Mwongozo wa Kula kwa Usalama Samaki Unaowavua Katika Vermont

VERMONT
DEPARTMENT OF HEALTH

September 2025

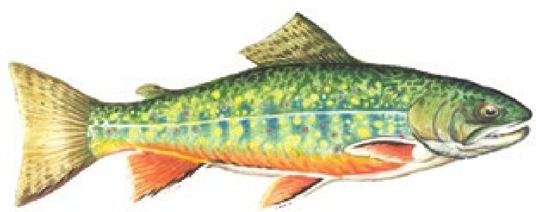
Samaki ni sehemu ya lishe bora. Tumia hati hii kukusaidia kuchagua aina ya samaki wa kula, na mara ngapi utawakula, kulingana na kiwango cha zebaki kilichomo. Mlo mmoja wa samaki ni minofu ya uzito wa aunsi 8.

Watu wanaonyonyesha, wajawazito au wanaopanga kupata ujauzito, na watoto walio chini ya umri wa miaka 6:

Kula hadi milo minne kwa mwezi:

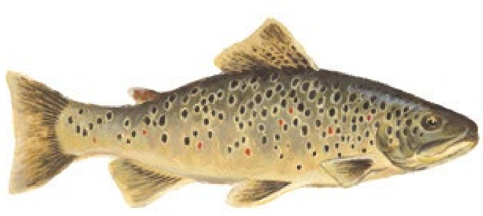
Samaki hawa wana viwango **vya chini** vya zebaki:

- Brook trout (trout wa kijito)

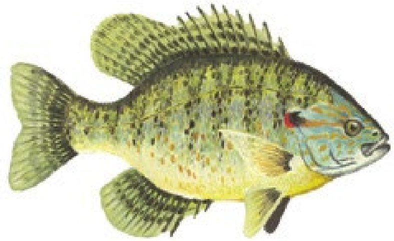


- Brown bullhead (Kambale wa kahawia)

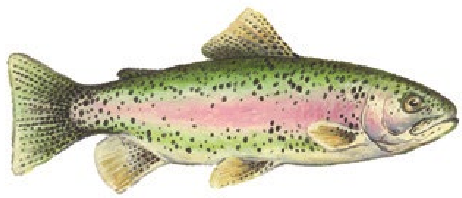
- Brown trout (trout wa kahawia)



- Pumpkinseed (Mbegu ya boga)



- Rainbow trout (Trout wa Upinde wa Mvua)



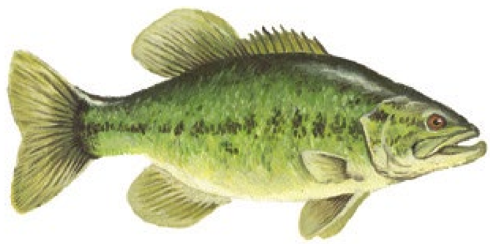
- Yellow perch (less than 10"): Perch wa Manjano (chini ya inchi 10)

- White perch (Perch Mweupe)

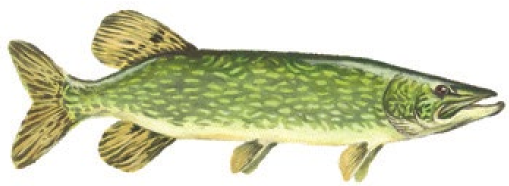
Au mlo mmoja kwa mwezi:

Samaki hawa wana viwango **vya kati** vya zebaki:

- Largemouth bass (bass wa Kinywa-Kikubwa)



- Northern pike (Pike wa Kaskazini)



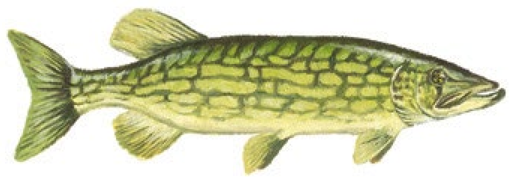
- Smallmouth bass (less than 16”: bass wa Kinywa-kidogo (chini ya inchi 16)

- Yellow perch (Perch wa Manjano)

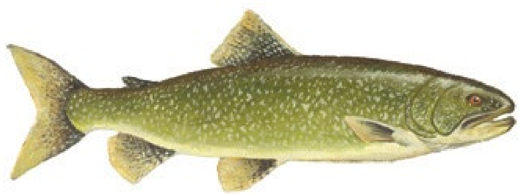
Usile:

Samaki hawa wana viwango **vya juu** vya zebaki. Watu wanaonyonyesha, wajawazito au wanaopanga kupata ujauzito, na watoto walio na umri wa chini ya miaka 6 **hawapaswi** kula samaki hawa.

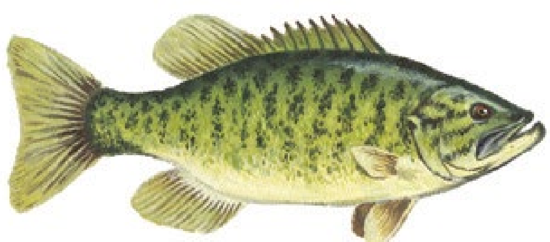
- Chain pickerel (pickerel wa minyororo)



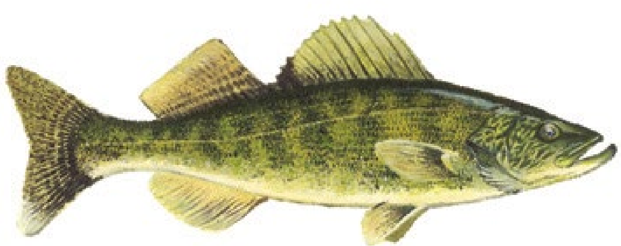
- Lake trout (trout wa ziwa)



- Smallmouth bass (16” and larger: bass ya kinywa-Kidogo (Inchi 16 na zaidi)



- Walleye

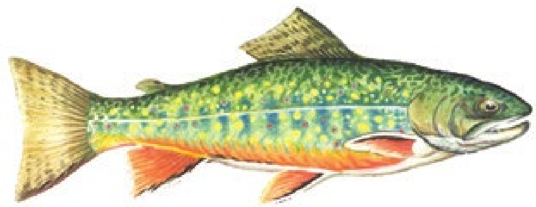


Watu wazima ambao hawanyonyeshi, si wajawazito wala hawapangi kupata ujauzito, na watoto wenye umri wa miaka 6 na kuendelea:

Kula hadi milo minane kwa mwezi:

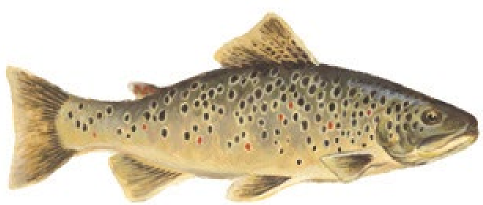
Samaki hawa wana viwango **vya chini** vya zebaki:

- Brook trout (trout wa kijito)

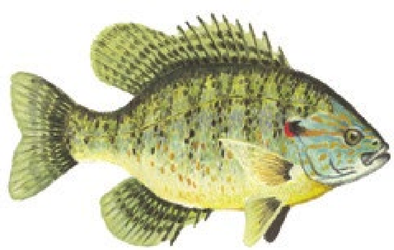


- Brown bullhead (Kambale wa kahawia)

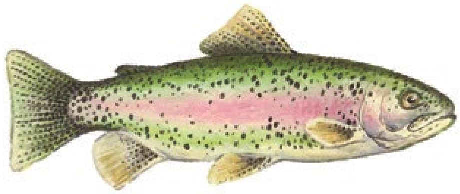
- Brown trout (trout wa kahawia)



- Pumpkinseed (Mbegu ya boga)



- Rainbow trout (Trout wa Upinde wa Mvua)



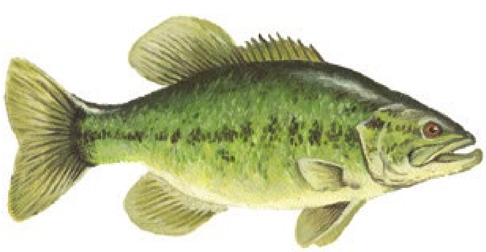
- Yellow perch (less than 10”: Perch wa Manjano (chini ya inchi 10)

- White perch (Perch Mweupe)

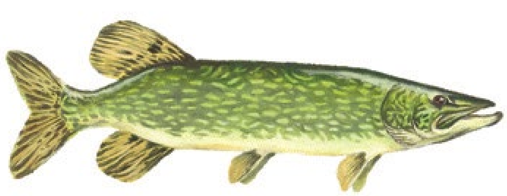
Au hadi milo sita kwa mwezi:

Samaki hawa wana viwango **vya kati** vya zebaki:

- Largemouth bass (bass wa Kinywa-Kikubwa)



- Northern pike (Pike wa Kaskazini)



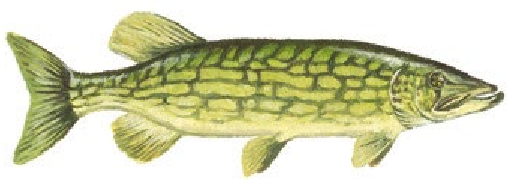
- Smallmouth bass (less than 16”: bass ya kinywa-Kidogo (chini ya inchi 16)

- Yellow perch (Perch wa Manjano)

Au hadi milo minne kwa mwezi:

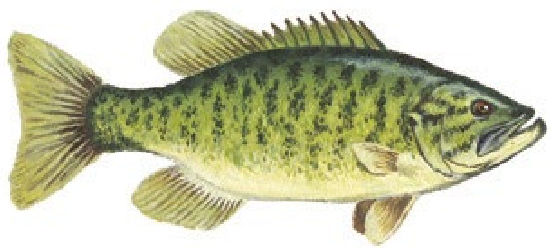
Samaki hawa wana viwango **vya juu** vya zebaki:

- Chain pickerel (Pickerel wa minyororo)

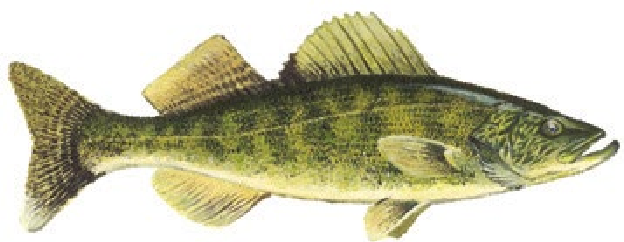


- Lake trout (trout wa ziwa)

- Smallmouth bass (16” and larger: bass kinywa-Kidogo (Inchi 16 na zaidi)



- Walleye



Ukifikia kikomo cha milo ya samaki kwa mwezi, usile samaki wengine tena mwezi huo. Ikiwa hukifikia kikomo, unaweza kula milo ya ziada ya samaki uliyowanunua. Tumia kikokotoo cha milo ya samaki kwenye tovuti yetu ili kujua kiasi cha samaki unachopaswa kula.

Miongozo hii imezingatia fileti ya samaki yenye uzito wa aunsi 8 iliyovuliwa Vermont na taarifa za kisayansi kuhusu madhara hatarishi ya zebaki. Miongozo hii haihusiani na samaki waliokaushwa, samaki mzima au viungo vya samaki. Kunaweza kuwa na miongozo maalum ya ulaji salama kwa baadhi ya maeneo ya maji katika Vermont.

Mwongozo wa Kula kwa Usalama Samaki Unaowanunua

Samaki hutoa virutubisho muhimu kama vile mafuta ya omega, madini ya chuma, madini ayodi(iodine) na kolini(choline). Virutubisho hivi ni muhimu kwa afya ya moyo na kusaidia afya wakati wa ujauzito, kunyonyesha au katika utoto wa awali. **Kila mtu anashauriwa kula samaki mara 2 hadi 3 kwa wiki**.

Watu wanaonyonyesha, wajawazito, wanaopanga kupata ujauzito, na watoto wadogo hawapaswi kula samaki walioko kwenye orodha ya "Samaki wa Kuepuka." Samaki hao wana kiwango kikubwa cha zebaki, ambayo inaweza kuathiri vibaya mfumo wa neva unaokua.

Tumia hati hii kukusaidia kuchagua ni samaki gani ule, na mara ngapi unapaswa kula samaki, kulingana na viwango vya zebaki vilivyomo.

Watu wanaonyonyesha, wajawazito, wanaopanga kupata ujauzito, na watoto walio na umri chini ya miaka 6

Chaguo Bora: Kula samaki mara 2–3 kwa wiki na usile samaki wengine wiki hiyo

Samaki hawa wana viwango **vya chini** vya zebaki:

- Anchovy (Dagaa)
- Atlantic mackerel (Kigambushi kutoka Atlantiki)
- Black sea bass
- Catfish (Samaki kambale)
- Clam (Kome)
- Cod
- Crab (Kaa)
- Flounder
- Haddock
- Hake (samaki mweupe aina ya Hake)
- Herring
- Lobster (Kambakoche)
- Oyster (Chaza)
- Pickerel
- Pollock
- Salmon
- Sardine (Sardiini/dagaa)
- Scallop (Skallopi)
- Shad
- Shrimp (Kamba)

- Sole
- Squid (Pweza/Ngisi)
- Tilapia (Sato)
- Tuna: light and skipjack (canned, fresh or frozen): Tono: aina nyepesi na skipjack (ya kopo, mbichi au iliyogandishwa)
- Whitefish (Samaki mweupe)

Chaguo Nzuri: Kula samaki mara moja kwa wiki na usile samaki wengine wiki hiyo

Samaki hawa wana viwango **vya kati** vya zebaki:

- Carp (Kapu au Samaki kambale)
- Chilean sea bass (Samaki wa Chile)
- Grouper (Chewa)
- Halibut
- Mahi-Mahi/dolphinfish
- Monkfish
- Rockfish (Samaki wa miamba)
- Snapper
- Spanish mackerel
- Tilefish (Atlantic Ocean): Samaki Tilefish wa Bahari ya Atlantiki
- Tuna: albacore/white and yellowfin (canned, fresh or frozen): Samaki tono aina ya albacore au yellowfin (ya kopo, mbichi au iliyogandishwa)
- White croaker (Pacific): Samaki croaker mweupe wa Bahari ya Pasifiki

Chaguo za Kuepuka: Usile

Samaki hawa wana viwango vya **juu** vya zebaki. Watu wanaonyonyesha, wajawazito, wanaopanga kupata ujauzito, na watoto walio chini ya miaka 6 **hawapaswi** kula samaki hawa.

- King mackerel (Kigambushi)
- Marlin
- Orange roughy
- Shark (Papa)
- Swordfish (Samaki panga/chuchunge)
- Tilefish (Gulf of Mexico): Samaki Tilefish wa Ghuba la Mexico
- Tuna: bigeye (fresh or frozen): Samaki Tono aina bigeye (mbichi au iliyogandishwa)

Watu ambao hawanyonyeshi, si wajawazito wala hawapangi kupata ujauzito, na watoto wenye umri wa miaka 6 na kuendelea

Chaguo Bora: Kula angalau mara 2–3 kwa wiki

Samaki hawa wana viwango **vya chini** vya zebaki:

- Anchovy (Dagaa)

- Atlantic mackerel (Kigambushi kutoka Atlantiki)
- Black sea bass
- Catfish (Samaki kambale)
- Clam (Kome)
- Cod
- Crab (Kaa)
- Flounder
- Haddock
- Hake (samaki mweupe aina ya Hake)
- Herring
- Lobster (Kambakoche)
- Oyster (Chaza)
- Pickerel
- Pollock
- Salmon
- Sardine (Sardiini/dagaa)
- Scallop (Skallopi)
- Shad (Shadi)
- Shrimp (Kamba)
- Sole (Samaki sole)
- Squid (Pweza)
- Tilapia (Sato)
- Tuna: light and skipjack (canned, fresh or frozen): Tono: aina nyepesi na skipjack (ya kopo, mbichi au iliyogandishwa)
- Whitefish (Samaki mweupe)

Chaguo Nzuri: Kula angalau mara 2–3 kwa wiki

Samaki hawa wana viwango **vya kati** vya zebaki:

- Carp (Kapu au Samaki kambale)
- Chilean sea bass (Samaki wa Chile)
- Grouper (Chewa)
- Halibut
- Mahi-Mahi/dolphinfish
- Monkfish
- Rockfish (Samaki ya miamba)
- Snapper
- Spanish mackerel
- Tilefish (Atlantic Ocean): (Samaki Tilefish wa Bahari ya Atlantiki)
- Tuna: albacore/white and yellowfin (canned, fresh or frozen): Samaki tono aina ya albacore au yellowfin *(ya kopo, mbichi au iliyogandishwa)*
- White croaker (Pacific): Samaki croaker mweupe wa Bahari ya Pasifiki.

Chaguo za Kuepuka: Kula mara 2 kwa wiki

Samaki hawa wana viwango **vya juu** vya zebaki.

- King mackerel (Kigambushi)
- Marlin
- Orange roughy
- Shark: (Papa)
- Swordfish (Samaki panga/chuchunge)
- Tilefish (Gulf of Mexico): Samaki aina ya Tilefish wa Ghuba la Mexico
- Tuna: bigeye (fresh or frozen): Samaki Tono aina ya bigeye (mbichi au iliyogandishwa)

Saizi za Sehemu za mlo

Sehemu moja ya mlo ni karibu na ukubwa wa kiganja cha mkono wako.

- Umri wa miaka 1 hadi 3 = aunsi 1
- Umri wa miaka 4 hadi 7 = aunsi 2
- Umri wa miaka 8 hadi 10 = aunsi 3
- Umri wa miaka 11 hadi watu wazima = aunsi 4

  (aunsi 1 = gramu 28)

Mwongozo huu umetengenezwa na FDA ya Marekani na EPA ya Marekani. Tembelea www.fda.gov/FishAdvice kwa taarifa zaidi kuhusu kula samaki.

Ikiwa unakula samaki waliovuliwa na familia au marafiki, angalia mwongozo wa Samaki Unaoweza kuvuua katika Vermont.

Swahili