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 11/02 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）

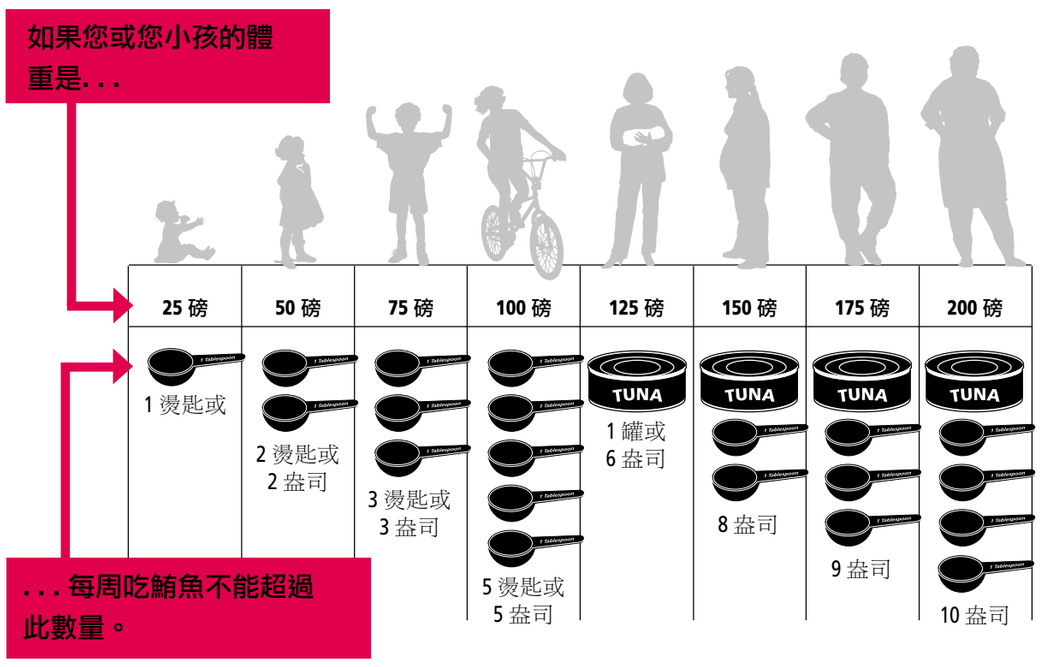
其他含汞量低的海產包括：

- 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：



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。

Washington State Department of Health

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If you have questions, contact:
Office of Health Promotion
P.O. Box 47833 Olympia, WA 98504-7833
(360) 236-3736

Sincerely,
Health Education Resource Exchange Web Team

PRINTING SPECIFICATIONS

Title:	**Fish Facts for Good Health**
Size:	14 x 8.5
Paper stock:	70# text natural
Ink color:	Pantone 199 and Black
Special instructions:	2-sided printing. Finished job folds to 3.5 x 8.5
DOH Pub #:	961-202