

Kalluunku waa qeyb ka mida cunada nafaqada caafimaadka. U isticmaal dukumiintigan in uu kaa caawiyo xulashada kalluunka aad cuneyso, iyo sida inta badan loo cuno, waxa uu ku saleysan yahay heerka merkuriga. Hal raashin oo leh 8-ounce jar-jar kalluuna.

Dadka naas nuujinaya, kuwa uurka leh ama raba in ay qadaan, iyo caruurta ka yar 6 sanno jir:

Ku cun ilaa afar raashin bil walbo:

Kalluunkan ayaa leh heer merkuri yar:

- Trout ka Kanalada biyaha



- Madax-dibiga qaxwiga (brown bullhead)



- Trout ka qaxwiga



- Miroolaha Bocorka (Pumpkinseed)



- Trout ka Qaansa roobadka



- Perch ka Jaalaha (kayar 10")



- Perch ka Cad



Ama hal raashin bil walbo:

Kalluunkan ayaa leh heer **dhexaad** merkuri ah:

- Bass ka Afweynaha



- Pike ka Waqooyiga



- Bass ka Afyaraha (ka yar 16")



- Perch Jaalaha



Ha cunin:

Kalluunadan ayaa leh heer **sare** oo merkuri ah. Dadka naas nuujinaya, kuwa uurka leh ama raba in ay qadaan iyo caruurta ka yar 6 sanno jir waa in aysan cunin kalluunadan.

- Pickerel ka Silsiladlaha



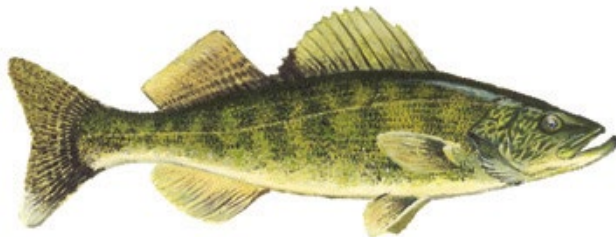
- Trout ka Lagta



- Bass ka Afyaraha (16" iyo waxii ka weyn)



- Walleye



Dadka waaweyn oo aan naas nuujineyn, uur laheyn ama rabin in ay qadaan, iyo caruurta jirta da'da 6 sanno iyo waxii ka weyn:

Ku cun ilaa sideed raashin bil walbo:

Kalluunkan ayaa leh heer merkuri yar:

- Trout ka Kanalada biyaha



- Madax-dibiga Qaxwiga (Brown bullhead)



- Trout ka Qaxwiga



- Miroolaha Bocorka (Pumpkinseed)



- Trout Qaansa Roobaadka



- Perch ka Jaalaha (kayar 10")



- Perch ka Cad



Ama ku cun ilaa lix raashin bil walbo:

Kalluunkan ayaa leh heer **dhexaad** merkuri ah:

- Bass Afweynaha



- Pike Waqooyiga



- Bass Afyaraha (ka yar 16")



- Perch Jaalaha



Ama ku cun ilaa afar raashin bil walbo:

Kalluunadan ayaa leh heer **sare** oo merkuri ah:

- Pickerel ka Silsiladlaha



- Trout ka lagta



- Bass Afyaraha (16" iyo waxii ka weyn)



- Walleye



Haddii aad gaarto xadka tirada raashin ee bilaha, ha cunin kalluun kale bishaas. Haddii aadan gaarin xadka, markaas waad ku cuni kartaa raashin dheraad ah kalluunka soo iibsato. Isticmaal kalkuleetarka raashinka kalluunka ee boggeena internetka si uu kaaga caawiyo imisa kalluuna u baahan tahay.

Nidaamyadan habraac ayaa ku saleysan jar-jarka 8-ounce ka ah ee kalluunka laga dabay Vermont iyo xogta seyniska ee ku saabsan sameynta halista ee merkuriga. Tani ma quseyso kalluunka la qalajiyay, kalluunka is qaba ama xubnaha kalluunka. Waxaa laga yaaba in uu jiro nidaamyo u gaar ah badbaadada cunida kalluumada laga qabto biyo fadhiyada qaar ee Vermont.

Kalluunka waxaa laga hela naqo muhiim ah sida xeerta omega fats, iron, iodine, iyo choline. Nafaqooyinkan ayaa muhiim u ah caafimaadka wadnahaaga iyo taagerida caafimaadkaaga mudada aad uurka leedahay, naas nuujineyso ama xiliga hore ee koriimada caruurta. **Qof walbo waa in uu isku dayo in uu cuno 2-3 mar isbuuci kaluun.**

Dadka naas nuujinaya, kuwa uurka leh ama qorsheynaya in ay uur qaadan, iyo caruurta yar waa in ay ka fogadaan kaluunka ku jira liiska "Dooqa Laga Fogaanayo". Kalluunkan waxaa ku badan merkuriiga, taas oo halis ku noqon kartaa nidaamka neerfaha soo koraya.

U isticmaal dukumiintigan in uu kaa caawiyo xulashada kalluunka aad cuneysso, iyo sida inta badan loo cuno, waxa uu ku saleysan yahay heerka merkuriiga.

Dadka naas nuujinaya, kuwa uurka leh ama raba in ay qadaan, iyo caruurta ka yar 6 sanno jir

Dooqa ugu Wanaagsan: Cun 2-3 mar isbuuc walbo, hana cunin kalluun kale isbuucas

Kalluunkan ayaa leh heer merkuri yar:

- Anchovy
- Atlantic mackerel
- Black sea bass
- Catfish
- Clam
- Cod
- Crab
- Flounder
- Haddock
- Hake
- Herring
- Argoosato (Lobster)
- Oyster
- Pickerel
- Pollock
- Salmon
- Sardine
- Scallop
- Shad
- Shrimp
- Sole

- Squid
- Tilapia
- Tuna: light and skipjack (gasacadeesan, fareesha ama la qaboojiyay)
- Whitefish

Dooqa Wanaagsan: Cun hal mar isbuuc walbo, hana cunin kalluun kale isbuucas

These fish have **medium** mercury levels:

- Carp
- Chilean sea bass
- Grouper
- Halibut
- Mahi-Mahi/dolphinfish
- Monkfish
- Rockfish
- Snapper
- Spanish mackerel
- Tilefish (Badweynta Atlantic)
- Tuna: albacore/white iyo yellowfin (gasacadeesan, fareesha ama la qaboojiyay)
- White croaker (Badda Basifiga)

Nuuka ka iska Ilaalineyso: Ha cunin

Kalluunadan ayaa leh heer **sare** oo merkuri ah. Dadka naas nuujinaya, kuwa uurka leh ama raba in ay qadaan iyo caruurta ka yar 6 sanno jir waa in aysan cunin kalluunadan.

- King mackerel
- Marlin
- Orange roughy
- Yaxaaska (Shark)
- Swordfish
- Tilefish (Buuraha Mexico)
- Tuna: bigeye (fareesh iyo baraf-lagadhigay)

Dadka naas nuujinaya, kuwa uurka leh ama raba in ay qadaan, iyo caruurta jirta da'da 6 sanno iyo waxii ka weyn

Dooqa ugu Wanaagsan: Cun ugu yaraan 2-3 mar isbuuc walbo

Kalluunkan ayaa leh heer merkuri **yar**:

- Anchovy
- Atlantic mackerel
- Black sea bass
- Catfish
- Clam

- Cod
- Crab
- Flounder
- Haddock
- Hake
- Herring
- Argoosato (Lobster)
- Oyster
- Pickerel
- Pollock
- Salmon
- Sardine
- Scallop
- Shad
- Shrimp
- Sole
- Squid
- Tilapia
- Tuna: light and skipjack (gasacadeesan, fareesha ama la qaboojiyay)
- Whitefish

Dooqa Wanaagsan: Cun ugu yaraan 2-3 mar isbuuc walbo

Kalluunkan ayaa leh heer **dhexaad** merkuri ah:

- Carp
- Chilean sea bass
- Grouper
- Halibut
- Mahi-Mahi/dolphinfish
- Monkfish
- Rockfish
- Snapper
- Spanish mackerel
- Tilefish (Badweynta Atlantic)
- Tuna: albacore/white iyo yellowfin (gasacadeesan, fareesha ama la qaboojiyay)
- White croaker (Badda Basifiga)

Nuuca ka iska Ilaalineyso: Cun 2 mar isbuuc walbo

Kalluunadan ayaa leh heer **sare** oo merkuri ah.

- King mackerel
- Marlin
- Orange roughy
- Yaxaaska (Shark)

- Swordfish
- Tilefish (Buuraha Mexico)
- Tuna: bigeye (fareesh iyo baraf-lagadhigay)

Cabirka Adeegga

Halkii saxan waa qayaasti sacabka gacantaada.

- Da'da 1 ilaa 3 = 1 ounce
 - Da'da 4 ilaa 7 = 2 ounces
 - Da'da 8 ilaa 10 = 3 ounces
 - Da'da 11 ilaa qof weyn = 4 ounce
- (1 ounce = 28 gram)

Nidaamkan waxaa diyaarisay hayadaha dowliga ee U.S. FDA iyo U.S. EPA. Booqo www.fda.gov/FishAdvice waxii warbixin dheeraad ah oo ku saabsan cunida kalluunka.

Haddii aad cunto kalluun oo uu qoyska ama saaxiibka soo dabay, ka hubi Kalluunka Aad Dabtay nidaam hagaha Vermont.