MANJE PWASON, CHWAZI BYEN

Konsèy pou jèn timoun, fanm ansent oswa nouris ak fanm ki ka vin ansent.

Pou plis enfòmasyon vizite:
doh.state.fl.us/floridafishadvice
& www.floridatracking.com

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OKE pou manje 2 repa chak semèn de pwason sa-yo.

Fanm kapab manje jiska 6 ons e jèn timoun kapab manje jiska 3 ons a **chak repa**.

❤**Pwason ki gen anpil asid grès omega-3 de sante.**

PWASON KI GEN TIKRAS MÈKI

- **Anchovies**❤
- **Catfish**— *farm raised* (elve)
- **Clams**
- **Cod**
- **Crab**
- **Flatfish**— *Flounder, Plaice, Sole*
- **Haddock**
- **Herring**❤
- **Mackerel**— *Atlantic, Jack, Chub*❤
- **Mullet**
- **Oysters**—*cooked* (tou kwit)
- **Pollock**
- **Rainbow Trout**— *farm raised*❤ (elve)
- **Salmon**— *wild or farm raised*❤ (sovaj oswa elve)
- **Sardines**❤
- **Scallops**
- **Shad**— *American*❤
- **Shrimp**
- **Squid**
- **Tilapia**
- **Tuna**— *Canned Light or Skipjack*
- **Whitefish**❤
- **Whiting**

Limite nan manje pwason sa-yo.

Fanm kapab manje jiska 4 ons e jèn timoun kapab manje jiska 2 ons **chak semèn** pou ranplase youn nan 2 repa pwason yo-a.

PWASON AVÈK MÈKI MODERE

- **Bass**— *Saltwater, Black*
- **Buffalo Fish**
- **Carp**
- **Grouper**
- **Halibut**
- **Lobster**— *Northern, Maine, Atlantic*
- **Mahi Mahi**— *Dolphin-fish*
- **Perch**— *freshwater* (dlo dous)
- **Pompano**—*Florida*
- **Sablefish**
- **Sea Trout**— *Weakfish*
- **Snapper**
- **Spanish Mackerel**— *South Atlantic*
- **Tilefish**— *Atlantic*
- **Tuna**— *Canned Albacore, Yellowfin or White*
- **White Croaker**— *Pacific*

NON pou pwason sa-yo ki gen anpil mèki!

Mèki kapab pase nan manman vant la oswa nan lèt tete e domaje tibebe-a. Twòp mèki kapab osi domaje jèn timoun-yo.

PWASON AVÈK ANPIL MÈKI E "*POLYCHLORINATED BIPHENYLS"

- **Bass**—*Striped**
- **Bluefish***
- **Chilean Sea Bass**
- **Golden Snapper**
- **Jack**— *Amberjack, Crevalle*
- **King Mackerel**
- **Marlin**
- **Orange Roughy**
- **Sea Lamprey**
- **Shark**
- **Spanish Mackerel**— *Gulf of Mexico*
- **Swordfish**
- **Tilefish**— *Gulf of Mexico*
- **Tuna**— *all fresh or frozen* (tout fre oswa konjele)
- **Walleye**— *Great Lakes*

FLORIDA DEPARTMENT OF HEALTH