

Where Can the Whole Family Eat Fish?

ဟံၣ်ဖိဃီဖိခဲလၢာ်အိၣ်ညၣ်န့ၣ်ဖဲလဲၣ်

Capital Region

Area Guide

Karen



Department
of Health

နယူယိုၣ်ကီၢ်ဖဲၣ်ဝဲၣ်ကျိၤဘၣ်ယၣ်ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ

Fishing is a fun and healthy activity.

တစ်ခွဲညှပ်နဲ့မှတ်တမ်းမရသေးဘဲအိပ်ဆုတ်အိပ်ချွတ်တတ်ဟူးတတ်ရဲနဲ့လို့



Eating fish can be very good for you.

အိပ်ညှပ်နဲ့ဂုဏ်သုခိဗ်မေးလာနဂီနဲ့လို့



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

ညှပ်နဲ့အါဝဲဒင်ဖရိုက်ထံ(န)ဒီးတတ်အိပ်တတ်ခါလာဒူးနဲ့ဂုဏ်ဘိတ်အိပ်ဆုတ်အိပ်ချွတ်နဲ့လို့



But some fish caught in New York can have chemicals.

ဘဲဆပ်ဖိန်နီညဉ်တနီလၢ(နယူယိတ်)နီအိဉ်ယုာ်သ့ဒီးကံအစုဉ်အပျဉ်န့ဉ်လီၤ

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



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

နထံဉ်အိဉ်တသ့ဘဉ်,တနာဘဉ်အိဉ်ဘဉ်,ဒီးလုာ်ကွၢ်အိဉ်ဒီးတသ့ညါလၢကံအစုဉ်အပျဉ်အိဉ်ယုာ်လၢညဉ်ကျါဘဉ်



cannot see
ထံဉ်န့ဉ်အိဉ်တသ့ဘဉ်



cannot smell
နာဘဉ်အိဉ်တသ့ဘဉ်



cannot taste
လုာ်ဘဉ်အိဉ်တသ့ဘဉ်

Chemicals in fish can be bad for your health.

ကံအစုဉ်အပျဉ်အိဉ်ယုာ်လၢညဉ်ကျါန့ဉ်မၤအမၤသီနတၢ်အိဉ်ဆူဉ်အိဉ်ချ့ သ့န့ဉ်လီၤ

- Chemicals can affect babies more than adults.
ကံအစုဉ်အပျဉ်န့ဉ်မၤဘဉ်ဒိဖိသဉ်အါန့ဉ်ပုၤသးပုၤသ့န့ဉ်လီၤ
- Large amounts of chemicals can affect a child's ability to learn.
အိဉ်ဘဉ်ကံအစုဉ်အပျဉ်အါန့ဉ်မၤဘဉ်ဒိသ့ဝဲ
ဖိသဉ်တၢ်သ့တၢ်ဘဉ်လၢကမၤလိတၢ်န့ဉ်လီၤ



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

ပုၤတဖဉ်လၢအိဉ်ဒီး တၢ်လီၤဆီလိာ်သးန့ဉ် အိဉ်ဝဲဒဉ် ညဉ် အအါအစုၤလၢ အလီၤဆီလိာ်သးန့ဉ်လီၤ.
တၢ်အံၤမ့ၢ်တၢ်ဟ့ဉ်ကူဉ်လီၤဆီလၢ အဒီးသန့ၤထီဉ်သးလၢ နသးနီဉ်လါအဖီခိဉ်န့ဉ်လီၤ.



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

မ့ၢ်လၢ ကံတၢ်ဖိတၢ်လံၤ(chemicals) တဖဉ်န့ဉ် မ့ၢ်ဝဲဒဉ် တၢ်လၢအမၤဘဉ်ဒိဆါ ပုၤသ့ဉ်စၢ်သးဘီဉ်တဖဉ်ကတၢၢ်, လီၤဆီဒဉ်တၢ် ဟိမုဉ်တဖဉ်ဒီး ဖိဒိသဉ်တဖဉ်အယိ, ဟံဉ်ဖိယိဖိတဖဉ်န့ဉ် ကြၢးအိဉ်ဝဲဒဉ် ညဉ်စ့ၤစ့ၤလီၤ.

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

ပုၤသ့ဉ်က့သးပုၤတဖဉ်န့ဉ် အိဉ်ဝဲဒဉ်ညဉ်အါအါသ့ မ့ၢ်လၢ
ကံအတၢ်ဖိတၢ်လံၤ(chemicals) တဖဉ်န့ဉ် မၤဘဉ်ဒိဆါ
အဝဲသ့ဉ်အတၢ်အိဉ်ဆူဉ်အိဉ်ချ့ အါကံဆိး
တသ့ဘဉ်အယိန့ဉ်လီၤ.

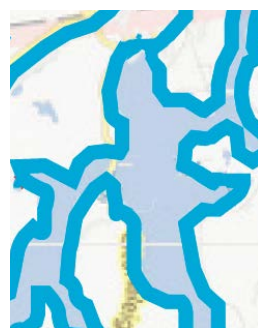


The New York State Department of Health tells anglers where it's good to eat the fish and which fish are good to eat.

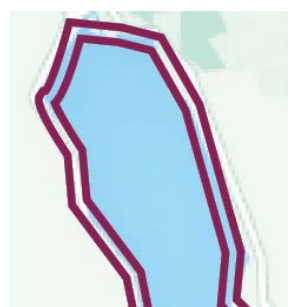
New York ကီၢ်စဲၣ် တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဝဲၤကျိၤ တဲဘၣ်ဝဲဒၣ် ပှၤတခွဲညၣ်ဖိတဖၣ် တၢ်လီၤလၢ ပှၤအိၣ်ညၣ်တဖၣ် သ့ဝဲဒီး ညၣ်မနုၤတဖၣ် ဂ့ၤလၢပှၤကအိၣ်ဝဲဒၣ်အဂီၢ်လဲၣ်န့ၣ်လီၤ.

- 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.
ဃုထၢအိၣ်ညၣ်လၢထံတၢ်ဟ်ဖျါထီၣ်အိၤအလါအဲးဒီးအဂီၢ်လုး

Blue waters
ထံလၢအလါအဲး



Purple waters
ထံလၢအဂီၢ်လုး



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

Red waters
ထံလၢအဂီၢ်



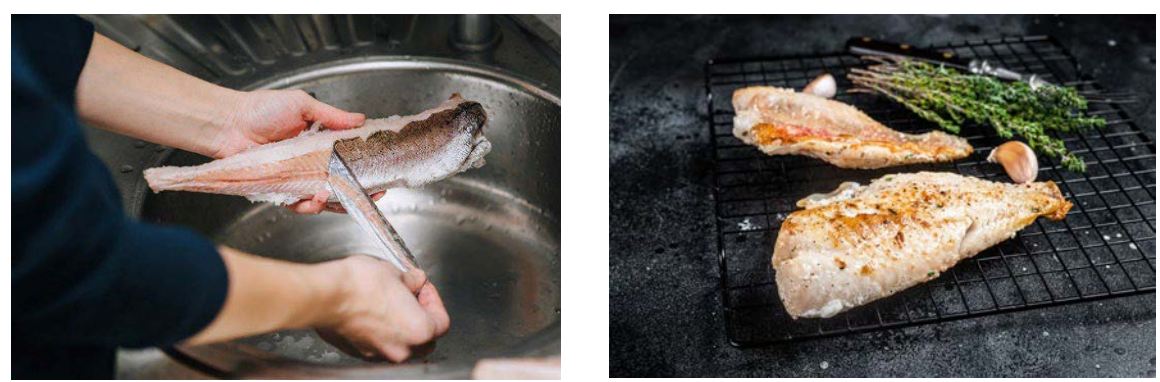
If you choose to cook the whole fish, soups or stews, choose fish from blue waters. These fish have less chemicals in their fat and skin.
နမ့ၢ်ဃုထၢလၢ ကဖီအိၣ်ညၣ်ဒိတဘျီ, တၢ်ထံမ့ၢ်ဂ့ၤ ကသ့မ့ၢ်ဂ့ၤန့ၣ်, ဃုထၢညၣ်လၢ အိၣ်လၢထံအလွဲၢ်လါအဲးတဖၣ်အပူၤတက့ၢ်. ညၣ်တဖၣ်အံၤ ကံအတၢ်ဖိတၢ်လံၤစ့ၤဝဲဒၣ်လၢ အသိဒီး အဖံးပူၤန့ၣ်လီၤ.

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.
နမ့ၢ်ဃုအိၣ်ညၣ်လၢ ထံအလွဲၢ်လုးအပူၤန့ၣ်, နကဘၣ်မၤကဆိကွံာ် အသိဒီး အဖံးလၢညၣ်အပူၤလီၤ. ညၣ်တဖၣ်လၢအိၣ်လၢ ထံအလွဲၢ်လုးအပူၤန့ၣ် ကံအတၢ်ဖိတၢ်လံၤတဖၣ်အိၣ်ဝဲဒၣ်လၢ အသိဒီး အဖံးအပူၤန့ၣ်လီၤ. ကူးတံးဒီး အိးကွံာ်အဖံးလၢနညၣ်အပူၤ ဒ်သိးကံအတၢ်ဖိတၢ်လံၤကစ့ၤလီၤအဂီၢ်တက့ၢ်.

Purple waters
ထံလၢအဂီၢ်လုး



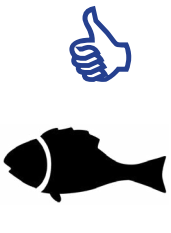
Why we have advice

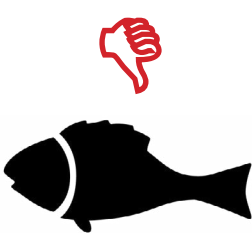
ဘဉ်မနုၤအဃိ ပဘဉ်ဟ့ၣ်ကူၣ်တၢ်လဲၣ်

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

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

ညၢ်လၢအဆံးအိၣ်စ့ၤဒီးကၢ်အစုၣ်အပူၤဆံးန့ၢ်ညၢ်ဖးဒိၣ်







1 fish meal
အိၣ်ညၢ်န့ၢ်တဘျီ.

=



about the size of an
adult hand
ပုၤသးပုၤစုညါတခီယဉ်ယဉ်.

Waterfalls and dams can stop fish.

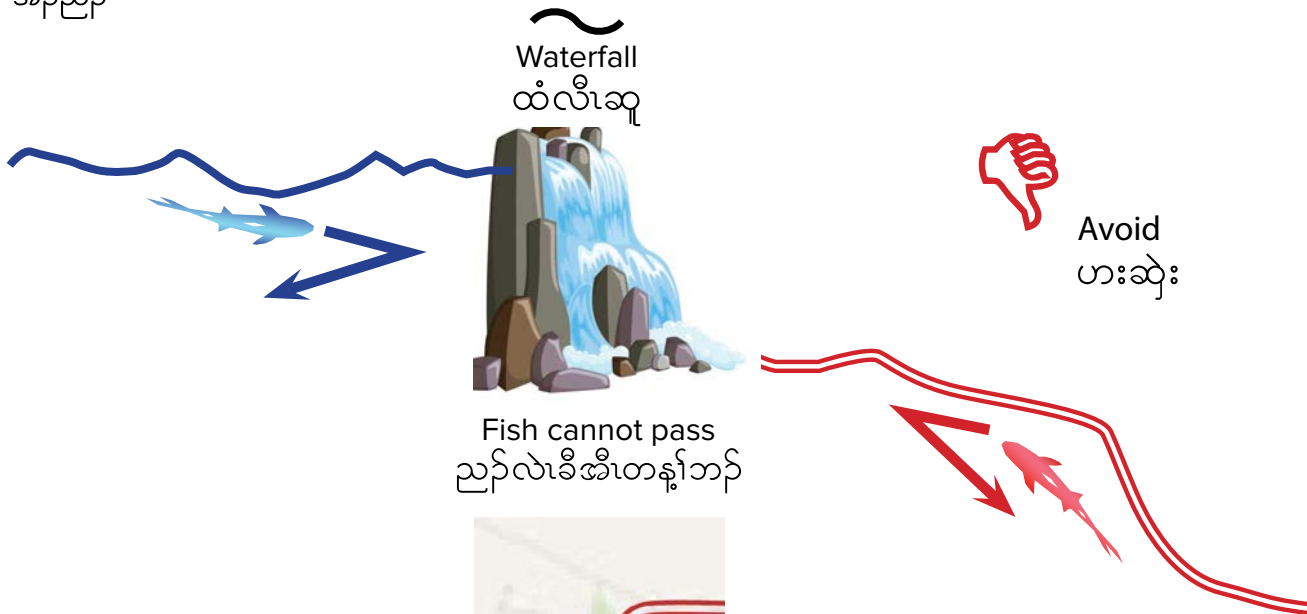
ထံလီၤဆူဒီးထံတမၢ်ဒီသအညၢ်သ့ဝဲန့ၣ်လီၤ

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

သူဟီၣ်ခိၣ်ဂီၢ်တၢ်သမံသမိးတၢ်ဟ့ၣ်ကူၣ်လၢခံခိယၢ်ပၤအိၣ်ဝဲလီၤဆီဘဉ်ဃးဒီးတၢ်လၢအတြီယာ်တၢ်



Eat fish
အိၣ်ညၢ်



Waterfall
ထံလီၤဆူ

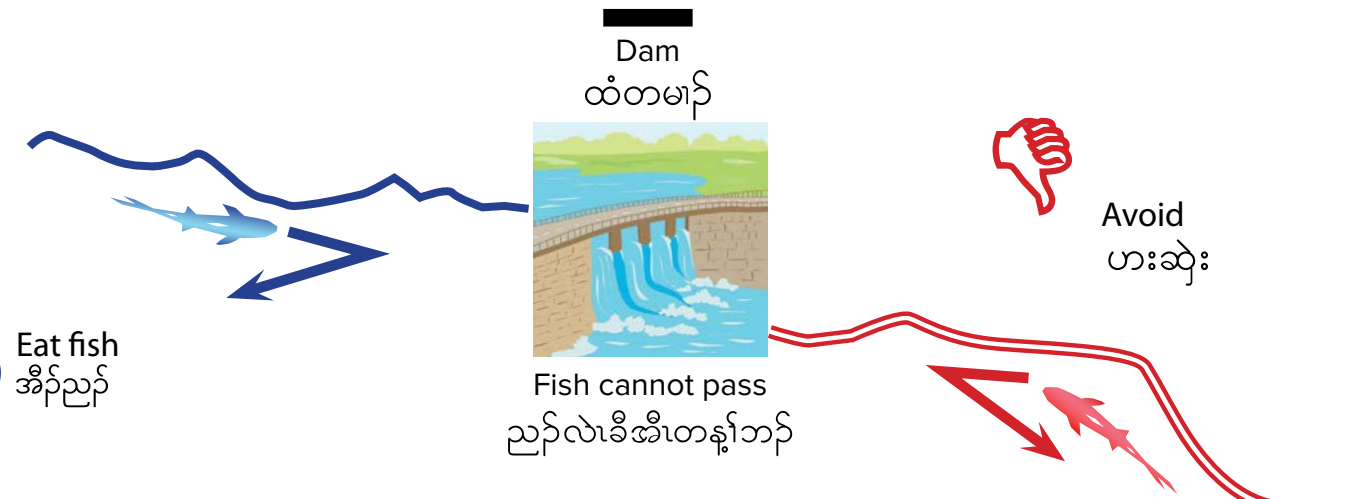
Fish cannot pass
ညၢ်လဲၤခီအီၤတန့ၢ်ဘဉ်

Avoid
ဟးဆဲး





Eat fish
အိၣ်ညၢ်



Dam
ထံတမၢ်

Fish cannot pass
ညၢ်လဲၤခီအီၤတန့ၢ်ဘဉ်

Avoid
ဟးဆဲး



#1 Tomhannock Reservoir



#2 Normans Kill



#3 Washington Park Lake



#4 Six Mile Waterworks



#5 Grafton Lakes



#7 Basic Creek Reservoir



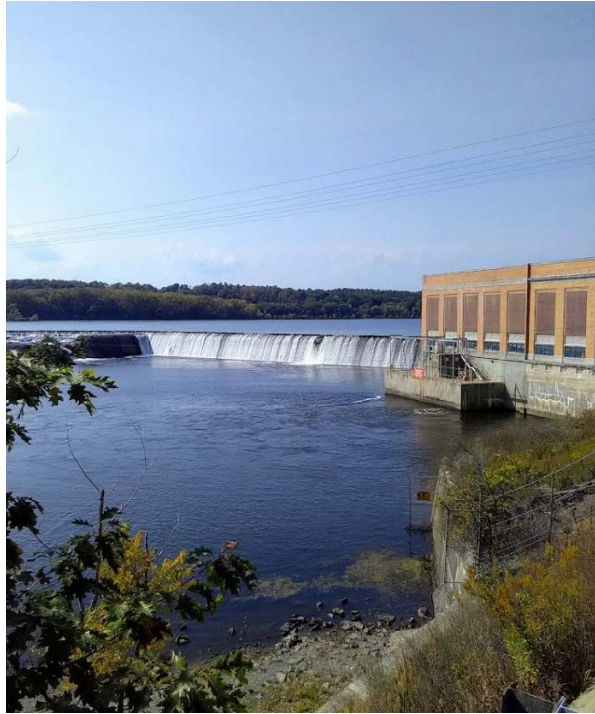
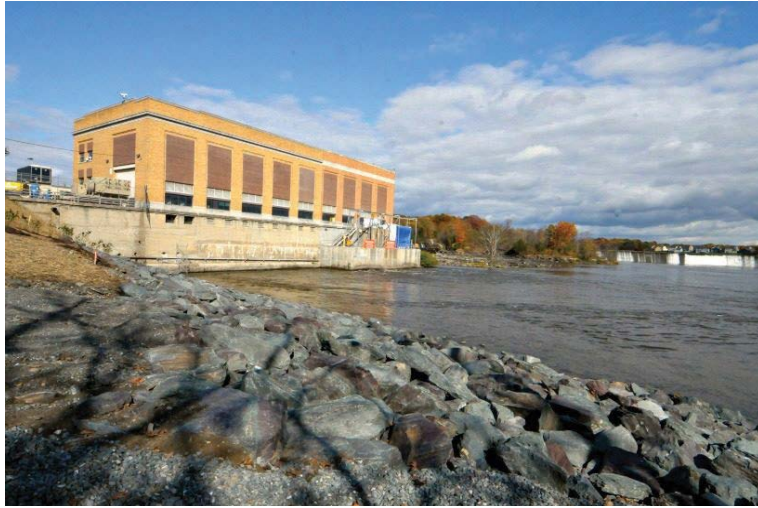
#6 Hampton Manor Lake



#8 Burden Lake



#9 Mohawk River



#11 Thompsons Lake



#10 Dunham Reservoir



#12 Glass Lake



#13 Hoosic River



#15 Nassau Lake





Don't Eat Any Fish
အိပ်ညှပ်နီတကလုာ်တဂု

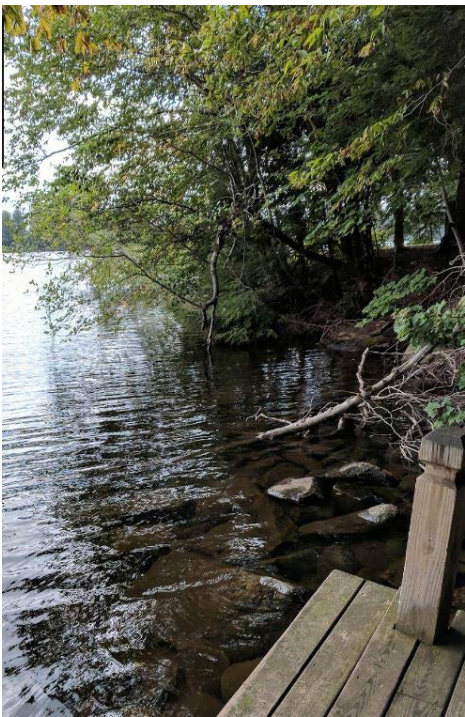
Most chemicals (ဂ်အစုာ်အပျာ်အအါကတၢ်)



#14 Hudson River



#16 Dyken Pond

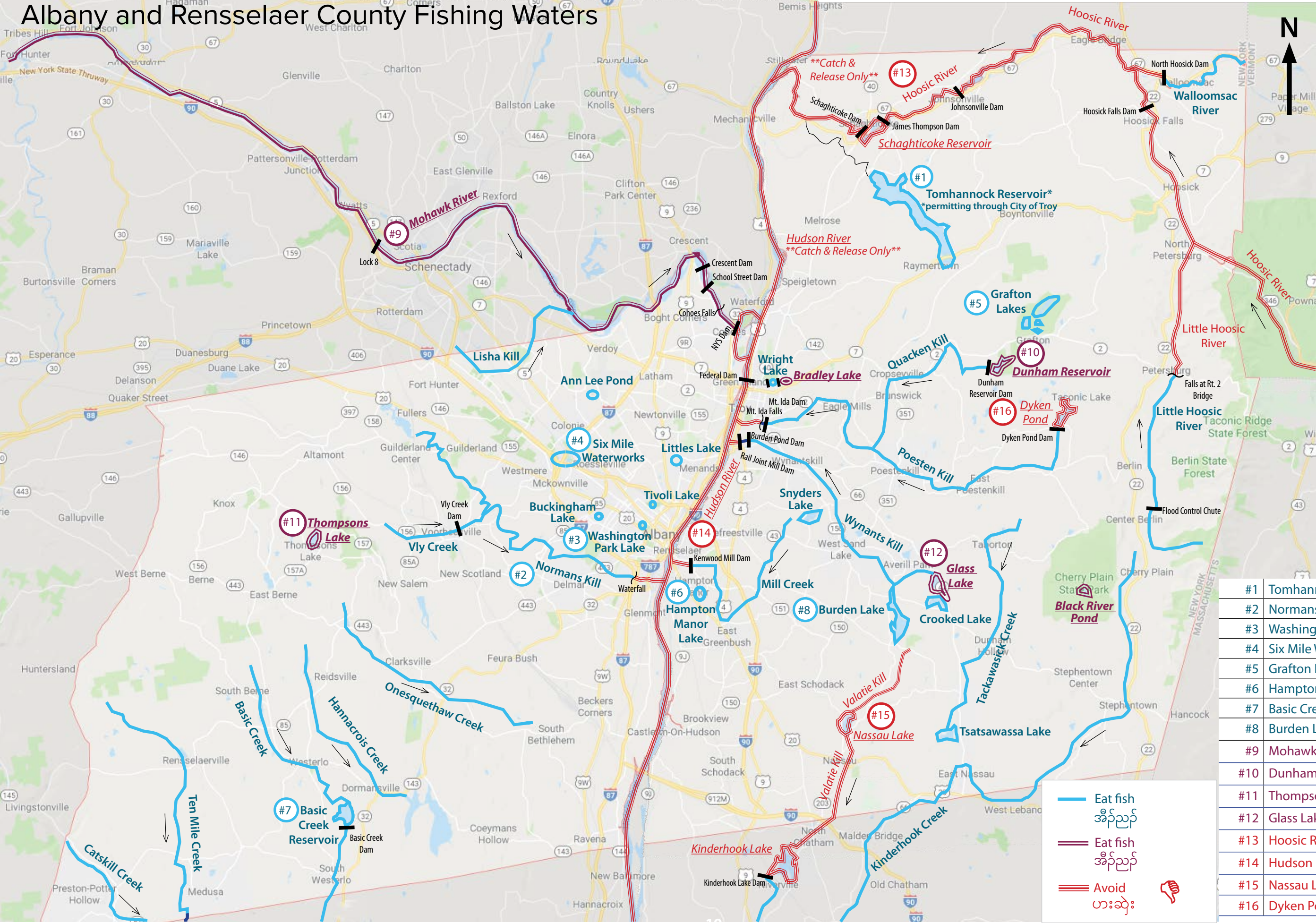




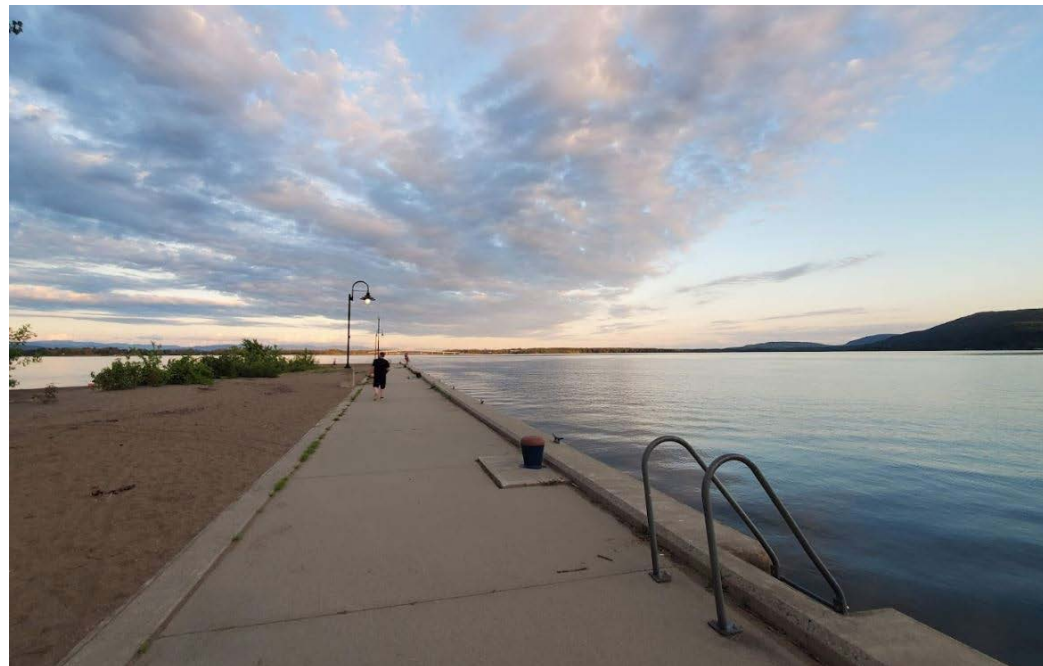
Don't Eat Any Fish
အိပ်ညှပ်နီတကလုာ်တဂု

Most chemicals (ဂ်အစုာ်အပျာ်အအါကတၢ်)

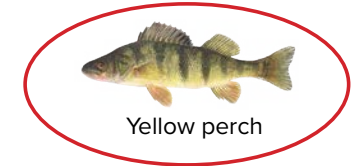
Albany and Rensselaer County Fishing Waters



17 Lake Champlain



Use the map and fish tables to find which fish are good to eat.
 စူးကါ ဟိပ်ခိပ်ဂီဒီး ညှပ်အတက်ကွဲးရဲပ်တဖန် ဒ်သီးနကသုဉ်ညါဘဉ် ညှပ်မနုနုန ပအိဉ်အီၤဂ့ၤလဲဉ်တက့ၢ်.
 Look at the fish pictures and find the fish you caught.
 ကွၢ်ဘဉ် ညှပ်အဂီၤတဖန်ဒီး ယုသုဉ်ညါညှပ်လၢ နဖိဉ်နုနုအီၤအဂ့ၢ်တက့ၢ်.



Check the map. If you caught the fish from a **blue** outlined water, follow the blue advice.
 ကွၢ်ထံ ဟိပ်ခိပ်ဂီၤတက့ၢ်. နမ့ၢ်ဖိဉ်နုနု ညှပ်လၢ **ထံအလွဲၢ်လါအဲး** အပူၤနုနု, ဝံသးစူၤလူၤဟိံမၤထွဲ တၢ်ဟ့ဉ်ကုဉ်လၢ တၢ်ကွဲးအီၤလၢ အလွဲၢ်လါအဲးန့ဉ်တက့ၢ်.



Older people ပုၤသျှပ်ကွၢ်သးပုၤ	Yellow perch	Whole family ဟံဉ်ဒုဉ်ဃီထီၤဒီဒုဉ်ညါ
4 meals a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ	4 meals a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ	4 meals a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ
4 meals a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ	1 meal a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ	1 meal a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ
0 DON'T EAT အိဉ်အီၤတက့ၢ်	0 DON'T EAT အိဉ်အီၤတက့ၢ်	0 DON'T EAT အိဉ်အီၤတက့ၢ်

If you caught the fish from a **purple** outlined water, follow the purple advice.
 နမ့ၢ်ဖိဉ်နုနု ညှပ်လၢ **ထံအလွဲၢ်လူး** အပူၤနုနု, ဝံသးစူၤလူၤဟိံမၤထွဲ တၢ်ဟ့ဉ်ကုဉ်လၢတၢ်ကွဲးအီၤလၢ အလွဲၢ်လူးန့ဉ်တက့ၢ်.



Older people ပုၤသျှပ်ကွၢ်သးပုၤ	Yellow perch	Whole family ဟံဉ်ဒုဉ်ဃီထီၤဒီဒုဉ်ညါ
4 meals a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ	4 meals a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ	4 meals a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ
4 meals a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ	1 meal a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ	1 meal a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ
0 DON'T EAT အိဉ်အီၤတက့ၢ်	0 DON'T EAT အိဉ်အီၤတက့ၢ်	0 DON'T EAT အိဉ်အီၤတက့ၢ်

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.
 မ့ၢ်သ့ဟးဆွဲး ထံလၢအလွဲၢ်ဂီၤတဖန်တက့ၢ်. အဝဲသ့ဉ်အပူၤ ကံအတၢ်ဖိတၢ်လံၤအိဉ်အါမးလီၤ. နမ့ၢ်ဖိဉ်နုနု ညှပ်လၢ **ထံအလွဲၢ်ဂီၤ** အပူၤနုနု, ဝံသးစူၤလူၤဟိံမၤထွဲ တၢ်ဟ့ဉ်ကုဉ်လၢတၢ်ကွဲးအီၤလၢ အလွဲၢ်ဂီၤန့ဉ်တက့ၢ်.



Older people ပုၤသျှပ်ကွၢ်သးပုၤ	Yellow perch	Whole family ဟံဉ်ဒုဉ်ဃီထီၤဒီဒုဉ်ညါ
4 meals a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ	4 meals a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ	4 meals a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ
4 meals a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ	1 meal a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ	1 meal a month စီဉ်ညှပ်ဖျါလုၤလါဝဲၤတဲၤ
0 DON'T EAT အိဉ်အီၤတက့ၢ်	0 DON'T EAT အိဉ်အီၤတက့ၢ်	0 DON'T EAT အိဉ်အီၤတက့ၢ်



Older people
ပုၤသ့ၣ်ကုသးပုၤ



Yellow perch



Whole family
ဟံၣ်ဒုၣ်ဃီထၢဒီဒုၣ်ညါ

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

*Advice is simplified *တၢ်ဟ့ၣ်ကုၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညီညီဖိလီၤ



Older people
ပုၤသ့ၣ်ကုသးပုၤ



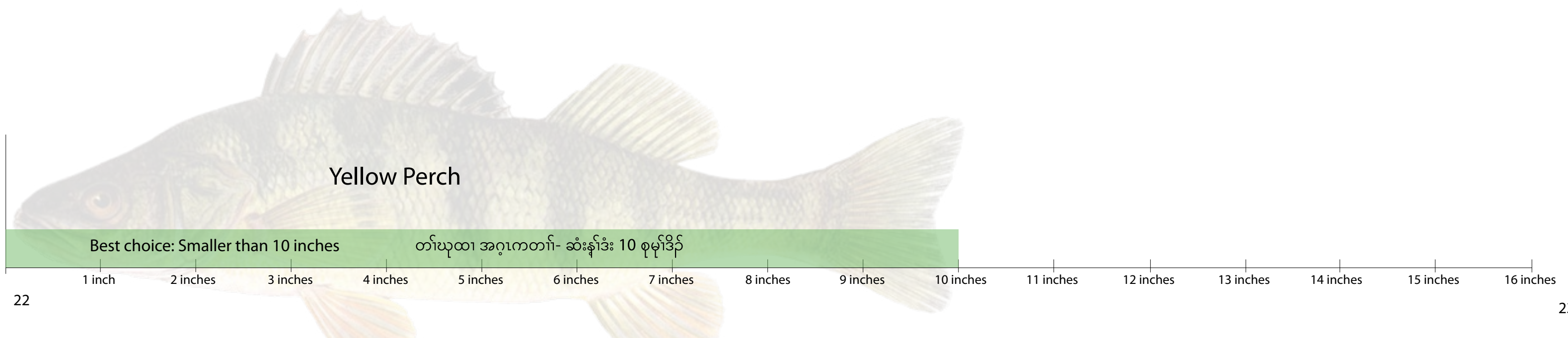
White perch



Whole family
ဟံၣ်ဒုၣ်ဃီထၢဒီဒုၣ်ညါ

1 meal a month အိၣ်ညါန့ၢ်ဆူတလါတဘျီ	—	1 meal a month အိၣ်ညါန့ၢ်ဆူတလါတဘျီ
1 meal a month အိၣ်ညါန့ၢ်ဆူတလါတဘျီ	==	1 meal a month အိၣ်ညါန့ၢ်ဆူတလါတဘျီ
0 DON'T EAT အိၣ်အီၤတဂ့ၤ	===	0 DON'T EAT အိၣ်အီၤတဂ့ၤ

*Advice is simplified *တၢ်ဟ့ၣ်ကုၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညီညီဖိလီၤ





Older people
ပုသွန်ကွသးပုၼ်



Largemouth bass



Whole family
ဟံၼ်ဒုၼ်ဃီထီၼ်ဒိဒုၼ်ညါ

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 အိၼ်အီၤတဂ့ၤ	===	0 DON'T EAT အိၼ်အီၤတဂ့ၤ

*Advice is simplified *တၢ်ဟ့ၼ်က့ၼ်တဖၼ်န့ၼ် ဘၼ်တၢ်ဟံၼ်ဖျါအီၤညိညိမိလီၤ



Older people
ပုသွန်ကွသးပုၼ်



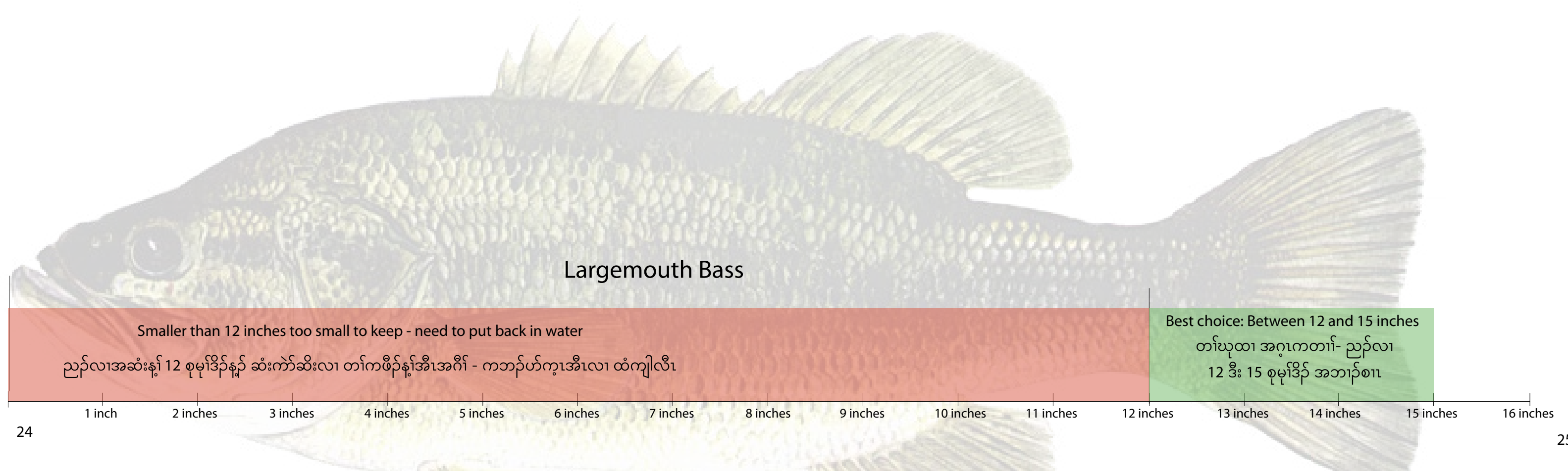
Carp



Whole family
ဟံၼ်ဒုၼ်ဃီထီၼ်ဒိဒုၼ်ညါ

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 အိၼ်အီၤတဂ့ၤ	===	0 DON'T EAT အိၼ်အီၤတဂ့ၤ

*Advice is simplified *တၢ်ဟ့ၼ်က့ၼ်တဖၼ်န့ၼ် ဘၼ်တၢ်ဟံၼ်ဖျါအီၤညိညိမိလီၤ





Older people
ပုသျှန်ကွသးပု



Smallmouth bass



Whole family
ဟံးဒုးယီထာဒီဒုးညါ

1 meal a month အိးညးနးဆုးလါတဘျီ	—	1 meal a month အိးညးနးဆုးလါတဘျီ
1 meal a month အိးညးနးဆုးလါတဘျီ	==	0 DON'T EAT အိးအီတဂုး
0 DON'T EAT အိးအီတဂုး	===	0 DON'T EAT အိးအီတဂုး



Older people
ပုသျှန်ကွသးပု



Bluegill



Whole family
ဟံးဒုးယီထာဒီဒုးညါ

4 meals a month အိးညးနးဆုးလါ(၄)ဘျီ	—	4 meals a month အိးညးနးဆုးလါ(၄)ဘျီ
4 meals a month အိးညးနးဆုးလါ(၄)ဘျီ	==	1 meal a month အိးညးနးဆုးလါတဘျီ
0 DON'T EAT အိးအီတဂုး	===	0 DON'T EAT အိးအီတဂုး

*Advice is simplified *တံးဟံးကုးတဖးနး ဘးတံးဟံးဖျါအီညါညါမီလီ





Older people
ပုသုဉ်ကွသးပုာ်



Walleye



Whole family
ဟံာ်ဒုဉ်ယီထါဒီဒုဉ်ညါ

4 meals a month ဆီဉ်ညဉ်န့ဆုတလါ(၄)ဘျီ	—	1 meal a month ဆီဉ်ညဉ်န့ဆုတလါတဘျီ
0 DON'T EAT အီဉ်အီတဂုၤ	==	0 DON'T EAT အီဉ်အီတဂုၤ
0 DON'T EAT အီဉ်အီတဂုၤ	===	0 DON'T EAT အီဉ်အီတဂုၤ

*Advice is simplified

*တၢ်ဟ့ဉ်ကုဉ်တဖဉ်န့ဉ် ဘဉ်တၢ်ဟံာ်ဖျါအီၤညီညီဖိလီၤ



Older people
ပုသုဉ်ကွသးပုာ်



Blueback herring

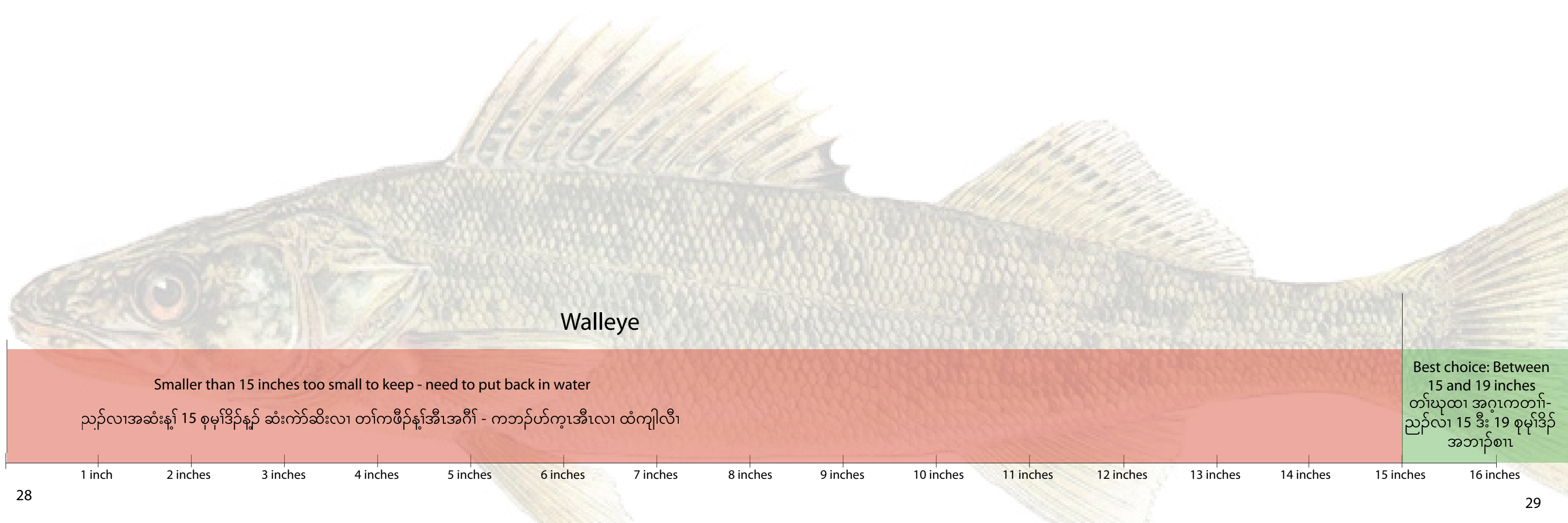


Whole family
ဟံာ်ဒုဉ်ယီထါဒီဒုဉ်ညါ

4 meals a month ဆီဉ်ညဉ်န့ဆုတလါ(၄)ဘျီ	—	1 meal a month ဆီဉ်ညဉ်န့ဆုတလါတဘျီ
4 meals a month ဆီဉ်ညဉ်န့ဆုတလါ(၄)ဘျီ	==	1 meal a month ဆီဉ်ညဉ်န့ဆုတလါတဘျီ
0 DON'T EAT အီဉ်အီတဂုၤ	===	0 DON'T EAT အီဉ်အီတဂုၤ

*Advice is simplified

*တၢ်ဟ့ဉ်ကုဉ်တဖဉ်န့ဉ် ဘဉ်တၢ်ဟံာ်ဖျါအီၤညီညီဖိလီၤ



Walleye

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

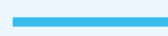
ညဉ်လၢအဆံးန့ၢ် 15 စုမုာ်ဒိဉ်န့ဉ် ဆံးကံာ်ဆိးလၢ တၢ်ကဖိဉ်န့ၢ်အီၤအဂီၢ် - ကဘဉ်ဟံာ်က့ၤအီၤလၢ ထံကျါလီၤ

Best choice: Between 15 and 19 inches
တၢ်ဃုထၢ အဂ့ၤကတၢၢ်-ညဉ်လၢ 15 ဒီး 19 စုမုာ်ဒိဉ် အဘၢဉ်စၢၤ

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



4 meals a month
အိတ်ညဉ်န့ဆုတလါ(၄)ဘျီ



1 meal a month
အိတ်ညဉ်န့ဆုတလါတဘျီ

4 meals a month
အိတ်ညဉ်န့ဆုတလါ(၄)ဘျီ



1 meal a month
အိတ်ညဉ်န့ဆုတလါတဘျီ

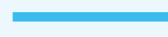
0 DON'T EAT
အိတ်အီတဂုၤ



0 DON'T EAT
အိတ်အီတဂုၤ



4 meals a month
အိတ်ညဉ်န့ဆုတလါ(၄)ဘျီ



4 meals a month
အိတ်ညဉ်န့ဆုတလါ(၄)ဘျီ

4 meals a month
အိတ်ညဉ်န့ဆုတလါ(၄)ဘျီ



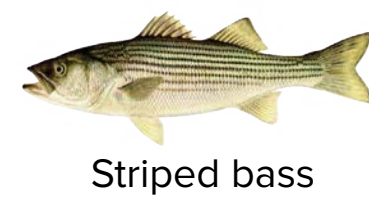
4 meals a month
အိတ်ညဉ်န့ဆုတလါ(၄)ဘျီ

0 DON'T EAT
အိတ်အီတဂုၤ



0 DON'T EAT
အိတ်အီတဂုၤ

*Advice is simplified *တၢ်ဟ့ၣ်ကူၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံးဖျါအီၤညိညိမိလီၤ



0 DON'T EAT
အိတ်အီတဂုၤ



0 DON'T EAT
အိတ်အီတဂုၤ

0 DON'T EAT
အိတ်အီတဂုၤ



0 DON'T EAT
အိတ်အီတဂုၤ

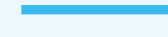
0 DON'T EAT
အိတ်အီတဂုၤ



0 DON'T EAT
အိတ်အီတဂုၤ



4 meals a month
အိတ်ညဉ်န့ဆုတလါ(၄)ဘျီ



4 meals a month
အိတ်ညဉ်န့ဆုတလါ(၄)ဘျီ

4 meals a month
အိတ်ညဉ်န့ဆုတလါ(၄)ဘျီ



4 meals a month
အိတ်ညဉ်န့ဆုတလါ(၄)ဘျီ

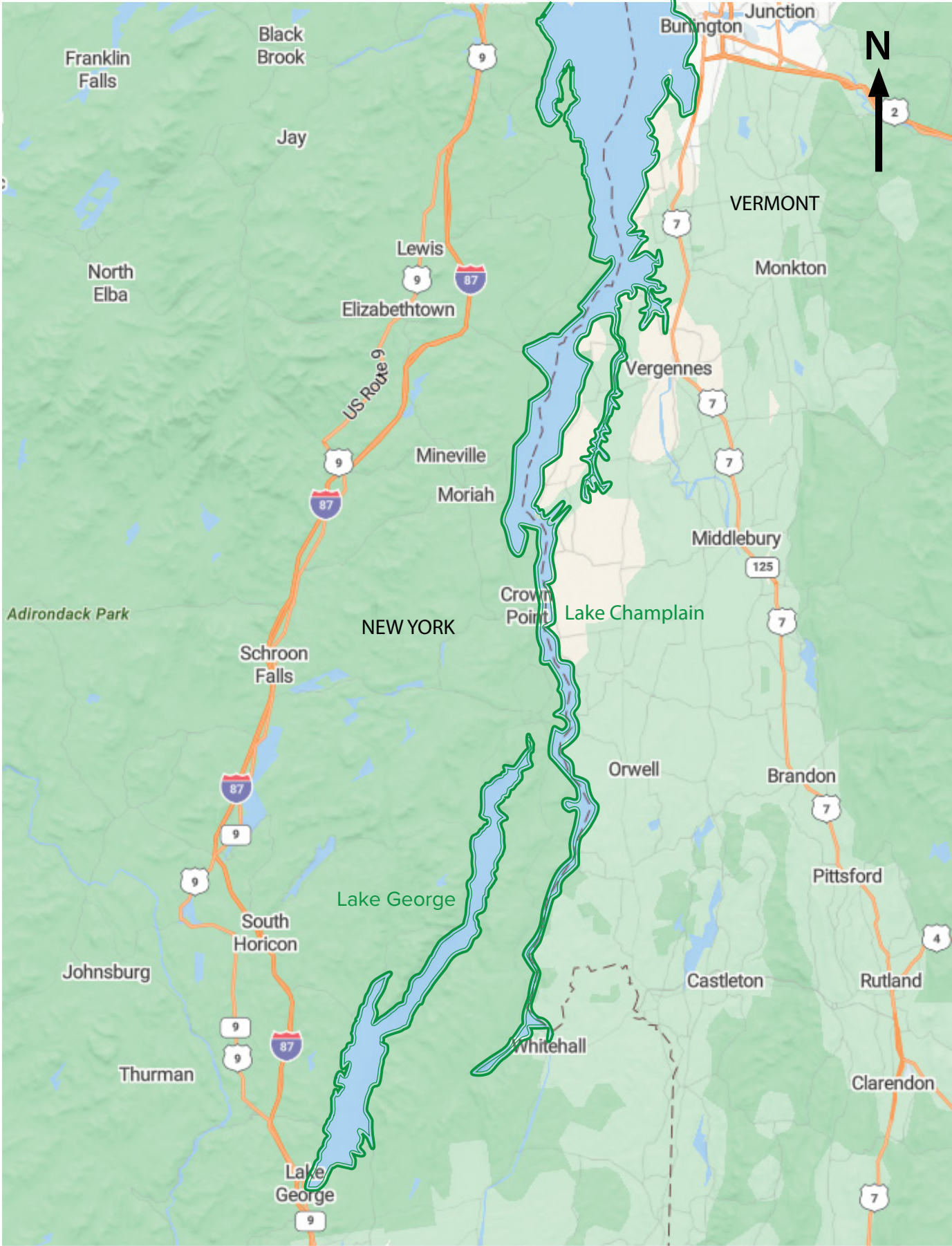
0 DON'T EAT
အိတ်အီတဂုၤ



0 DON'T EAT
အိတ်အီတဂုၤ

*Advice is simplified *တၢ်ဟ့ၣ်ကူၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံးဖျါအီၤညိညိမိလီၤ

#17 Lake Champlain



Older people
ပုၤသုၣ်ကုၤသးပုၤ

Lake Champlain



Whole family
ဟံၣ်ဒုၣ်ယိထၢဒိၣ်ညါ

4 meals a month
အိၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ



Perch

1 meal a month
အိၣ်ညါန့ၣ်ဆူတလါဘျီ

1 meal a month
အိၣ်ညါန့ၣ်ဆူတလါဘျီ



Largemouth bass

0 DON'T EAT
အိၣ်အီၤတဂ့ၤ

4 meals a month
အိၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ



Carp

1 meal a month
အိၣ်ညါန့ၣ်ဆူတလါဘျီ

4 meals a month
အိၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ



Bluegill

1 meal a month
အိၣ်ညါန့ၣ်ဆူတလါဘျီ

1 meal a month
အိၣ်ညါန့ၣ်ဆူတလါဘျီ



Smallmouth bass

0 DON'T EAT
အိၣ်အီၤတဂ့ၤ

4 meals a month
အိၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ



Rainbow trout

1 meal a month
အိၣ်ညါန့ၣ်ဆူတလါဘျီ

4 meals a month
အိၣ်ညါန့ၣ်ဆူတလါ(၄)ဘျီ



Sunfish

1 meal a month
အိၣ်ညါန့ၣ်ဆူတလါဘျီ

0 DON'T EAT
အိၣ်အီၤတဂ့ၤ



Walleye

0 DON'T EAT
အိၣ်အီၤတဂ့ၤ

*Advice is simplified

*တၢ်ဟ့ၣ်ကူၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညါညါဖိလီၤ

Fish you buy

ညဉ်လာနပ္ပာအိဉ်

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

လီဆိဘဉ်ယဉ်ဒီးပုယိဉ်မုဉ်မိာ်ဒါ,မုတမုဉ်မိာ်လာဒူးအိဉ်ဖိနုာ်,ဒီးဖိသဉ်သုဉ်တဖဉ်ယုထာအိဉ်ညဉ်လာမာဉ်ခူဉ်ရံဉ်စ့



Fish are an excellent source of protein, healthy fats, and are good for the whole family. ညဉ်န့ဉ်ဂုဒိဉ်မးလာယုထံဉ်န့ဉ်အိဉ်ဖရိဉ်ထံ(န).ဒီးဂုဉ်လာဟံဉ်ဖိယိဖိခဲလာ်အဂီဉ်န့ဉ်လီ.



Most fish from stores are a very healthy choice

အါတက့ဉ်ညဉ်လာတၢ်ဆါတၢ်ပူအလီဉ်န့ဉ်ဂုဒီးမးလာတၢ်အိဉ်ဆူအိဉ်ချုတၢ်ယုထာအဂီဉ်န့ဉ်လီ.



Herring



Sardines



Crayfish



Shrimp



Fish paste



Rainbow trout



Salmon



Steelhead Trout



Tilapia



Haddock



Catfish



Cod



Scallops



Crab



Flounder



Mussels



Oysters

ကွပ်ကဲသောအဖွဲ့အစည်း၊ လူကမ္ဘာလံသွန်ညါ
ဘဉ် ကဘဉ်စူးကါတၢ်ဟ့ၣ်ကုၣ်ဒ်လဲၣ်တက့ၢ်-

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



ပအိၣ်ဒီးတၢ်န့ၣ်ကျဲတဖၣ်လၢ Syracuse လီၤကဝီၤ, ဝှံၣ်ခိၣ် 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**