若欲獲取更多資訊，請：

查看一下在您打算去捕魚的地區是否有**捕魚告示**。

如果您對本冊子中沒有列出的魚有任何問題，或想獲取更多有關汞或您所在地區捕魚告示的資訊，請：

- 訪問我們的網站： www.doh.wa.gov/fish
- 致電華盛頓州健康部環境健康評估辦事處，免費電話號碼是： 1-877-485-7316.
- 致電當地健康部環境健康處。

Washington State Department of Health

DOH Pub 961-202 4/2005 Chinese

本冊子有其他版式供殘障人仕使用。要索取其他版式，請致電 1-877-485-7316。

華盛頓州WIC計畫（婦女嬰兒照顧計畫）是平等機會的提供者和僱主。

吃魚須知

為保持良好的健康

魚是一種健康食物

魚的脂肪含量低，蛋白質和其他營養卻很豐富。因此，在健康和均衡飲食中，吃魚是一個重要的部分。

但是，有些魚體內含有太多的汞，所以，如果您有下列情況，在選擇魚類時務須小心謹慎：

- 懷孕了或正在哺乳嬰兒
- 有年幼的子女
- 打算懷孕

哪些魚的含汞量較低？

選擇含汞量低的魚。下面列出的機種魚 — 無論是新鮮的、冷凍的或罐裝的 — 都是含汞量低的魚，可以選擇進您的飲食：

- 鮭魚
- 比目魚
- 鱈魚
- 鯰魚
- 鱒魚
- 青鱈魚（這種魚常用來仿做蟹肉）

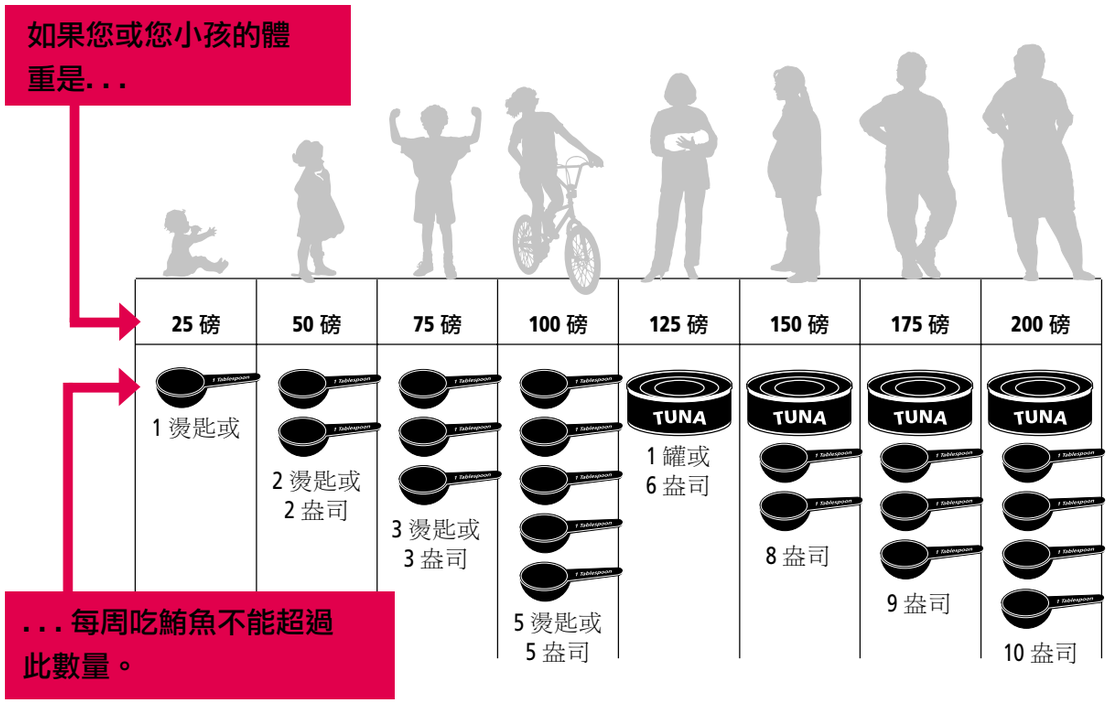
其他含汞量低的海產包括：

- 蜆
- 蝦
- 干貝
- 龍蝦

罐頭鮪魚怎麼樣？

可以吃罐頭鮪魚，但不要吃得太多。罐頭鮪魚含有一些汞。至於吃多少才安全則取決於您的體重。

下表告訴您，根據您或您小孩的體重，每周吃多少罐頭鮪魚才安全：



釣魚須知：

小嘴黑鱸、大嘴黑鱸、大眼鰤魚體內含有一些汞，像罐頭鮪魚一樣，不應吃得太多。

哪些魚體內含有太多的汞？

切勿吃下列的魚，它們體內的汞含量通常很高：

- 旗魚
- 鯊魚
- 馬頭魚
- 青花魚
- 鮪魚排

汞對人的健康有害嗎？

食物中含有太多的汞會損害小孩的學習能力。對於成年人，汞會導致神經系統疾病、損害心臟和引起高血壓。

壽命較長的魚和吃食其他魚的大型魚類，體內汞含量最高。如果您去捕魚，務須查清楚在您所在地區是否有“捕魚告示”。“捕魚告示”是一種特別警告。如果某些湖或河流受到水銀或其他污染，人們擔心捕吃那些湖裡或河裡的魚不安全，便會給出這種警告。

烹飪會改變魚體內的汞含量嗎？

不會。沒有特別的烹飪方法可以去除掉魚體內的汞。因此，吃食汞含量低的魚非常重要。

罐裝罐裝鮪魚的水銀含量低於罐裝罐裝白鮪魚。

華盛頓州衛生部 (DOH) 和美國聯邦食品及藥物管理局 (FDA) 發現**發現罐裝鮪魚（light tuna）的水銀含量比**量是罐裝白鮪魚 (albacore)（白鮪魚）**的三分之一**。

幼兒和育齡婦女宜婦女**選吃罐裝的的鮪魚而不要吃**不要吃罐裝罐裝白鮪魚。如果選吃罐裝裝白鮪魚時，DOH建議您在該周內不要吃吃其他的魚類。

如需獲取有關食魚的建議、最新資訊，以及有關健康選魚的資料，請向您當地的衛生部門諮詢或查閱 *www.doh.wa.gov/fish*。

Washington State Department of Health

Canned light tuna has less mercury than canned albacore tuna.

The Washington State Department of Health (DOH) and the federal Food and Drug Administration (FDA) have found that **canned light tuna has three times less mercury** than canned albacore (white) tuna.

It is recommended that young children and women of childbearing age **choose canned light tuna** instead of canned albacore (white) tuna. If you choose to eat canned albacore, DOH recommends that no other fish meals be eaten that week.

Check with your local health department or visit *www.doh.wa.gov/fish* for information about advisories, updates and about healthy choices when eating fish.

Washington State Department of Health

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Office of Health Promotion
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(360) 236-3736

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Health Education Resource Exchange Web Team