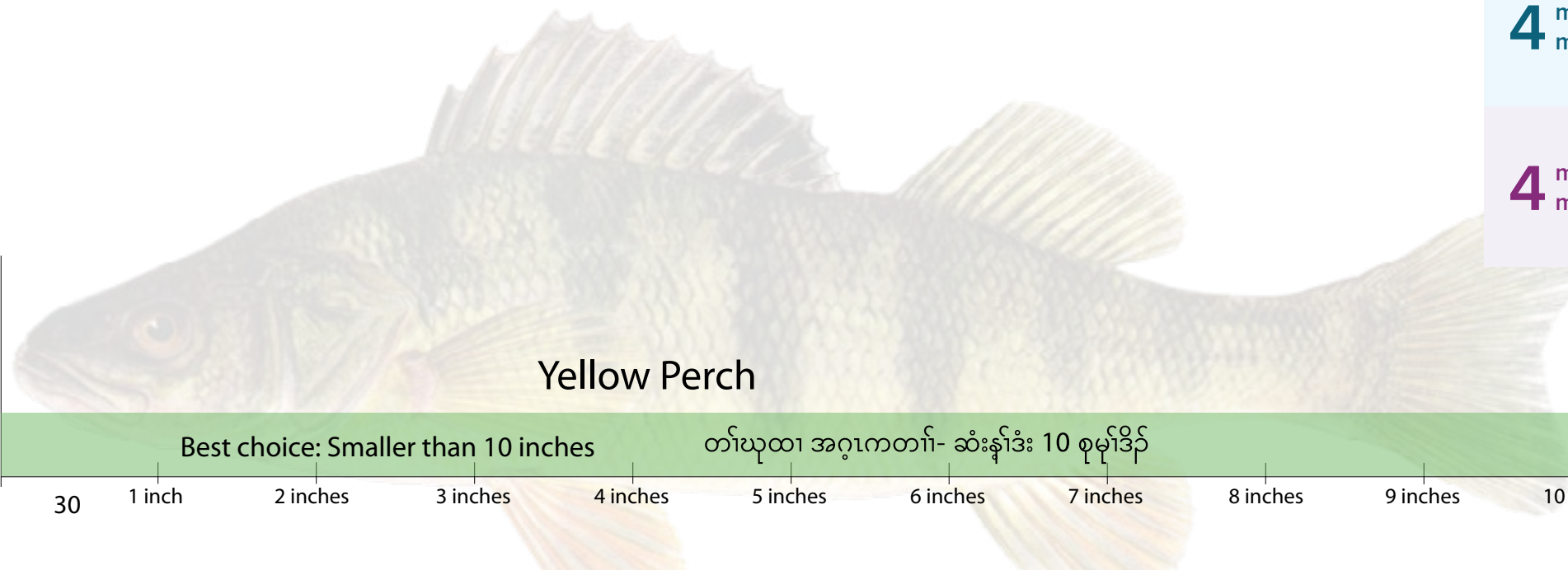
*တၢ်ဟ့ၣ်ကုၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအိၣ်ညါဃီလီၤ



Chinook salmon



4 meals a month အိၣ်ညါန့ၢ်ဆူတလါ(၄)ဘျီ	—	1 meal a month အိၣ်ညါန့ၢ်ဆူလါတဘျီ
4 meals a month အိၣ်ညါန့ၢ်ဆူတလါ(၄)ဘျီ	==	1 meal a month အိၣ်ညါန့ၢ်ဆူလါတဘျီ



Yellow Perch

Best choice: Smaller than 10 inches

တၢ်ဃုထၢ အဂ့ၤကတၢၢ်- ဆံးန့ၢ်ဒီး 10 စုၤမုၢ်ဒိၣ်

30

1 inch

2 inches

3 inches

4 inches

5 inches

6 inches

7 inches

8 inches

9 inches

10 inches

11 inches

12 inches

13 inches

14 inches

15 inches

16 inches



Older people

ပုၤသုၣ်ကွၢ်သးပုၤ



Smallmouth bass



Whole family

ဟံၣ်ဒုၣ်ဃီထၢဒိဒုၣ်ညါ

1 meal a month အိၣ်ညၢ်န့ၢ်ဆူၤလါတဘျီ		1 meal a month အိၣ်ညၢ်န့ၢ်ဆူၤလါတဘျီ
1 meal a month အိၣ်ညၢ်န့ၢ်ဆူၤလါတဘျီ		1 meal a month အိၣ်ညၢ်န့ၢ်ဆူၤလါတဘျီ

*Advice is simplified *တၢ်ဟ့ၣ်ကူၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအိၤညိညိဖိလီၤ



Older people

ပုၤသုၣ်ကွၢ်သးပုၤ



Steelhead



Whole family

ဟံၣ်ဒုၣ်ဃီထၢဒိဒုၣ်ညါ

4 meals a month အိၣ်ညၢ်န့ၢ်ဆူၤတလါ(၄)ဘျီ		1 meal a month အိၣ်ညၢ်န့ၢ်ဆူၤလါတဘျီ
4 meals a month အိၣ်ညၢ်န့ၢ်ဆူၤတလါ(၄)ဘျီ		1 meal a month အိၣ်ညၢ်န့ၢ်ဆူၤလါတဘျီ

*Advice is simplified *တၢ်ဟ့ၣ်ကူၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအိၤညိညိဖိလီၤ





Older people
ပုၤသ့ၣ်ကွၢ်သးပုၤ



Walleye



Whole family
ဟံၣ်ဒုၣ်ဃီထီၣ်ဒုၣ်ညါ

1 meal a month အိၣ်ညၢ်န့ၢ်ဆူၤလါတဘျီ	—	1 meal a month အိၣ်ညၢ်န့ၢ်ဆူၤလါတဘျီ
1 meal a month အိၣ်ညၢ်န့ၢ်ဆူၤလါတဘျီ	==	0 DON'T EAT အိၣ်အီၤတဂ့ၢ်

*Advice is simplified *တၢ်ဟ့ၣ်က့ၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညီညီဖိလီၤ



Older people
ပုၤသ့ၣ်ကွၢ်သးပုၤ



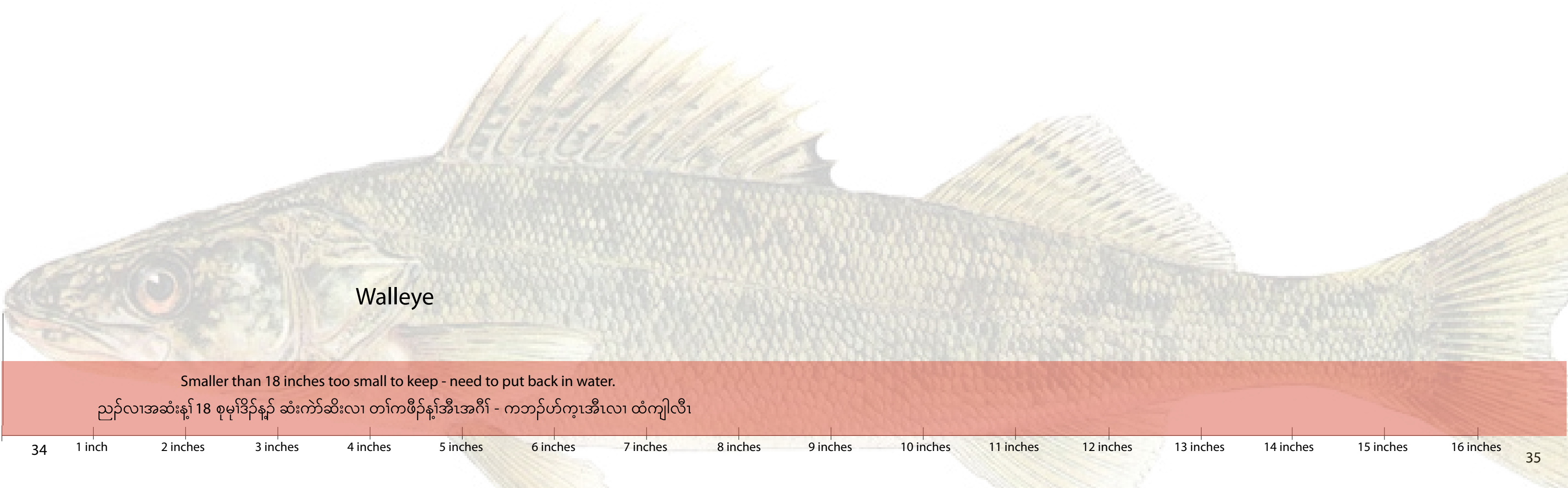
Brown trout



Whole family
ဟံၣ်ဒုၣ်ဃီထီၣ်ဒုၣ်ညါ

4 meals a month အိၣ်ညၢ်န့ၢ်ဆူၤတလါ(၄)ဘျီ	—	1 meal a month အိၣ်ညၢ်န့ၢ်ဆူၤလါတဘျီ
1 meal a month အိၣ်ညၢ်န့ၢ်ဆူၤလါတဘျီ	==	1 meal a month အိၣ်ညၢ်န့ၢ်ဆူၤလါတဘျီ

*Advice is simplified *တၢ်ဟ့ၣ်က့ၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညီညီဖိလီၤ



Walleye

Smaller than 18 inches too small to keep - need to put back in water.

ညၢ်လၢအဆံးန့ၢ် 18 စုမုၢ်ဒိၣ်န့ၣ် ဆံးကဲၣ်ဆိးလၢ တၢ်ကဖိၣ်န့ၢ်အီၤအဂီၢ် - ကဘၣ်ဟံၣ်က့ၢ်အီၤလၢ ထံကျါလီၤ



Older people
ပုသွန်ကွသးပုၼ်



Brown bullhead



Whole family
ဟံၼ်ဒုၼ်ဃီထာဒီဒုၼ်ညါ

4 meals a month အိၼ်ညၼ်န့ၼ်ဆုတလိ(၄)ဘျီ	—	1 meal a month အိၼ်ညၼ်န့ၼ်ဆုတလိ(၄)ဘျီ
4 meals a month အိၼ်ညၼ်န့ၼ်ဆုတလိ(၄)ဘျီ	==	1 meal a month အိၼ်ညၼ်န့ၼ်ဆုတလိ(၄)ဘျီ



Carp



Older people
ပုသွန်ကွသးပုၼ်



Whole family
ဟံၼ်ဒုၼ်ဃီထာဒီဒုၼ်ညါ

4 meals a month အိၼ်ညၼ်န့ၼ်ဆုတလိ(၄)ဘျီ	—	1 meal a month အိၼ်ညၼ်န့ၼ်ဆုတလိ(၄)ဘျီ
1 meal a month အိၼ်ညၼ်န့ၼ်ဆုတလိ(၄)ဘျီ	==	0 DON'T EAT အိၼ်အီၼ်တဂ့ၼ်



Lake trout



4 meals a month အိၼ်ညၼ်န့ၼ်ဆုတလိ(၄)ဘျီ	—	1 meal a month အိၼ်ညၼ်န့ၼ်ဆုတလိ(၄)ဘျီ
4 meals a month အိၼ်ညၼ်န့ၼ်ဆုတလိ(၄)ဘျီ	==	1 meal a month အိၼ်ညၼ်န့ၼ်ဆုတလိ(၄)ဘျီ



Bluegill



4 meals a month အိၼ်ညၼ်န့ၼ်ဆုတလိ(၄)ဘျီ	—	4 meals a month အိၼ်ညၼ်န့ၼ်ဆုတလိ(၄)ဘျီ
4 meals a month အိၼ်ညၼ်န့ၼ်ဆုတလိ(၄)ဘျီ	==	1 meal a month အိၼ်ညၼ်န့ၼ်ဆုတလိ(၄)ဘျီ

Fish you buy

ညဉ်လာနပ္ပာအိဉ်

Choose fish that are lower in mercury especially for women who are pregnant or breastfeeding and for young children.

လီဆီဘဉ်ယဉ်ဒီးပုဟ်မုဉ်မိာ်အ၊မုတမုာ်မိာ်လာဒူးအီဖီနုာ်,ဒီးဖီသဉ်သုဉ်တဖဉ်ယုထာအိဉ်ညဉ်လာမာဉ်ခူဉ်ရံဉ်စုာ်

Fish are an excellent source of protein, healthy fats, and are good for the whole family.

ညဉ်န့ဉ်ဂုဒိဉ်မးလာယုထံဉ်န့ဉ်အိဉ်ဖရိဉ်ထံ(န).ဒီးဂုာ်လာဟံဉ်ဖီယီဖီခဲလာဉ်အဂီဉ်န့ဉ်လီာ်.



Most fish from stores are a very healthy choice

အါတက့ဉ်ညဉ်လာတၢ်ဆါတၢ်ပျာအလီာ်န့ဉ်ဂုဒီးမးလာတၢ်အိဉ်ဆူအိဉ်ချ့တၢ်ယုထာအဂီဉ်န့ဉ်လီာ်.



Herring



Sardines



Crayfish



Shrimp



Fish paste



Rainbow trout



Salmon



Steelhead Trout



Tilapia



Haddock



Catfish



Cod



Scallops



Crab



Flounder



Mussels



Oysters

ကွ်ဘဉ်ဘိၣ်ဒ်အိၣ်အံၤ လၢကမၤလိသ့ၣ်ညါ
ဘဉ် ကဘဉ်စူးကါတၢ်ဟ့ၣ်ကူၣ်ဒ်လဲၣ်တက့ၢ်-

**Watch this video to learn
how to use the advice
health.ny.gov/fish/karen.htm**



ပအိၣ်ဒီးတၢ်န့ၣ်ကျဲတဖၣ်လၢ Syracuse လီၤကဝီၤ, ဝံၣ်ခိၣ် လီၤကဝီၤ, Buffalo, Utica, ဒီး
Rochester အဂီၢ်န့ၣ်လီၤ.

We have guides for the Syracuse area, Capital Region, Buffalo, Utica, and Rochester.

**New York State Department of Health
Fish Advisory Outreach Program
HRFA@health.ny.gov
518-402-7530
health.ny.gov/fish/karen.htm**