鱼： 如何吃才安全呢？
Fish: How to Eat it Safely (Chinese)

什么是一份量的鱼？ What is a Serving of Fish?

- 对成年人而言，一份量是 8 盎司煮过的鱼或如成人手般大小。For an adult, one serving is 8 ounces of cooked fish or the size of an adult's hand
- 对孩子而言，一份量是 2 - 4 盎司煮过的鱼或如成人手掌般大小。 For a child, one serving is 2-4 ounces of cooked fish or the size of the palm of an adult's hand

Eat 8！是什么 意思？ What does Eat 8! Mean?

"Eat 8" 是一个由密歇根州社区卫生部所发展的系统，以帮助您选择含汞低但 ω-3 脂肪酸含量高的鱼。ω-3 脂肪酸有助心脏健康。 任何人皆可安全使用，甚至怀孕的妇女和儿童亦然。 "Eat 8" 的含义是每个月所吃的总鱼量不超过 "8 点"。 在下面的图表里，汞含量较高的鱼有更高的"点数"。The "Eat 8" is a system developed by the Michigan Department of Community Health to help you choose fish lower in mercury and higher in heart-healthy omega-3 fatty acids. It's safe for everyone to use, even pregnant women and children. "Eat 8" is based on eating no more than "8 points" total of fish each month. Fish higher in Mercury levels are given higher "points" in the chart below.

我该如何使用 Eat 8 呢？ How Do I Use Eat 8?

1. 查看下面的图表，找到您打算吃的鱼种。鱼的点数越低，其含汞量越低。Look at the chart below and find the fish you plan to eat. The lower the points, the lower the amount of mercury in the fish.
2. 估计您要吃多少份量。请参见上面的份量信息。Estimate how many servings you are going to eat. See above for serving information.
3. 把点数加起来。例如，一顿晚餐，您可以吃 16 盎司的三文鱼（2 份量），这算为 2 点。下一周，您可以吃 8 盎司（1 份量）大比目鱼，这算为 4 点。那么这个月到目前为止，共是 6 点了。Add up the points. For example, one dinner, you can have 16 ounces of salmon (2 servings) for 2 points. The next week, you can have 8 ounces (one serving) of halibut for 4 points. That's a total of 6 points, so far, for the month.

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4. 每个月吃鱼不要超过 8 点，确保您的身体没有摄入过多的汞。Eat no more than 8 points total of fish each month to be sure you are not getting too much mercury in your body.

1 点/每份 point/serving	鳀鱼* Anchovies*　　　鲻鱼 Mullet　　扇贝 Scallops　　虾 Shrimp 鲶鱼 （养殖的）Catfish (farm-raised)　　牡蛎*Oysters*　狭鳕 Pollock 蟹 Crab　　　　鲈 (海洋或淡水) Perch (ocean or freshwater) 鱿鱼* Squid*　　小龙虾 Crawfish　　　白鱼* Whitefish* 罗非鱼 Tilapia　比目鱼（鲽、板鱼）Flatfish (flounder, sole) 三文鱼* （罐头的、冷冻的、新鲜的）Salmon* (canned, frozen, fresh) 鳟鱼* （淡水）Trout* (freshwater)　　鲱鱼* Herring*　沙丁鱼* Sardines*
2 点/每份 points/serving	鳕鱼 Cod　　　　　鲯鳅鱼 Mahi Mahi　　　　鲷鱼 Snapper 淡水石首鱼*（又名：洋鲷）Freshwater Drum* (aka Sheepshead) 银汉鱼*Jack Smelt*　　金枪鱼 （淡味罐头）Tuna (canned light)
4 点/每份 points/serving	鲈鱼* （海鲈鱼、条纹鲈鱼、岩鱼）Bass* (sea, striped, rockfish) 蝎子鱼 Scorpion Fish　　　扁鲹* Bluefish* 金枪鱼* （长鳍金枪鱼、罐装的白金枪鱼）Tuna* (Albacore, canned white) 大比目鱼 Halibut　　　金枪鱼 * （新鲜的、冷冻的）Tuna* (fresh, frozen) 大龙虾 Lobster　　　　　犬牙石首鱼* （海鳟鱼）Weakfish* (sea trout) 裸盖鱼*Sablefish*
8 点/每份 points/serving	石斑鱼 Grouper　　马林鱼 Marlin 马鲛鱼* Mackerel* 新西兰红鱼 Orange Roughy

不可吃这些鱼：
Do **not** eat these fish:
鲨鱼、剑鱼、方头鱼、大耳马鲛 Shark, Swordfish, Tilefish, King Mackerel

*蕴含丰富的有助心脏健康的 ω-3 脂肪酸 *High in heart-healthy omega-3 fatty acids

Michigan Department of Community Health 密歇根州社区卫生部，http://www.michigan.gov/eatsafefish