

Where Can the Whole Family Eat Fish?

ဟံၣ်ဖိယိဖိခဲလၢာ်အိၣ်ညၣ်န့ၣ်ဖဲလၢာ်

Buffalo

Area Guide

Karen



**Department
of Health**

နယူယိုၣ်ကီၢ်စၢ်ဝဲၣ်ကျိၣ်ဘၣ်ယၢၣ်ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ

Fishing is a fun and healthy activity.

တစ်ခွဲညှပ်နဲ့မှတ်တမ်းမမှတ်သေးဒီးတတ်အိပ်ဆူအိပ်ချတတ်ဟူးတတ်ဂဲနဲ့လီ



Eating fish can be very good for you.

အိပ်ညှပ်နဲ့ဂုဏ်သုဒ္ဓိမီးလဲနဂီနဲ့လီ



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

ညှပ်နဲ့အါဝဲဒင်ဖရိုက်ထံ(န)ဒီးတတ်အိပ်တတ်ခါလဲဒူးနဲ့ဂုဏ်နဲ့ဘိတတ်အိပ်ဆူအိပ်ချ နဲ့လီ



But some fish caught in New York can have chemicals.

ဘဉ်ဆဉ်ဖိဉ်နဲ့ညဉ်တနီလဲ(နယူယိုဉ်)နဲ့အိဉ်ယုဉ်သုဒ္ဓိမီးကဲအစုဉ်အပျဉ်နဲ့လီ

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



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

နထံဉ်အိဉ်တသုဘဉ်,တနဲဘဉ်အိဉ်ဘဉ်,ဒီးလုဉ်ကွါအိဉ်ဒီးတသုဉ်ညါလဲကဲအစုဉ်အပျဉ်အိဉ်ယုဉ်လဲ ညဉ်ကျါဘဉ်



cannot see
ထံဉ်နဲ့အိဉ်တသုဘဉ်



cannot smell
နဲဘဉ်အိဉ်တသုဘဉ်



cannot taste
လုဉ်ဘဉ်အိဉ်တသုဘဉ်

Chemicals in fish can be bad for your health.

ကဲအစုဉ်အပျဉ်အိဉ်ယုဉ်လဲညဉ်ကျါနဲ့မဲအဲမဲသီနဲတတ်အိဉ်ဆူအိဉ်ချ သုနဲ့လီ

- Chemicals can affect babies more than adults.
ကဲအစုဉ်အပျဉ်နဲ့မဲဘဉ်ဒီဖိသဉ်အါနဲ့ပုသးပုသးနဲ့လီ
- Large amounts of chemicals can affect a child's ability to learn.
အိဉ်ဘဉ်ကဲအစုဉ်အပျဉ်အါနဲ့မဲဘဉ်ဒီသုဝဲ
ဖိသဉ်တတ်သုတတ်ဘဉ်လဲကဲမဲလိတတ်နဲ့လီ



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

ပျိုတဖန်လအိပ်ဒီး တင်လီဆီလိာ်သးန့ၣ် အိပ်ဝဲဒၣ် ညၣ် အအါအစ့ၣ်လၢ အလီဆီလိာ်သးန့ၣ်လီၤ.
တင်အံၤမ့ၢ်တင်ဟ့ၣ်ကူၣ်လီၤဆီလၢ အဒီးသန့ၣ်ထီၣ်သးလၢ နသးနီၣ်လါအဖီခိၣ်န့ၣ်လီၤ.



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

မ့ၢ်လၢ ကံတင်ဖိတင်လံၤ(chemicals) တဖန်န့ၣ် မ့ၢ်ဝဲဒၣ် တင်လၢအမၤဘၣ်ဒိဆါ ပျၢသ့ၣ်စၢ်သးဘီၣ်တဖန်ကတၢၢ်, လီၤဆီဒၣ်တၢ် ဟံၣ်မ့ၢ်တဖန်ဒီး ဖိဒိဖိသၣ်တဖန်အယံ, ဟံၣ်ဖိဃီဖိတဖန်န့ၣ် ကြၢးအိပ်ဝဲဒၣ် ညၣ်စ့ၣ်စ့ၣ်လီၤ.

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

ပျၢသ့ၣ်ကွသးပျၢတဖန်န့ၣ် အိပ်ဝဲဒၣ်ညၣ်အါအါသ့ မ့ၢ်လၢ ကံအတၢ်ဖိတင်လံၤ(chemicals) တဖန်န့ၣ် မၤဘၣ်ဒိဆါ အဝဲသ့ၣ်အတၢ်အိပ်ဆူၣ်အိပ်ချ့ အါကံၢ်ဆိး တသ့ဘၣ်အယံန့ၣ်လီၤ.



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

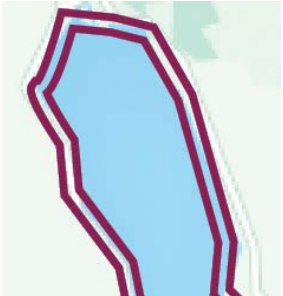
New York ကီၢ်စဲၣ် တင်အိပ်ဆူၣ်အိပ်ချ့ဝဲၤကျိၤ တဲဘၣ်ဝဲဒၣ် ပျၢတခွဲညၣ်ဖိတဖန် တင်လီၤလၢ ပျၢအိပ်ညၣ်တဖန် သ့ဝဲဒီး ညၣ်မနုၤတဖန် ဂ့ၤလၢပျၢကအိပ်ဝဲဒၣ်အဂီၢ်လဲၣ်န့ၣ်လီၤ.

- Use the map to find where it's good to eat the fish.
စူးကါဘၣ် ဟီၣ်ခိၣ်ဂီၤလၢ ကယုကွၢ် တင်လီၤလၢ ပျၢအိပ်ညၣ်တဖန် ကသ့ဝဲအလီၢ်တက့ၢ်.
- Eat fish from waters outlined in blue or purple.
ဃုထာအိပ်ညၣ်လၢထံတၢ်ဟံၣ်ဖျါထီၣ်အီၤအလါအဲးဒီးအဂီၢ်လုး

Blue waters
ထံလၢအလါအဲး



Purple waters
ထံလၢအဂီၢ်လုး



- These fish have less chemicals and are a healthy choice.
ညၣ်တကလုာ်အံၤဈေးဒီးကံအစုၣ်အပျါဒီးမ့ၢ်တၢ်ဃုထာဂ့ၢ်လၢတၢ်အိပ်ဆူၣ်အိပ်ချ့ အဂီၢ်န့ၣ်လီၤ.
- Avoid eating fish from waters outlined in red.
ဟးဆဲး တင်အိပ်ညၣ်တဖန်လၢ ပျၢမၤန့ၢ်အီၤလၢ ထံအလွဲၢ်ဂီၤတဖန် 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.

နမ့်ဗုထာလာ ကမီအိန်ညဉ်ဒီတဘျဉ်, တၢ်ထံမ့ၢ်ဂ့ၢ် ကသူမ့ၢ်ဂ့ၢ်န့ၣ်, ဗုထာညဉ်လာ အိန်လၢထံအလွဲၢ်လါအဲးတဖၣ်အပူၤတက့ၢ်. ညဉ်တဖၣ်အံၤ ကံအတၢ်ဖိတၢ်လံၤစ့ၤဝဲဒၣ်လၢ 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.

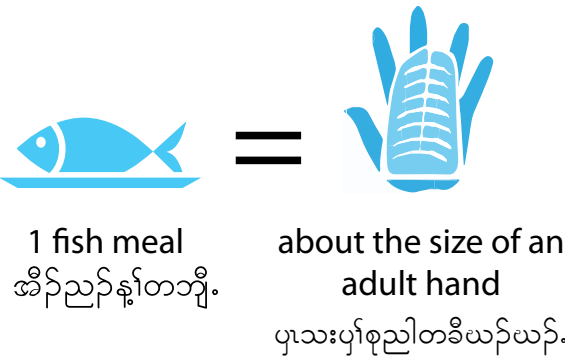
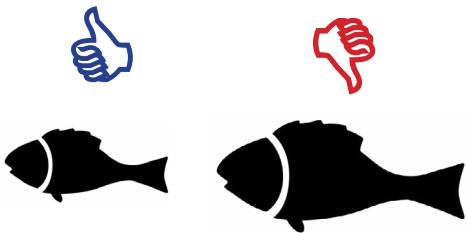
နမ့်ဗုအိန်ညဉ်လၢ ထံအလွဲၢ်လူးအပူၤန့ၣ်, နကဘၣ်မၤကဆိကွံၢ် အသိဒီး အဖံးလၢညဉ်အပူၤလီၤ. ညဉ်တဖၣ်လၢအိန်လၢ ထံအလွဲၢ်လူးအပူၤန့ၣ် ကံအတၢ်ဖိတၢ်လံၤတဖၣ်အိန်ဝဲဒၣ်လၢ အသိဒီး အဖံးအပူၤန့ၣ်လီၤ. ကူးတဲာ်ဒီး အိးကွံၢ်အဖံးလၢနညဉ်အပူၤ ဒ်သိးကံအတၢ်ဖိတၢ်လံၤကစုၤလီၤအဂီၢ်တက့ၢ်.



Purple waters
ထံလၢအဂီၢ်လူး

Why we have advice
ဘၣ်မနုၤအဃိ ပဘၣ်ဟ့ၣ်ကူၣ်တၢ်လဲၣ်

- This is to protect people from chemicals that might be in fish.
တၢ်အံၤကဒီးသၢပျၢ်ဂီၢ်မုၢ်လၢကံအစုၣ်အပျၢ်အိန်ဗုၣ်သ့လၢညဉ်ကျါ
- The chemicals can take a long time to build up in the body.
တၢ်ဆၢကတီၢ်လၢကံအစုၣ်အပျၢ်ကမၤအိန်(ဒိၣ်)ထီၣ်လၢနနီၢ်ခိအပူၤယံာ်မၤသ့န့ၣ်လီၤ.
- You won't get sick right away, but after many years, these chemicals may cause health issues like cancer.
နတအိန်ဆူၣ်အိန်ချ့တဘျီဃီဘၣ်,ဘၣ်ဆၣ်ကံအစုၣ်အပျၢ်မၤကဲထီၣ်သ့တၢ်ဆါအါအဂ့ၢ်အကျိၤလီၤဂၤဒ်သိးခဲစၢၣ်န့ၣ်လီၤ.
- It's ok to eat fish from the store more often.
အိန်ခ့ၣ်အိန်ညဉ်ညီန့ၢ်အါဘျီလၢတၢ်ဆါတၢ်ပျၢ်အလီၢ်.
- Younger, smaller fish will have less chemicals than larger, older fish.
ညဉ်လၢအဆံးအိန်စ့ၤဒီးကံအစုၣ်အပျၢ်ဆံးန့ၢ်ညဉ်ဖးဒိၣ်



Waterfalls and dams can stop fish.

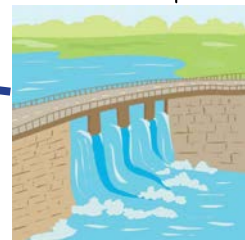
ထံလီဆူဒီးထံတမာ်ဒီသအညဉ်သုဝဲန့ၣ်လီၤ

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

သူဟီၣ်ခိၣ်ဂီၤတၢ်သမံသမိးတၢ်ဟ့ၣ်ကူၣ်လၢခံခီယၢ်ပအိၣ်ဝဲလီၤဆိဘၣ်ဃးဒီးတၢ်လၢအတြီယၢ်တၢ်



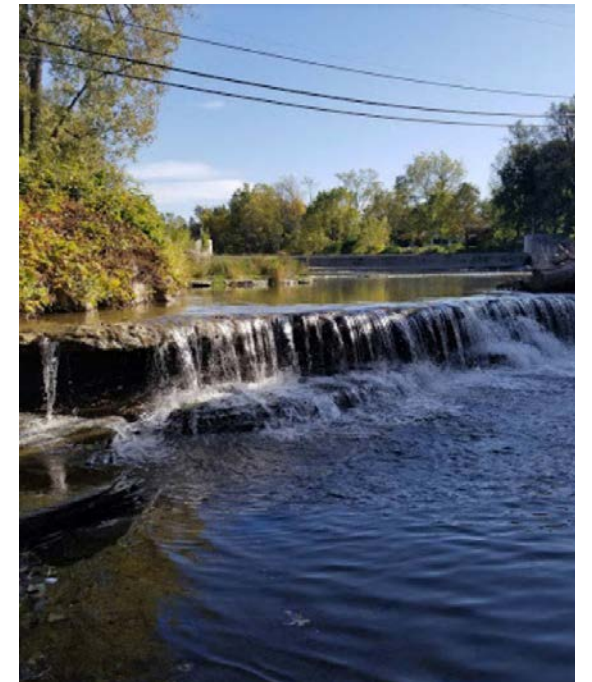
Dam
ထံတမာ်



Fish cannot pass
ညဉ်လဲၤခီအိၣ်တန့ၣ်ဘၣ်



#1 Cayuga Creek - Como Park (Above the Falls)



#2 South Park - Botanical Garden



#3 Cazenovia Creek Wildlife Management Area



#4 Buffalo Creek - Elma Village Green



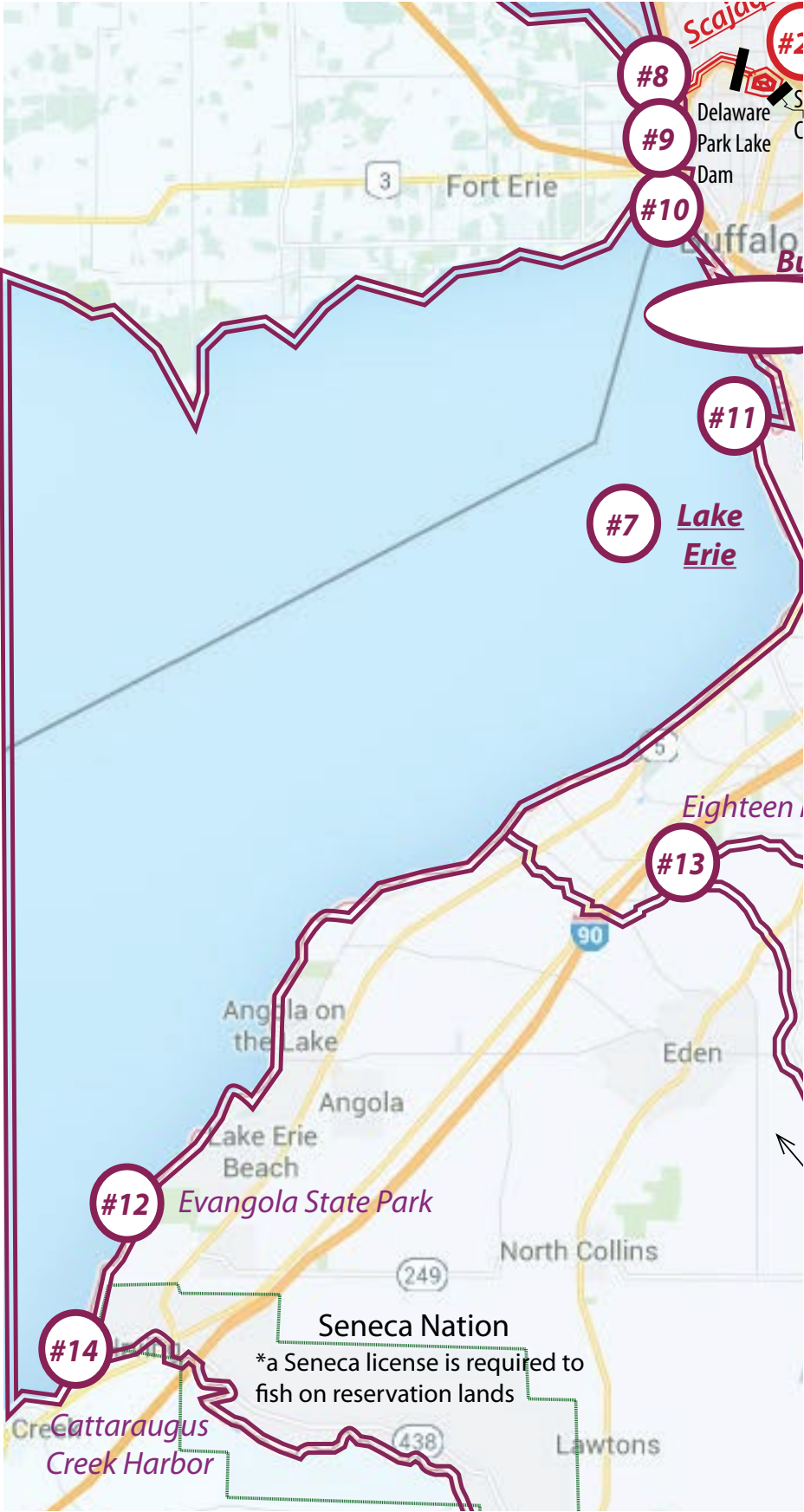
#5 Scoby Dam/Springville Dam
Cattaraugus Creek (Above the Dam)



#6 Cazenovia Creek Park (Above the Falls)



Lake Erie Advice
#7, 8, 9, 10, 11, 12, 13, 14



#7 Lake Erie ("Canada River")



#8 Unity Island - Lake Erie



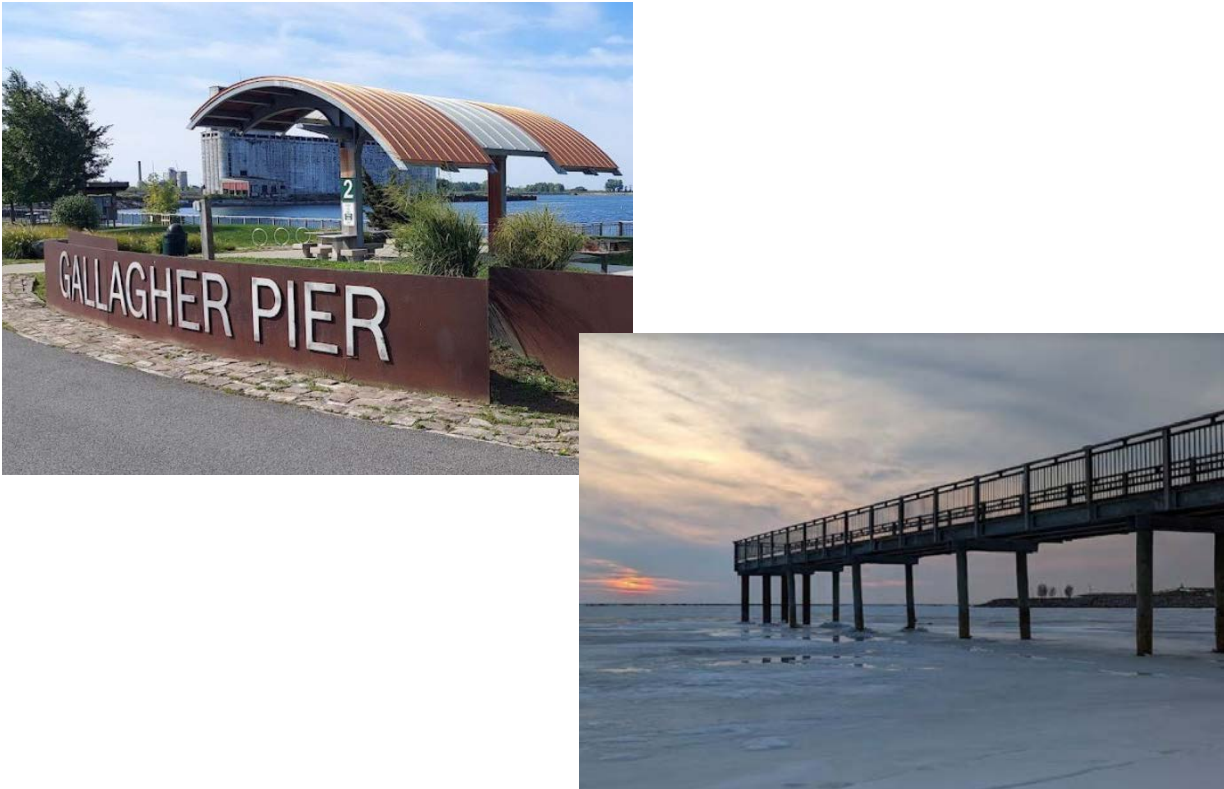
#9 Broderick Park - Lake Erie



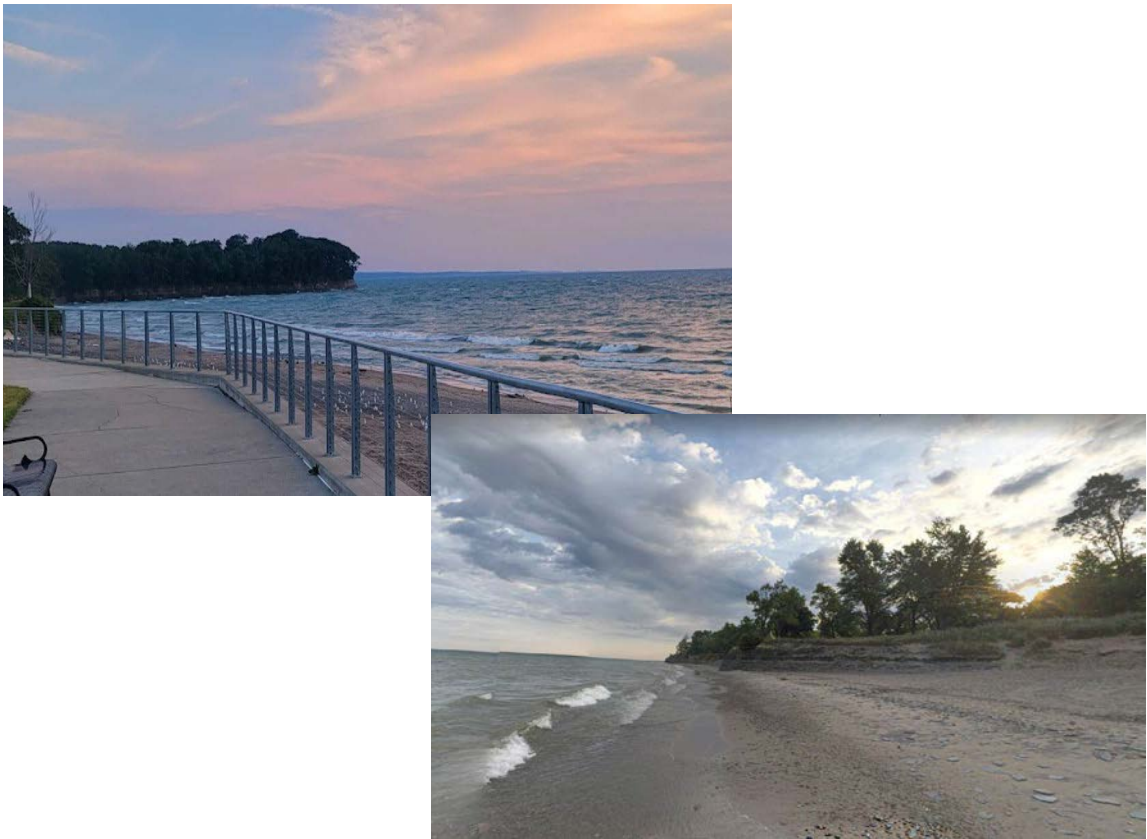
#10 Bird Island Pier - Lake Erie



#11 Gallagher Pier - Lake Erie



#12 Evangola State Park - Lake Erie



#13 Eighteen Mile Creek - Lake Erie



#14 Cattaraugus Creek Harbor - Lake Erie



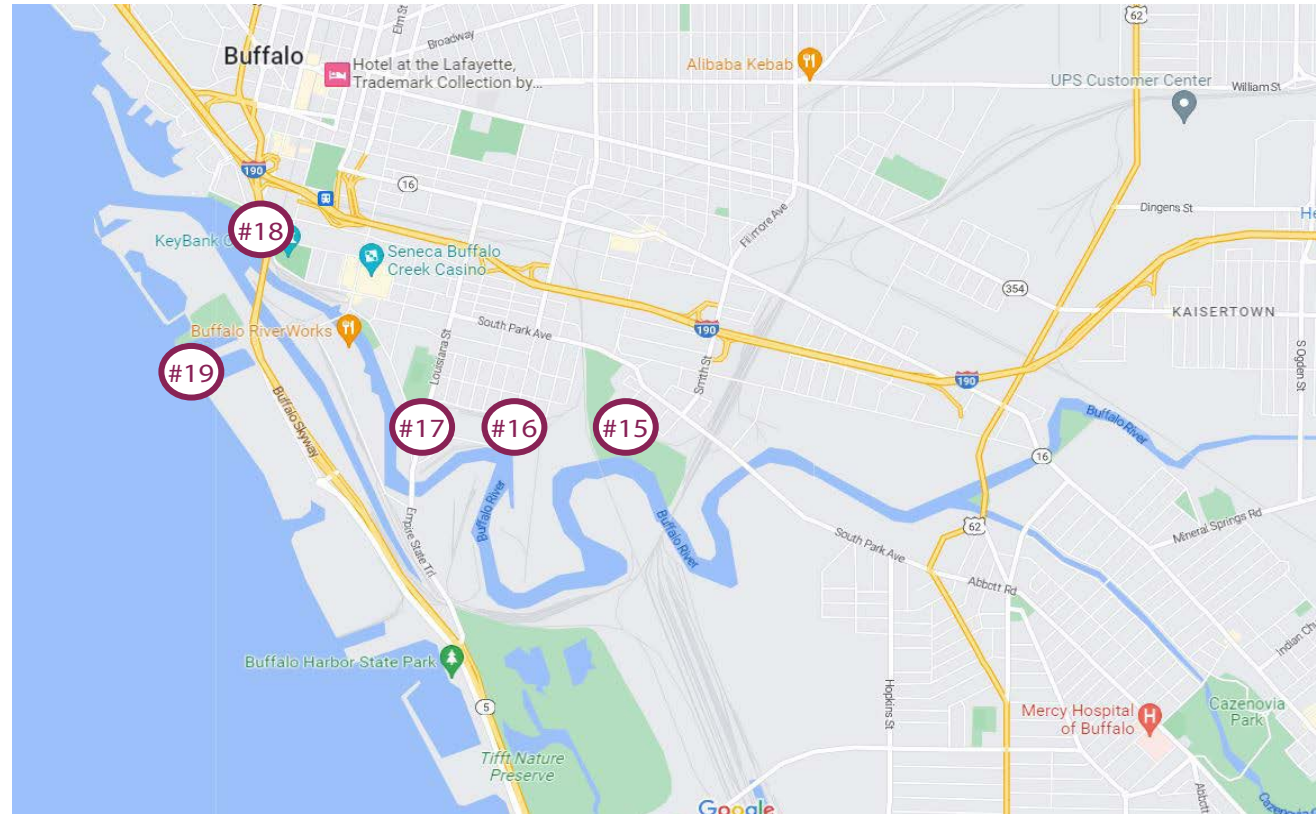
NYS Department of Health Fish Advisories & Publicly Accessible Waters

NYS Department of Health Fish Advisories & Publicly Accessible Waters



#22 Hoyt Lake

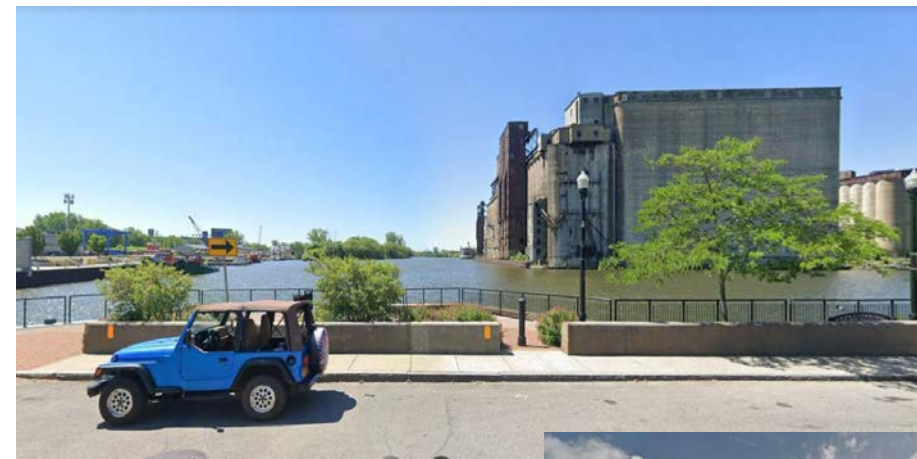
Buffalo River Advice #15, 16, 17, 18, 19



#15 Red Jacket Park - Buffalo River ("Lifted Bridge")



#16 Mutual Riverfront Park - Buffalo River ("Downtown in the Skyline")



#17 Ohio Street Kayak Launch - Buffalo River



#18 Canal Side - Buffalo River



#19 Buffalo Outer Harbor - Buffalo River



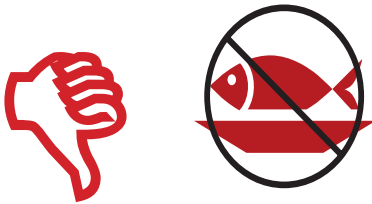
#20 Scoby Dam/Springville Dam - Cattaraugus Creek (Below the Dam)



#21 Ellicott Creek Island Park



#23 Delaware Park - Hoyt Lake



Don't Eat Any Fish
အိတ်ညှပ်နီတကလတ်တရု
Most chemicals
(ဂ်အစုဂ်အပျ်အအါကတဂ်)

Use the map and fish tables to find which fish are good to eat.
 စူးကါ ဟိန်ခိန်ဂီဒီး ညှပ်အတက်ကွဲးရဲဉ်တဖဉ် ဒ်သီးနကသ့ဉ်ညါဘဉ် ညှပ်မနုနု ပအိဉ်အီၤဂ့ၤလဲဉ်တက့ၢ်.
 Look at the fish pictures and find the fish you caught.
 ကွၢ်ဘဉ် ညှပ်အဂီၤတဖဉ်ဒီး ဃုသ့ဉ်ညါညှပ်လၢ နဖိဉ်န့ၢ်အီၤအဂ့ၢ်တက့ၢ်.



Older people
ပုၤသ့ဉ်ကွဲးပုၤ

Channel catfish

Whole family
ဟံဉ်ဒုဉ်ဃီထၢဒီးဒုဉ်ညါ

Check the map. If you caught the fish from a **blue** outlined water, follow the blue advice.
 ကွၢ်ထံ ဟိန်ခိန်ဂီၤတက့ၢ်. နမ့ၢ်ဖိဉ်န့ၢ် ညှပ်လၢ **ထံအလွဲၢ်လါအဲး** အပူၤန့ဉ်, ဝံသးစူၤလူၤဟိံမၤထွဲ တၢ်ဟ့ဉ်ကူဉ်လၢ တၢ်ကွဲးအီၤလၢ အလွဲၢ်လါအဲးန့ဉ်တက့ၢ်.

Blue waters

ထံလၢအလါအဲး

Older people ပုၤသ့ဉ်ကွဲးပုၤ	Channel catfish	Whole family ဟံဉ်ဒုဉ်ဃီထၢဒီးဒုဉ်ညါ
1 meal a month အိဉ်ညဉ်န့ၢ်ဆူတလါတဘျီ	—	1 meal a month အိဉ်ညဉ်န့ၢ်ဆူတလါတဘျီ
0 DON'T EAT အိဉ်အီၤတဂ့ၤ	==	0 DON'T EAT အိဉ်အီၤတဂ့ၤ
0 DON'T EAT အိဉ်အီၤတဂ့ၤ	===	0 DON'T EAT အိဉ်အီၤတဂ့ၤ

If you caught the fish from a **purple** outlined water, follow the purple advice.
 နမ့ၢ်ဖိဉ်န့ၢ် ညှပ်လၢ **ထံအလွဲၢ်လူး** အပူၤန့ဉ်, ဝံသးစူၤလူၤဟိံမၤထွဲ တၢ်ဟ့ဉ်ကူဉ်လၢတၢ်ကွဲးအီၤလၢ အလွဲၢ်လူးန့ဉ်တက့ၢ်.

Purple waters

ထံလၢအဂီၤလူး

Older people ပုၤသ့ဉ်ကွဲးပုၤ	Channel catfish	Whole family ဟံဉ်ဒုဉ်ဃီထၢဒီးဒုဉ်ညါ
1 meal a month အိဉ်ညဉ်န့ၢ်ဆူတလါတဘျီ	—	1 meal a month အိဉ်ညဉ်န့ၢ်ဆူတလါတဘျီ
0 DON'T EAT အိဉ်အီၤတဂ့ၤ	==	0 DON'T EAT အိဉ်အီၤတဂ့ၤ
0 DON'T EAT အိဉ်အီၤတဂ့ၤ	===	0 DON'T EAT အိဉ်အီၤတဂ့ၤ

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.
 မ့ၢ်သ့ဟးဆဲး ထံလၢအလွဲၢ်ဂီၤတဖဉ်တက့ၢ်. အဝဲသ့ဉ်အပူၤ ကံအတၢ်ဖိတၢ်လံၤအိဉ်အါမးလီၤ. နမ့ၢ်ဖိဉ်န့ၢ် ညှပ်လၢ **ထံအလွဲၢ်ဂီၤ** အပူၤန့ဉ်, ဝံသးစူၤလူၤဟိံမၤထွဲ တၢ်ဟ့ဉ်ကူဉ်လၢတၢ်ကွဲးအီၤလၢ အလွဲၢ်ဂီၤန့ဉ်တက့ၢ်.

Red waters

ထံလၢအဂီၤ

Older people ပုၤသ့ဉ်ကွဲးပုၤ	Channel catfish	Whole family ဟံဉ်ဒုဉ်ဃီထၢဒီးဒုဉ်ညါ
1 meal a month အိဉ်ညဉ်န့ၢ်ဆူတလါတဘျီ	—	1 meal a month အိဉ်ညဉ်န့ၢ်ဆူတလါတဘျီ
0 DON'T EAT အိဉ်အီၤတဂ့ၤ	==	0 DON'T EAT အိဉ်အီၤတဂ့ၤ
0 DON'T EAT အိဉ်အီၤတဂ့ၤ	===	0 DON'T EAT အိဉ်အီၤတဂ့ၤ

Older people
ပုၤသ့ဉ်ကွဲးပုၤ

Quillback

Whole family
ဟံဉ်ဒုဉ်ဃီထၢဒီးဒုဉ်ညါ

4 meals a month အိဉ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ	—	1 meal a month အိဉ်ညဉ်န့ၢ်ဆူတလါတဘျီ
4 meals a month အိဉ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ	==	1 meal a month အိဉ်ညဉ်န့ၢ်ဆူတလါတဘျီ
0 DON'T EAT အိဉ်အီၤတဂ့ၤ	===	0 DON'T EAT အိဉ်အီၤတဂ့ၤ

Channel catfish

1 meal a month အိဉ်ညဉ်န့ၢ်ဆူတလါတဘျီ	—	1 meal a month အိဉ်ညဉ်န့ၢ်ဆူတလါတဘျီ
0 DON'T EAT အိဉ်အီၤတဂ့ၤ	==	0 DON'T EAT အိဉ်အီၤတဂ့ၤ
0 DON'T EAT အိဉ်အီၤတဂ့ၤ	===	0 DON'T EAT အိဉ်အီၤတဂ့ၤ



Older people
ပုသျှန်ကုသးပု



Brown bullhead



Whole family
ဟံင်ဒုင်ဖီထီဒီဒုင်ညါ

4 meals a month အိပ်ညင်န့ဆုတလိ(၄)ဘျီ	—	1 meal a month အိပ်ညင်န့ဆုတလိဘျီ
1 meal a month အိပ်ညင်န့ဆုတလိဘျီ	==	1 meal a month အိပ်ညင်န့ဆုတလိဘျီ
0 DON'T EAT အိပ်အီတဂု	===	0 DON'T EAT အိပ်အီတဂု



Coho salmon



4 meals a month အိပ်ညင်န့ဆုတလိ(၄)ဘျီ	—	1 meal a month အိပ်ညင်န့ဆုတလိဘျီ
4 meals a month အိပ်ညင်န့ဆုတလိ(၄)ဘျီ	==	1 meal a month အိပ်ညင်န့ဆုတလိဘျီ
0 DON'T EAT အိပ်အီတဂု	===	0 DON'T EAT အိပ်အီတဂု



Older people
ပုသျှန်ကုသးပု



Brown trout



Whole family
ဟံင်ဒုင်ဖီထီဒီဒုင်ညါ

4 meals a month အိပ်ညင်န့ဆုတလိ(၄)ဘျီ	—	1 meal a month အိပ်ညင်န့ဆုတလိဘျီ
4 meals a month အိပ်ညင်န့ဆုတလိ(၄)ဘျီ	==	1 meal a month အိပ်ညင်န့ဆုတလိဘျီ
0 DON'T EAT အိပ်အီတဂု	===	0 DON'T EAT အိပ်အီတဂု



Rock bass



4 meals a month အိပ်ညင်န့ဆုတလိ(၄)ဘျီ	—	1 meal a month အိပ်ညင်န့ဆုတလိဘျီ
4 meals a month အိပ်ညင်န့ဆုတလိ(၄)ဘျီ	==	1 meal a month အိပ်ညင်န့ဆုတလိဘျီ
0 DON'T EAT အိပ်အီတဂု	===	0 DON'T EAT အိပ်အီတဂု



Older people
ပုသျှန်ကွသးပုၼ်



Yellow perch



Whole family
ဟံၼ်ဒုၼ်ဃီထီၼ်ဒုၼ်ညါ

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



Older people
ပုသျှန်ကွသးပုၼ်



Chinook salmon



Whole family
ဟံၼ်ဒုၼ်ဃီထီၼ်ဒုၼ်ညါ

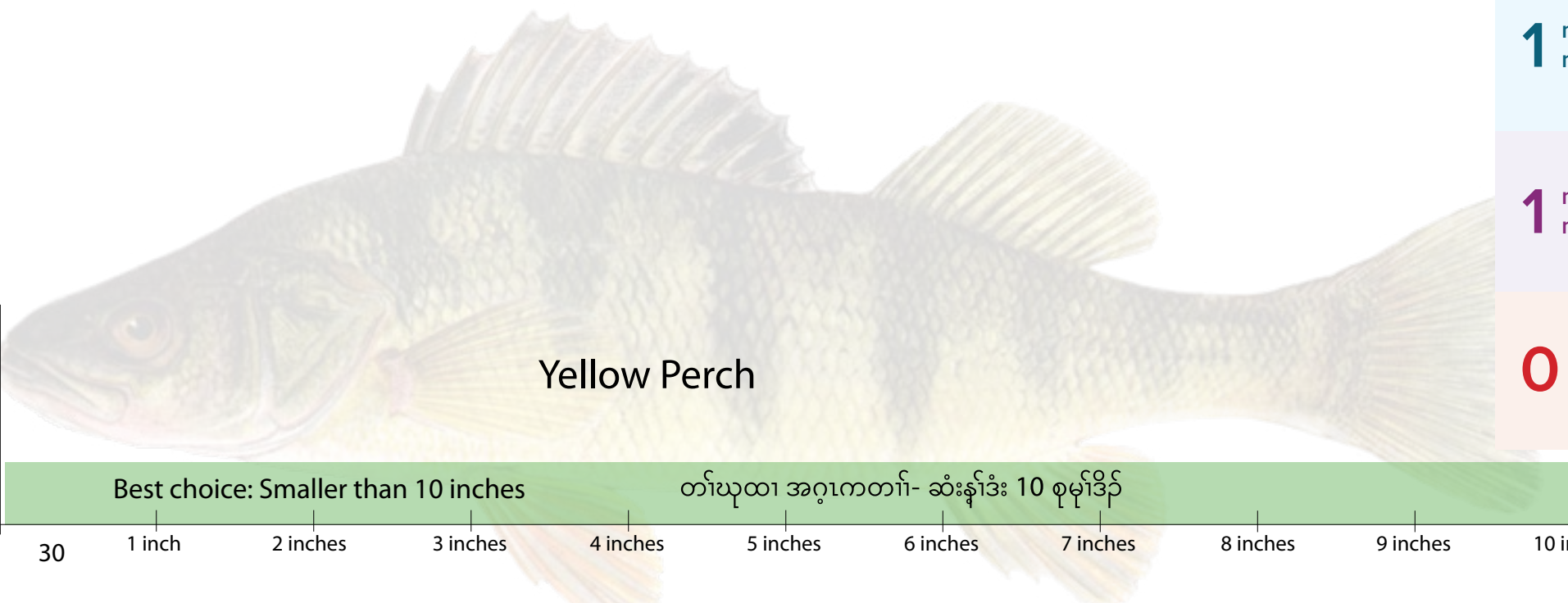
4 meals a month အိၼ်ညၼ်န့ၼ်ဆူတလါ(၄)ဘျီ	—	1 meal a month အိၼ်ညၼ်န့ၼ်ဆူတလါတဘျီ
4 meals a month အိၼ်ညၼ်န့ၼ်ဆူတလါ(၄)ဘျီ	==	1 meal a month အိၼ်ညၼ်န့ၼ်ဆူတလါတဘျီ
0 DON'T EAT အိၼ်အီၼ်တဂ့ၼ်	===	0 DON'T EAT အိၼ်အီၼ်တဂ့ၼ်



White perch



1 meal a month အိၼ်ညၼ်န့ၼ်ဆူတလါတဘျီ	—	1 meal a month အိၼ်ညၼ်န့ၼ်ဆူတလါတဘျီ
1 meal a month အိၼ်ညၼ်န့ၼ်ဆူတလါတဘျီ	==	1 meal a month အိၼ်ညၼ်န့ၼ်ဆူတလါတဘျီ
0 DON'T EAT အိၼ်အီၼ်တဂ့ၼ်	===	0 DON'T EAT အိၼ်အီၼ်တဂ့ၼ်



Yellow Perch

Best choice: Smaller than 10 inches

တၼ်ဃုထီၼ် အဂ့ၼ်ကတၼ်- ဆံးန့ၼ်ဒီး 10 စုမုၼ်ဒိၼ်



Older people
ပုၤသ့ၣ်ကုသးပုၤ



Walleye



Whole family
ဟံၣ်ဒုၣ်ဃီထီၤဒီဒုၣ်ညါ

4 meals a month ဆီၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ	—	1 meal a month ဆီၣ်ညါန့ၣ်ဆူတလါတဘျီ
4 meals a month ဆီၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ	==	1 meal a month ဆီၣ်ညါန့ၣ်ဆူတလါတဘျီ
0 DON'T EAT အိၣ်အီၤတဂ့ၤ	===	0 DON'T EAT အိၣ်အီၤတဂ့ၤ



Older people
ပုၤသ့ၣ်ကုသးပုၤ

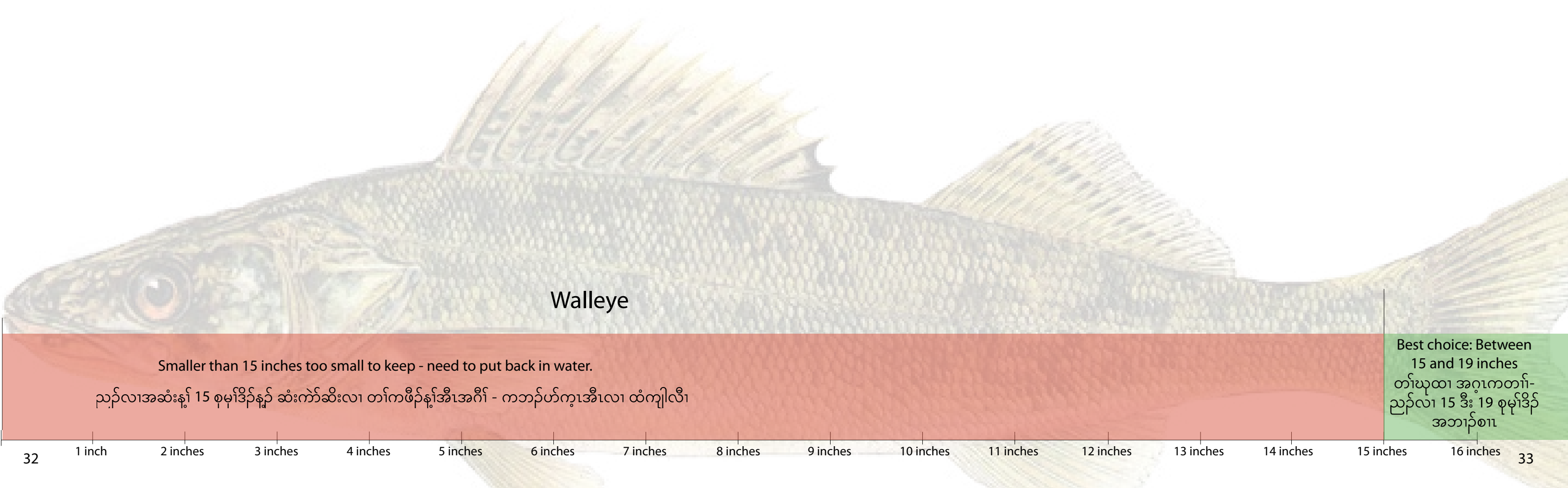


Lake trout



Whole family
ဟံၣ်ဒုၣ်ဃီထီၤဒီဒုၣ်ညါ

4 meals a month ဆီၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ	—	1 meal a month ဆီၣ်ညါန့ၣ်ဆူတလါတဘျီ
4 meals a month ဆီၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ	==	1 meal a month ဆီၣ်ညါန့ၣ်ဆူတလါတဘျီ
0 DON'T EAT အိၣ်အီၤတဂ့ၤ	===	0 DON'T EAT အိၣ်အီၤတဂ့ၤ



Walleye

Smaller than 15 inches too small to keep - need to put back in water.

ညးၣ်လၢအဆံးန့ၣ် 15 စုမုၢ်ဒိၣ်န့ၣ် ဆံးကံးဆိးလၢ တၢ်ကဖိၣ်န့ၣ်အီၤအဂီၢ် - ကဘၣ်ဟံၣ်က့ၤအီၤလၢ ထံကျါလီၤ

Best choice: Between 15 and 19 inches
တၢ်ဃုထၢ အဂ့ၤကတၢၢ်-ညးၣ်လၢ 15 ဒီး 19 စုမုၢ်ဒိၣ် အဘၢၣ်စၢၤ

Fish you buy

ညဉ်လၢနပျးအိဉ်



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

လီၤဆိဘဉ်ယဉ်ဒီးပျးပိဉ်မိၤအ,မ့တမ့ၢ်မိၤလၢဒုးအိဖိန့ၢ်,ဒီးဖိသဉ်သ့ၣ်တဖဉ်ယုထၢအိဉ်ညဉ်လၢမၢၣ်ချဲၣ်ရံၣ်စ့ၤ

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

ညဉ်န့ၣ်ဂ့ၤဒိဉ်မးလၢယုထံၣ်န့ၢ်အိဉ်ဖရိဉ်ထံ(န).ဒီးဂ့ၢ်လၢဟံၣ်ဖိယီဖိခဲလၢၢ်အဂီၢ်န့ၣ်လီၤ.



Most fish from stores are a very healthy choice

အါတက့ၢ်ညဉ်လၢတၢ်ဆါတၢ်ပျးအလီၢ်န့ၢ်ဂ့ၤဒီးမးလၢတၢ်အိဉ်ဆုအိဉ်ချ့တၢ်ယုထၢအဂီၢ်န့ၣ်လီၤ.



Rainbow trout



4 meals a month အိဉ်ညဉ်န့ၢ်ဆုတလါ(၄)ဘျီ	—	4 meals a month အိဉ်ညဉ်န့ၢ်ဆုတလါ(၄)ဘျီ
4 meals a month အိဉ်ညဉ်န့ၢ်ဆုတလါ(၄)ဘျီ	==	1 meal a month အိဉ်ညဉ်န့ၢ်ဆုတလါတဘျီ
0 DON'T EAT အိဉ်အီၤတဂ့ၤ	===	0 DON'T EAT အိဉ်အီၤတဂ့ၤ



Sunfish



4 meals a month အိဉ်ညဉ်န့ၢ်ဆုတလါ(၄)ဘျီ	—	4 meals a month အိဉ်ညဉ်န့ၢ်ဆုတလါ(၄)ဘျီ
4 meals a month အိဉ်ညဉ်န့ၢ်ဆုတလါ(၄)ဘျီ	==	1 meal a month အိဉ်ညဉ်န့ၢ်ဆုတလါတဘျီ
0 DON'T EAT အိဉ်အီၤတဂ့ၤ	===	0 DON'T EAT အိဉ်အီၤတဂ့ၤ



Herring



Sardines



Crayfish



Shrimp



Fish paste



Rainbow trout



Salmon



Steelhead Trout



Tilapia



Haddock



Catfish



Cod



Scallops



Crab



Flounder



Mussels



Oysters

ကွ်ဘဉ်ဘိဒ်အိဉ်အံၤ လၢကမၤလိသ့ညါ
ဘဉ် ကဘဉ်စူးကါတၢ်ဟ့ၣ်ကူၣ်ဒ်လဲၣ်တက့ၢ်-

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



ပအိဉ်ဒီးတၢ်န့ၣ်ကျဲတဖၣ်လၢ Syracuse လီၤကဝီၤ, ဝံၣ်ခိဉ် 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**