

**Where Can the Whole Family Eat Fish?**

ဟံၣ်ဖိယီဖိခဲလၢာ်အိၣ်ညၣ်န့ၣ်ဖဲလဲၣ်

# Utica

## Area Guide

Karen



Department  
of Health

နယူယိုၣ်ကီၢ်စၢ်ဝဲၣ်ကျိၤဘၣ်ယၣ်ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့

Fishing is a fun and healthy activity.

တစ်ခွဲညှပ်နဲ့မှတ်တမ်းမမှတ်သေးဘဲအိပ်ဆုတ်အိပ်ချွတ်တက်ဟူးတက်ဂဲနဲ့လီ



Eating fish can be very good for you.

အိပ်ညှပ်နဲ့ဂုဏ်သုခိဗ်မေးလာနဂီနဲ့လီ



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

ညှပ်နဲ့အါဝဲဒင်ဖရိတ်ထံ(န)ဒီးတက်အိပ်တက်ခါလာဒူးနဲ့ဂုဏ်ဘိတက်အိပ်ဆုတ်အိပ်ချွတ်နဲ့လီ



But some fish caught in New York can have chemicals.

ဘဉ်ဆဉ်ဖိဉ်နဲ့ညဉ်တနီလါ(နယူယိုဉ်)နဲ့အိဉ်ယုဉ်သုဒီးကဲအစုဉ်အပျဉ်နဲ့လီ

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



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

နထံဉ်အိဉ်တသုဘဉ်,တနာဘဉ်အိဉ်ဘဉ်,ဒီးလုဉ်ကွဉ်အိဉ်ဒီးတသုဉ်ညါလါကဲအစုဉ်အပျဉ်အိဉ်ယုဉ်လါညဉ်ကျဉ်ဘဉ်

cannot see  
ထံဉ်နဲ့အိဉ်တသုဘဉ်

cannot smell  
နာဘဉ်အိဉ်တသုဘဉ်

cannot taste  
လုဉ်ဘဉ်အိဉ်တသုဘဉ်

Chemicals in fish can be bad for your health.

ကဲအစုဉ်အပျဉ်အိဉ်ယုဉ်လါညဉ်ကျဉ်နဲ့မအါမသီနတက်အိဉ်ဆုဉ်အိဉ်ချွတ်သုနဲ့လီ

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





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

ပျိုတဖန်လအိပ်ဒီး တင်လီဆီလိာ်သးန့ၣ် အိပ်ဝဲဒၣ် ညၣ် အအါအစုၤလၢ အလီဆီလိာ်သးန့ၣ်လီၤ.  
တင်အံၤမ့ၢ်တင်ဟ့ၣ်က့ၣ်လီၤဆီလၢ အဒီးသန့ၤထီၣ်သးလၢ နသးနီၣ်လါအဖီခိၣ်န့ၣ်လီၤ.



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

မ့ၢ်လၢ ကံတင်ဖိတင်လံၤ(chemicals) တဖန်န့ၣ် မ့ၢ်ဝဲဒၣ် တင်လၢအမၤဘၣ်ဒိဆါ ပုၤသ့ၣ်စၢ်သးဘီၣ်တဖန်ကတၢၢ်, လီၤဆီဒၣ်တၢ် ဟံၣ်မ့ၢ်တဖန်ဒီး ဖိဒံဖိသၣ်တဖန်အဃိ, ဟံၣ်ဖိဃီဖိတဖန်န့ၣ် ကြၢးအိပ်ဝဲဒၣ် ညၣ်စ့ၤစ့ၤလီၤ.

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

ပုၤသ့ၣ်က့ၤသးပျိုတဖန်န့ၣ် အိပ်ဝဲဒၣ်ညၣ်အါအါသ့ မ့ၢ်လၢ ကံအတၢ်ဖိတင်လံၤ(chemicals) တဖန်န့ၣ် မၤဘၣ်ဒိဆါ အဝဲသ့ၣ်အတၢ်အိပ်ဆူၣ်အိပ်ချ့ အါကံဆိး တသ့ဘၣ်အဃိန့ၣ်လီၤ.

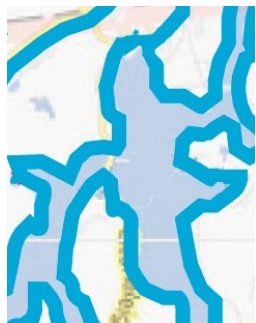


The New York State Department of Health tells anglers where it's good to eat the fish and which fish are good to eat.

New York ကီၢ်ဖဲၣ် တၢ်အိပ်ဆူၣ်အိပ်ချ့ ဝဲၤကျိၤ တဲဘၣ်ဝဲဒၣ် ပျိုတခွဲညၣ်ဖိတဖန် တင်လီၤလၢ ပျိုအိပ်ညၣ်တဖန် သ့ဝဲဒီး ညၣ်မနုၤတဖန် ဂ့ၤလၢပျိုကအိပ်ဝဲဒၣ်အဂီၢ်လဲၣ်န့ၣ်လီၤ.

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

Blue waters  
ထံလၢအလါအဲး



Purple waters  
ထံလၢအဂီၢ်လုး



- These fish have less chemicals and are a healthy choice.  
ညၣ်တကလုာ်အံၤစ့ၤဒီးကံအစုၣ်အပျါဒီးမ့ၢ်တၢ်ဃုထၢဂ့ၢ်လၢတၢ်အိပ်ဆူၣ်အိပ်ချ့ အဂီၢ်န့ၣ်လီၤ.
- Avoid eating fish from waters outlined in red.  
ဟးဆွဲ တၢ်အိပ်ညၣ်တဖန်လၢ ပျိုမၤန့ၢ်အီၤလၢ 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.

နမ့်ဃုထာလာ ကမီအိပ်ညဉ်ဒီတဘျဉ်, တၢ်ထံမ့ၢ်ဂ့ၤ ကသူမ့ၢ်ဂ့ၤန့ၣ်, ဃုထာညဉ်လာ အိၣ်လာထံအလွဲၢ်လါအဲးတဖၣ်အပူၤတက့ၢ်. ညဉ်တဖၣ်အံၤ ကံအတၢ်ဖိတၢ်လံၤစ့ၤဝဲဒၣ်လာ အသိဒီး အဖံးပူၤန့ၣ်လီၤ.



Blue waters  
ထံလာအလါအဲး

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.

နမ့်ဃုအိၣ်ညဉ်လာ ထံအလွဲၢ်လူးအပူၤန့ၣ်, နကဘၣ်မၤကဆိကံၣ် အသိဒီး အဖံးလာညဉ်အပူၤလီၤ. ညဉ်တဖၣ်လာအိၣ်လာ ထံအလွဲၢ်လူးအပူၤန့ၣ် ကံအတၢ်ဖိတၢ်လံၤတဖၣ်အိၣ်ဝဲဒၣ်လာ အသိဒီး အဖံးအပူၤန့ၣ်လီၤ. ကူးတဲာ်ဒီး အိးကံၣ်အဖံးလာန့ၣ်အပူၤ ဒ်သိးကံအတၢ်ဖိတၢ်လံၤကစ့ၤလီၤအဂီၢ်တက့ၢ်.

Purple waters  
ထံလာအဂီၢ်လူး

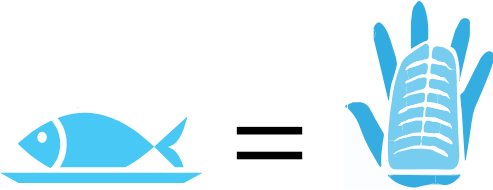
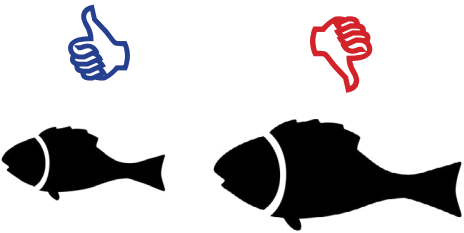


Why we have advice  
ဘၣ်မနုၤအဃိ ပဘၣ်ဟ့ၣ်ကူၣ်တၢ်လဲၣ်

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

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

ညဉ်လာအဆံးအိၣ်စ့ၤဒီးကံအစုၣ်အပျၢ်ဆံးန့ၣ်ညဉ်ဖးဒိၣ်



1 fish meal  
အိၣ်ညဉ်န့ၢ်တဘျီ.

about the size of an  
adult hand  
ပုၤသးပျၢ်စုညါတခီယၣ်ယၣ်.

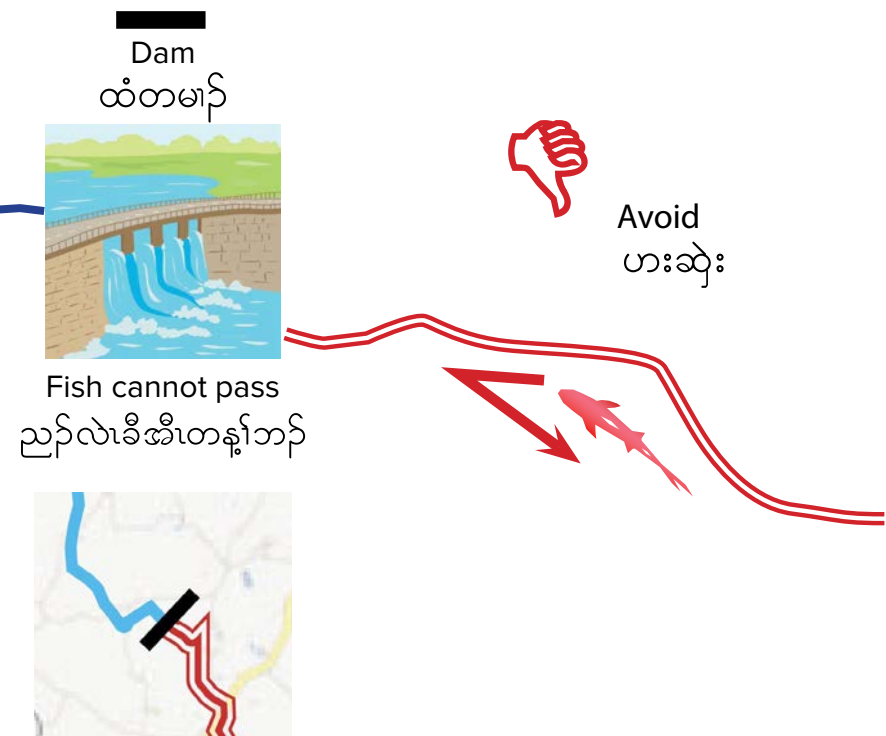
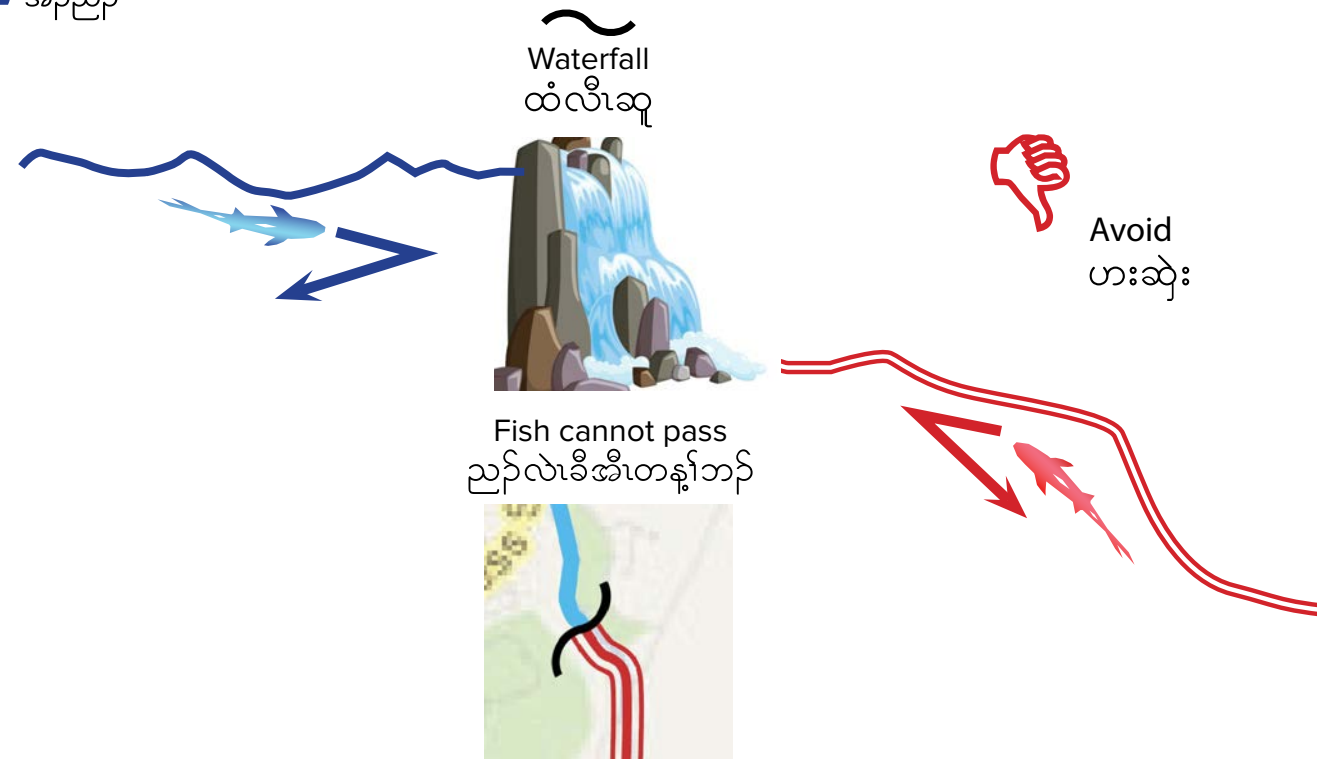


## Waterfalls and dams can stop fish.

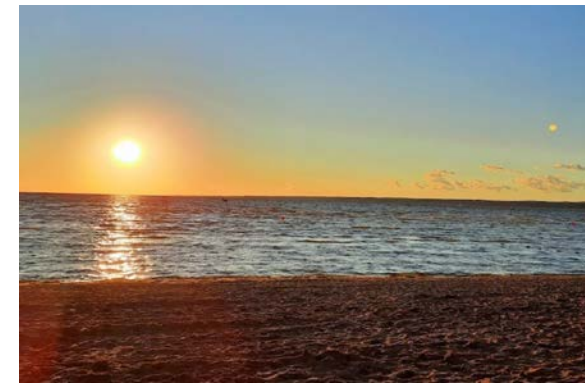
ထံလီဆူဒီးထံတမာဒီးသအညဉ်သုဝဲန့ဉ်လီ

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

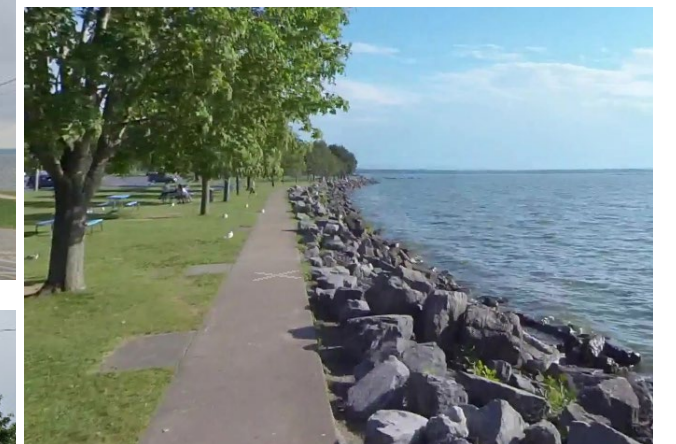
သူဟီဉ်ခိဉ်ဂီတၢ်သမံသမိးတၢ်ဟ့ဉ်ကူဉ်လၢခံခိယၢ်ပအိဉ်ဝဲလီဆီဘဉ်ဃးဒီးတၢ်လၢအတြီယာ်တၢ်



## #1 Oneida Lake - Verona Beach State Park

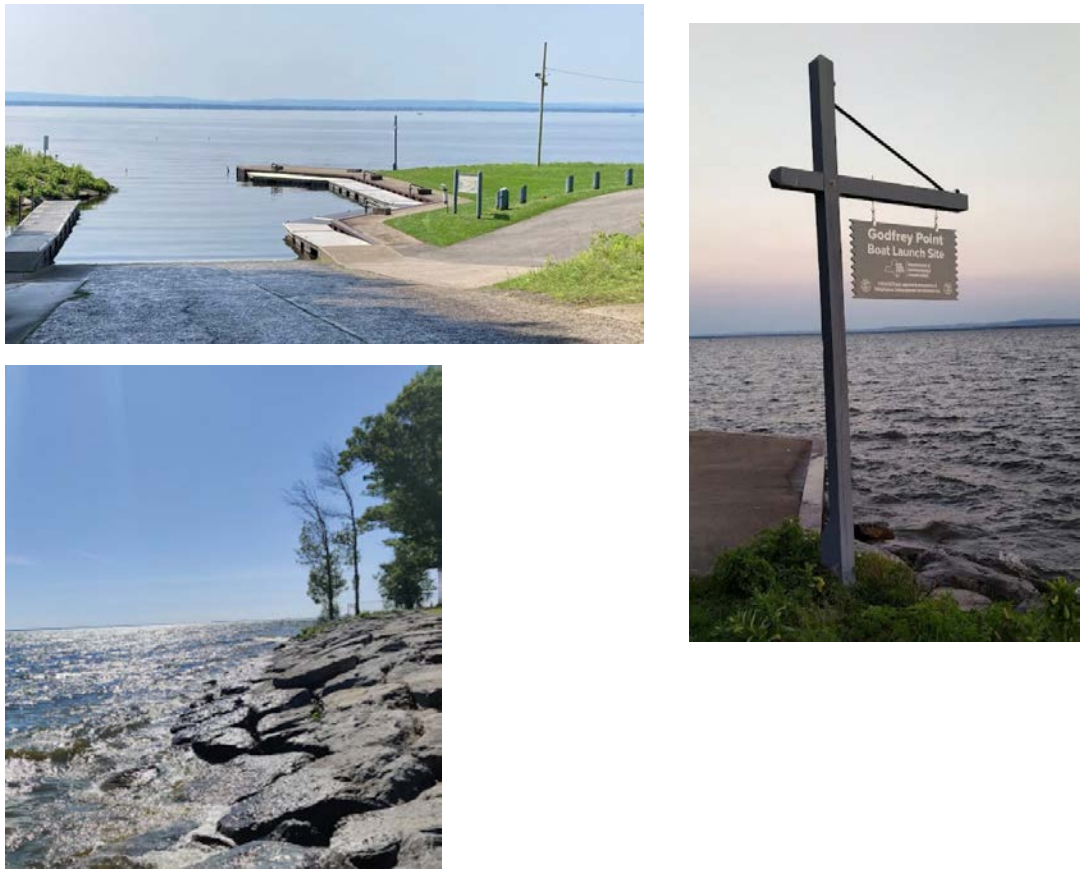


## #2 Oneida Lake - Sylvan Beach





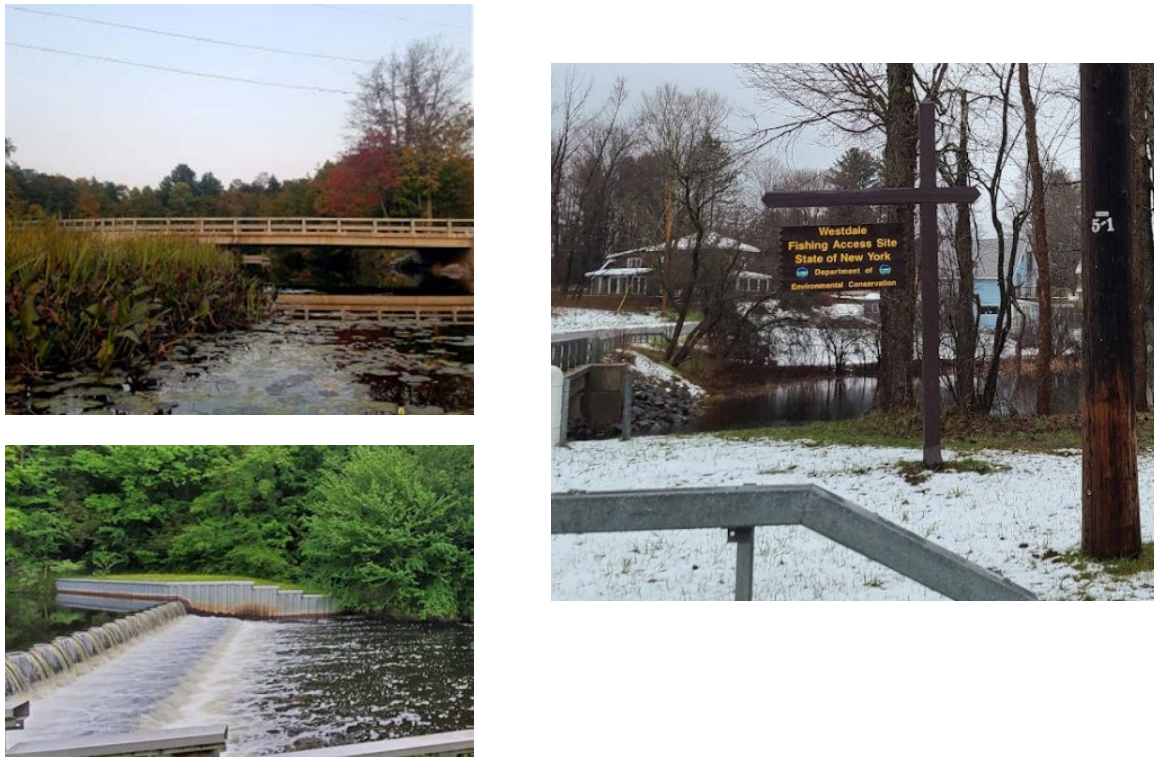
#3 Oneida Lake - Godfrey Point



#5 West Branch Fish Creek - Trestle Road Camden



#4 West Branch Fish Creek - Cemetery Road Westdale



#6 West Branch Fish Creek Blossvale





#7 Point Rock Creek - Swimming Basin



#9 West Canada Creek Fishing Access - Poland



#8 Forestport Reservoir

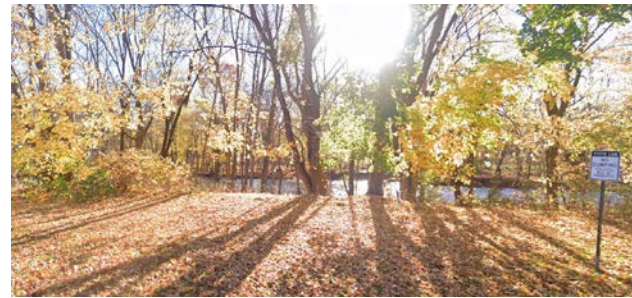


#10 West Canada Creek Fishing Access - Graves Road

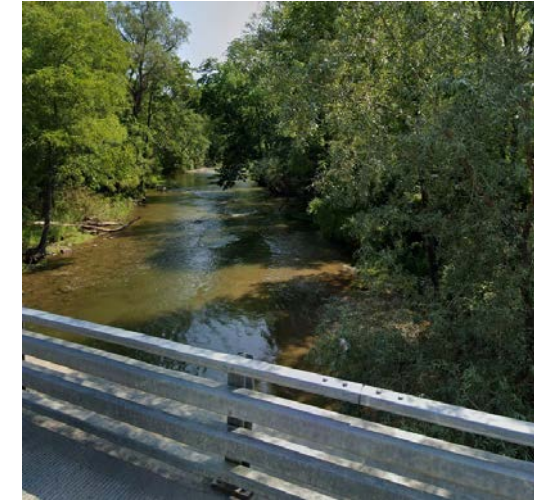




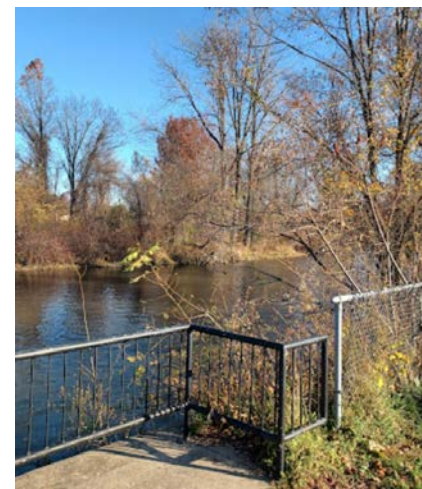
### #11 Mohawk River - Riverside Park



### #13 Oriskany Creek - Angler Parking Area



### #12 Mohawk River - Pinti Field



### #14 Chittning Pond

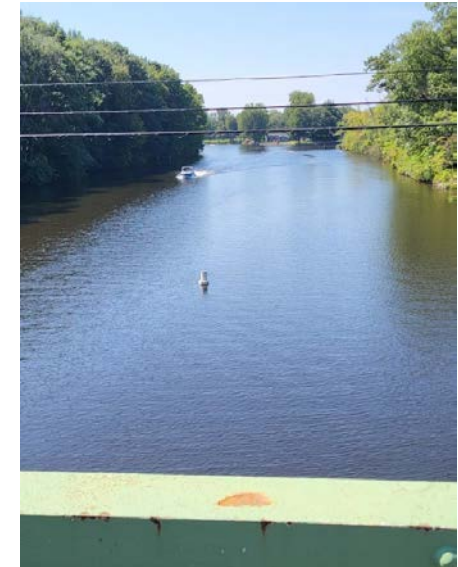




## #15 Delta Lake Park



## #17 Erie Canal - Cove Road State Boat Launch



## #16 Kayuta Lake

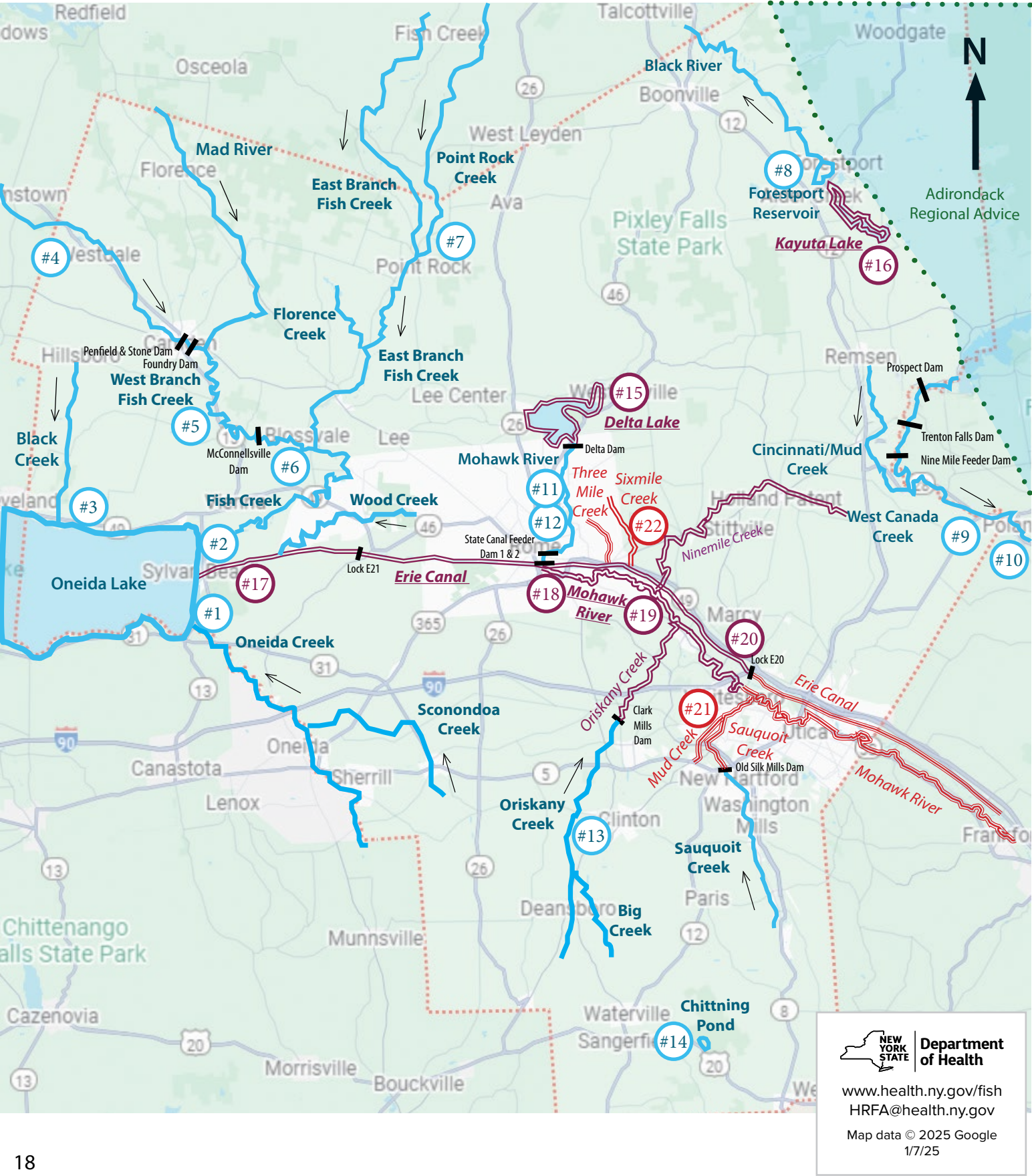


## #18 Erie Canal - Bellamy Harbor Park





# Oneida County Fishing Waters



#1, 2, 3	Oneida Lake
#4, 5, 6	West Branch Fish Creek
#7	Point Rock Creek
#8	Forestport Reservoir
#9, 10	West Canada Creek
#11, 12	Mohawk River
#13	Oriskany Creek
#14	Chittning Pond
#15	Delta Lake
#16	Kayuta Lake
#17, 18, 20	Erie Canal
#19	Mohawk River
#21	Sauquoit Creek
#22	Sixmile Creek

Eat fish

အိပ်ညှပ်

Eat fish

အိပ်ညှပ်

Avoid

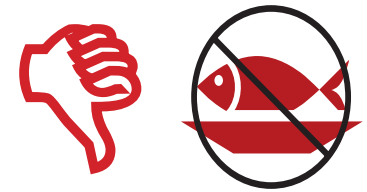
ဟးဆဲး



## #19 Mohawk River - Oriskany Flats



## #21 Sauquoit Creek - Dunham Manor Park



**Don't Eat Any Fish**

အိပ်ညှပ်နီတကလှ်တဂု

Most chemicals (ဂ်အစုဉ်အပျ်အအါကတၢ်)

## #20 Erie Canal - Lock 20 State Canal Park



## #22 Sixmile Creek





Use the map and fish tables to find which fish are good to eat.  
 စူးကါ ဟိပ်ခိပ်ဂီၤဒီး ညဉ်အတၢ်ကွဲးရဲၣ်တဖၣ် ဒ်သီးနကသ့ၣ်ညါဘၣ် ညဉ်မနုၤန့ၣ် ပအိၣ်အီၤဂ့ၤလဲၣ်တက့ၢ်.

Look at the fish pictures and find the fish you caught.  
 ကွၢ်ဘၣ် ညဉ်အဂီၤတဖၣ်ဒီး ဃုသ့ၣ်ညါညဉ်လၢ နဖီၣ်န့ၣ်အီၤအဂ့ၢ်တက့ၢ်.



Older people  
ပုၤသ့ၣ်ကွဲးပုၤ

Channel catfish

Whole family  
ဟံၣ်ဒုၣ်ဃီထၢဒီးဒုၣ်ညါ

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

Blue waters  
ထံလၢအလါအဲး

Older people ပုၤသ့ၣ်ကွဲးပုၤ	Channel catfish	Whole family ဟံၣ်ဒုၣ်ဃီထၢဒီးဒုၣ်ညါ
1 meal a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ	—	1 meal a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ
1 meal a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ	==	1 meal a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ
0 DON'T EAT အိၣ်အီၤတဂ့ၤ	===	0 DON'T EAT အိၣ်အီၤတဂ့ၤ

If you caught the fish from a **purple** outlined water, follow the purple advice.  
 နမ့ၢ်ဖီၣ်န့ၣ် ညဉ်လၢ **ထံအလွဲၢ်လူး** အပူၤန့ၣ်, ဝံသးစူၤလူၤဟိံမၤထွဲ တၢ်ဟ့ၣ်ကူၣ်လၢတၢ်ကွဲးအီၤလၢ အလွဲၢ်လူးန့ၣ်တက့ၢ်.

Purple waters  
ထံလၢအဂီၤလူး

Older people ပုၤသ့ၣ်ကွဲးပုၤ	Channel catfish	Whole family ဟံၣ်ဒုၣ်ဃီထၢဒီးဒုၣ်ညါ
1 meal a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ	—	1 meal a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ
1 meal a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ	==	1 meal a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ
0 DON'T EAT အိၣ်အီၤတဂ့ၤ	===	0 DON'T EAT အိၣ်အီၤတဂ့ၤ

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 ထံလၢအလွဲၢ်ဂီၤတဖၣ်တက့ၢ်. အဝဲသ့ၣ်အပူၤ ကံအတၢ်ဖိတၢ်လံၤအိၣ်အါမးလီၤ. နမ့ၢ်ဖီၣ်န့ၣ် ညဉ်လၢ **ထံအလွဲၢ်ဂီၤ** အပူၤန့ၣ်, ဝံသးစူၤလူၤဟိံမၤထွဲ တၢ်ဟ့ၣ်ကူၣ်လၢတၢ်ကွဲးအီၤလၢ အလွဲၢ်ဂီၤန့ၣ်တက့ၢ်.

Red waters  
ထံလၢအဂီၤ

Older people ပုၤသ့ၣ်ကွဲးပုၤ	Channel catfish	Whole family ဟံၣ်ဒုၣ်ဃီထၢဒီးဒုၣ်ညါ
1 meal a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ	—	1 meal a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ
1 meal a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ	==	1 meal a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ
0 DON'T EAT အိၣ်အီၤတဂ့ၤ	===	0 DON'T EAT အိၣ်အီၤတဂ့ၤ

Older people  
ပုၤသ့ၣ်ကွဲးပုၤ

Brown trout

Whole family  
ဟံၣ်ဒုၣ်ဃီထၢဒီးဒုၣ်ညါ

4 meals a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ	—	4 meals a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ
4 meals a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ	==	4 meals a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ
0 DON'T EAT အိၣ်အီၤတဂ့ၤ	===	0 DON'T EAT အိၣ်အီၤတဂ့ၤ

Rainbow trout

4 meals a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ	—	4 meals a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ
4 meals a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ	==	4 meals a month အိၣ်ညဉ်န့ၢ်ဆူတလါ(၄)ဘျီ
0 DON'T EAT အိၣ်အီၤတဂ့ၤ	===	0 DON'T EAT အိၣ်အီၤတဂ့ၤ

\*Advice is simplified      \*တၢ်ဟ့ၣ်ကူၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညီညီဖိလီၤ





Older people  
ပုသျှန်ကုသးပုၼ်



Yellow perch



Whole family  
ဟံၼ်ဒုၼ်ဃီထီၼ်ဒုၼ်ညါ

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

\*Advice is simplified \*တၢ်ဟ့ၼ်က့ၼ်တဖၼ်န့ၼ် ဘၼ်တၢ်ဟံၼ်ဖျါအီၤညီညီဖိလီၤ



Older people  
ပုသျှန်ကုသးပုၼ်



Carp



Whole family  
ဟံၼ်ဒုၼ်ဃီထီၼ်ဒုၼ်ညါ

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

\*Advice is simplified \*တၢ်ဟ့ၼ်က့ၼ်တဖၼ်န့ၼ် ဘၼ်တၢ်ဟံၼ်ဖျါအီၤညီညီဖိလီၤ

Yellow Perch

Best choice: Smaller than 10 inches

တၢ်ဃုထီၤ အဂ့ၤကတၢၢ်- ဆဲးန့ၼ်ဒီး 10 စုမုၼ်ဒိၼ်

24 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 ပုၤသ့ၣ်ကွၢ်သးပုၤ	Smallmouth bass	Whole family ဟံၣ်ဒုၣ်ဃီထီၣ်ဒုၣ်ညါ
1 meal a month အိၣ်ညါန့ၣ်ဆူၤလါတၢ်ဘျီ	—	1 meal a month အိၣ်ညါန့ၣ်ဆူၤလါတၢ်ဘျီ
1 meal a month အိၣ်ညါန့ၣ်ဆူၤလါတၢ်ဘျီ	==	0 DON'T EAT အိၣ်အီၤတဂ့ၤ
0 DON'T EAT အိၣ်အီၤတဂ့ၤ	==	0 DON'T EAT အိၣ်အီၤတဂ့ၤ

\*Advice is simplified \*တၢ်ဟ့ၣ်က့ၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညါညီဖိလီၤ

Older people ပုၤသ့ၣ်ကွၢ်သးပုၤ	Rock bass	Whole family ဟံၣ်ဒုၣ်ဃီထီၣ်ဒုၣ်ညါ
4 meals a month အိၣ်ညါန့ၣ်ဆူၤတလါ(၄)ဘျီ	—	1 meal a month အိၣ်ညါန့ၣ်ဆူၤလါတၢ်ဘျီ
1 meal a month အိၣ်ညါန့ၣ်ဆူၤလါတၢ်ဘျီ	==	0 DON'T EAT အိၣ်အီၤတဂ့ၤ
0 DON'T EAT အိၣ်အီၤတဂ့ၤ	==	0 DON'T EAT အိၣ်အီၤတဂ့ၤ

\*Advice is simplified \*တၢ်ဟ့ၣ်က့ၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညါညီဖိလီၤ







Older people  
ပုသုဉ်ကုသးပု



Largemouth bass



Whole family  
ဟံဉ်ဒုဉ်ယီထီဒီဒုဉ်ညါ

4 meals a month အိဉ်ညဉ်န့ဆုတလါ(၄)ဘျီ	—	1 meal a month အိဉ်ညဉ်န့ဆုတလါဘျီ
1 meal a month အိဉ်ညဉ်န့ဆုတလါဘျီ	==	1 meal a month အိဉ်ညဉ်န့ဆုတလါဘျီ
0 DON'T EAT အိဉ်အီတဂ့ၤ	==	0 DON'T EAT အိဉ်အီတဂ့ၤ

\*Advice is simplified \*တၢ်ဟ့ဉ်ကုဉ်တဖဉ်န့ဉ် ဘဉ်တၢ်ဟံဖျါအီၤညီညီဖိလီၤ



Bluegill and Sunfish



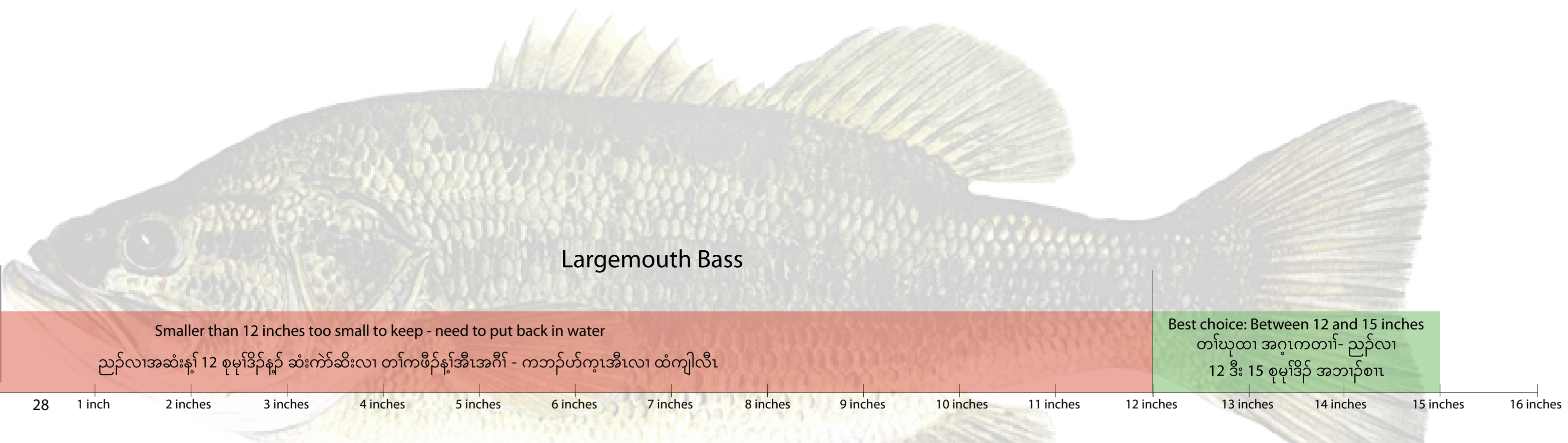
Older people  
ပုသုဉ်ကုသးပု



Whole family  
ဟံဉ်ဒုဉ်ယီထီဒီဒုဉ်ညါ

4 meals a month အိဉ်ညဉ်န့ဆုတလါ(၄)ဘျီ	—	4 meals a month အိဉ်ညဉ်န့ဆုတလါ(၄)ဘျီ
4 meals a month အိဉ်ညဉ်န့ဆုတလါ(၄)ဘျီ	==	1 meal a month အိဉ်ညဉ်န့ဆုတလါဘျီ
0 DON'T EAT အိဉ်အီတဂ့ၤ	==	0 DON'T EAT အိဉ်အီတဂ့ၤ

\*Advice is simplified \*တၢ်ဟ့ဉ်ကုဉ်တဖဉ်န့ဉ် ဘဉ်တၢ်ဟံဖျါအီၤညီညီဖိလီၤ





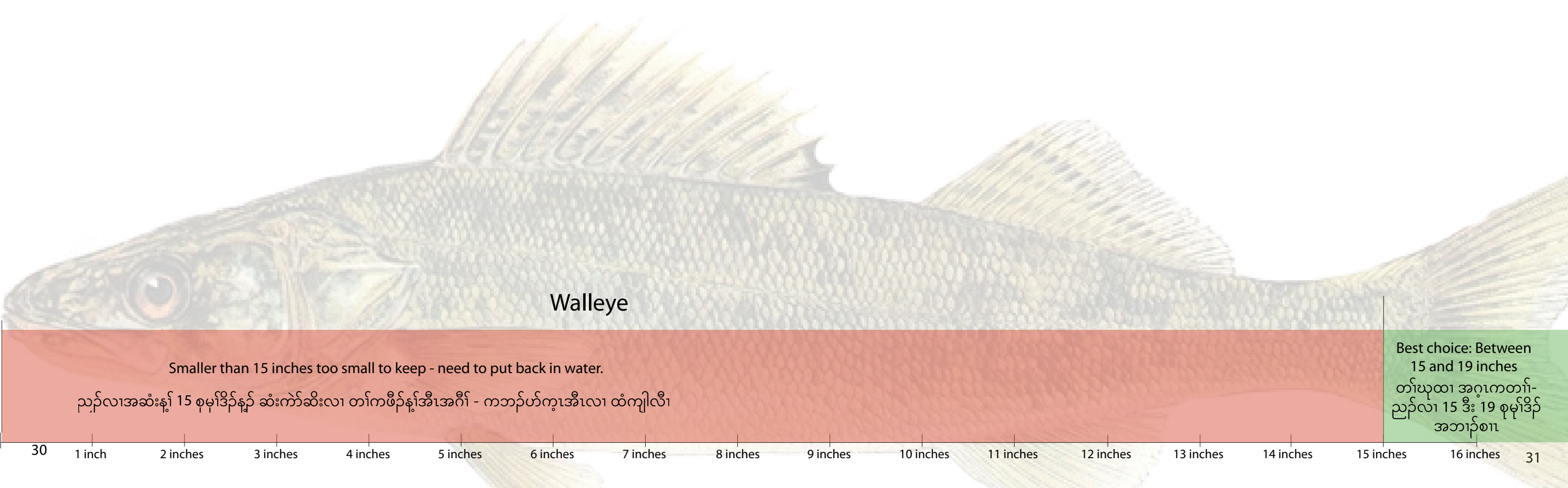


Older people ပုသျှန်ကွသးပျ်	Walleye	Whole family ဟံၣ်ဒျှန်ယီထာဒီဒျှန်ညါ
4 meals a month အိၣ်ညၣ်န့ၣ်ဆူတလါ(၄)ဘျီ	————	1 meal a month အိၣ်ညၣ်န့ၣ်ဆူတလါတဘျီ
1 meal a month အိၣ်ညၣ်န့ၣ်ဆူတလါတဘျီ	=====	0 DON'T EAT အိၣ်အီၤတဂ့ၤ
0 DON'T EAT အိၣ်အီၤတဂ့ၤ	=====	0 DON'T EAT အိၣ်အီၤတဂ့ၤ

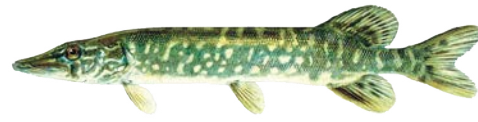
\*Advice is simplified \*တၢ်ဟ့ၣ်က့ၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညီညီဖိလီၤ

Older people ပုသျှန်ကွသးပျ်	Freshwater drum	Whole family ဟံၣ်ဒျှန်ယီထာဒီဒျှန်ညါ
4 meals a month အိၣ်ညၣ်န့ၣ်ဆူတလါ(၄)ဘျီ	————	4 meals a month အိၣ်ညၣ်န့ၣ်ဆူတလါ(၄)ဘျီ
4 meals a month အိၣ်ညၣ်န့ၣ်ဆူတလါ(၄)ဘျီ	=====	4 meals a month အိၣ်ညၣ်န့ၣ်ဆူတလါ(၄)ဘျီ
0 DON'T EAT အိၣ်အီၤတဂ့ၤ	=====	0 DON'T EAT အိၣ်အီၤတဂ့ၤ

\*Advice is simplified \*တၢ်ဟ့ၣ်က့ၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံၣ်ဖျါအီၤညီညီဖိလီၤ







Northern pike

<b>4</b> meals a month အိပ်ညှပ်နှံဆူတလိ(၄)ဘို့	—	<b>1</b> meal a month အိပ်ညှပ်နှံဆူလိတာဘို့
<b>1</b> meal a month အိပ်ညှပ်နှံဆူလိတာဘို့	==	<b>0</b> DON'T EAT အိပ်အီတဂ့ၤ
<b>0</b> DON'T EAT အိပ်အီတဂ့ၤ	===	<b>0</b> DON'T EAT အိပ်အီတဂ့ၤ

\*Advice is simplified \*တၢ်ဟ့ၣ်ကူၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံးဖျါအီၤညိညိဖိလီၤ

Best choice: Between 18 and 26 inches

တၢ်ဟ့ၣ်ကူၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံးဖျါအီၤညိညိဖိလီၤ

တၢ်ဟ့ၣ်ကူၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံးဖျါအီၤညိညိဖိလီၤ



Channel catfish

<b>1</b> meal a month အိပ်ညှပ်နှံဆူလိတာဘို့	—	<b>1</b> meal a month အိပ်ညှပ်နှံဆူလိတာဘို့
<b>1</b> meal a month အိပ်ညှပ်နှံဆူလိတာဘို့	==	<b>1</b> meal a month အိပ်ညှပ်နှံဆူလိတာဘို့
<b>0</b> DON'T EAT အိပ်အီတဂ့ၤ	===	<b>0</b> DON'T EAT အိပ်အီတဂ့ၤ

\*Advice is simplified

\*တၢ်ဟ့ၣ်ကူၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံးဖျါအီၤညိညိဖိလီၤ





# Fish you buy

## ညဉ်လာနပျးအိဉ်



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

လီဆိဘဉ်ယဉ်ဒီးပျးဟိဉ်မိဉ်အ၊မ့တမ့ဉ်မိဉ်လာဒုးအိဉ်နု၊ဒီးမိသဉ် သုဉ်တဖဉ်ယုထာအိဉ်ညဉ်လာမဉ်စ့ဉ်ရံဉ်စ့

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

ညဉ်နုဉ်ဂုးဒိဉ်မးလာယုထံဉ်နုအိဉ်ဖရိဉ်ထံ(န).ဒီးဂုးလာဟံဉ်ဖိဉ်ဖိဉ်လဉ်အဂီဉ်နုဉ်လီ.



**Most fish from stores are a very healthy choice**

အါတက့ဉ်ညဉ်လာတဉ်ဆါတဉ်ပျးအလီဉ်နုဂုးဒီးမးလာတဉ်အိဉ်ဆုအိဉ်ချတဉ်ယုထာအဂီဉ်နုဉ်လီ.



Herring



Sardines



Crayfish



Shrimp



Fish paste



Rainbow trout



Salmon



Steelhead Trout



Tilapia



Haddock



Catfish



Cod



Scallops



Crab



Flounder



Mussels



Oysters



Older people  
ပုသုဉ်ကုသးပု



Greater redhorse



Whole family  
ဟံဉ်ဒုဉ်ယီထာဒီဒုဉ်ညါ

4 meals a month အိဉ်ညဉ်နုဆုတလါ(၄)ဘျီ	—	4 meals a month အိဉ်ညဉ်နုဆုတလါ(၄)ဘျီ
4 meals a month အိဉ်ညဉ်နုဆုတလါ(၄)ဘျီ	==	1 meal a month အိဉ်ညဉ်နုဆုတလါတဘျီ
0 DON'T EAT အိဉ်အီတဂု	===	0 DON'T EAT အိဉ်အီတဂု



White sucker



4 meals a month အိဉ်ညဉ်နုဆုတလါ(၄)ဘျီ	—	4 meals a month အိဉ်ညဉ်နုဆုတလါ(၄)ဘျီ
4 meals a month အိဉ်ညဉ်နုဆုတလါ(၄)ဘျီ	==	4 meals a month အိဉ်ညဉ်နုဆုတလါ(၄)ဘျီ
0 DON'T EAT အိဉ်အီတဂု	===	0 DON'T EAT အိဉ်အီတဂု



ကွပ်ကဲသောအဖွဲ့အစည်းအား လာကမလိသွပ်ညါ  
ဘဉ် ကဘဉ်စူးကါတၢ်ဟ့ၣ်ကူၣ်ဒဲလဲၣ်တက့ၢ်-

**Watch this video to learn  
how to use the advice  
[health.ny.gov/fish/karen.htm](https://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](https://health.ny.gov/fish/karen.htm)**