

# Kev nuv ntse Dej Hia Txwv Yam Nyab Xeeb Tshaj Plaws Los ntawm Tus Niam Dej Duwamish? Noj Ntse Salmon.

## Ntse Salmon yog Yam Khoom Noj Zoo Tshaj Plaws

Kev nrhiav ntse yog tseem ceeb rau lub cev, lub hlwb, thiab kab lis kev cai ntawm kev noj qab haus huv. Nqaij ntse yog ib feem ntawm yam khoom noj zoo.

Tab sis Tus Niam Dej Duwamish muaj cov dej khes-mis tsis zoo uas nkag mus tau rau cov ntse, cov cws, thiab cov kab pum uas tau siv lub sijhawm tas mu sib txhis rau hauv tus dej no.

Ntse Salmon yog yam khoom noj zoo tshaj plaws vim cov ntse no tsuas siv ib lub sijhawm luv luv nyob hauv tus dej no xwb. Lawv yog yam khoom noj zoo heev thiab muaj Omega-3s uas zoo rau lub plawv thiab lub hlwb.

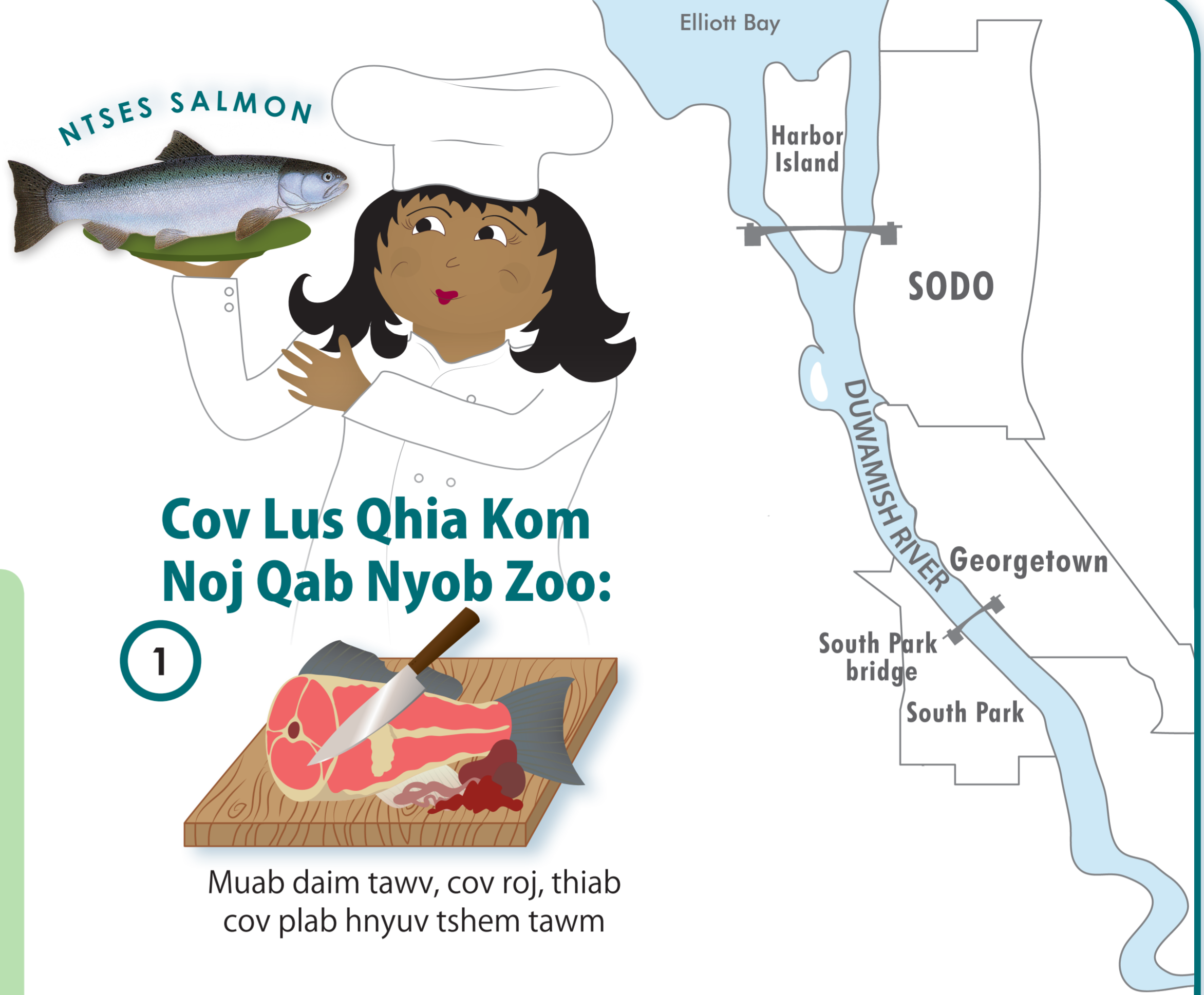
Chum		<b>NOJ KOM NYAB XEEB 2-3 PLUAS</b> toj asthiv
Coho		
Pink		
Sockeye		

**LOSSIS**

Chinook (King)		<b>KEV TXWV 1 PLUAS</b> toj asthiv
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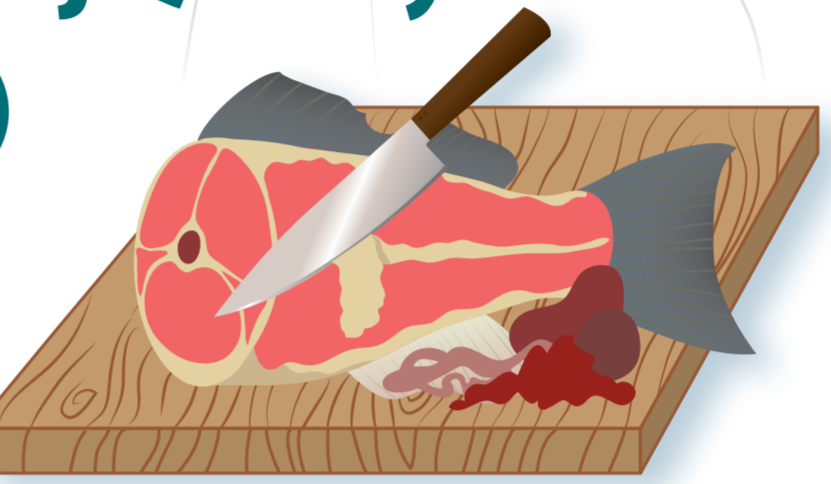
**LOSSIS**

Blackmouth	Tuaj yeem txhom cov ntse Chinook tau lub caij ntuj no	<b>CEEV FAJ 2 PLUAS</b> Toj hli
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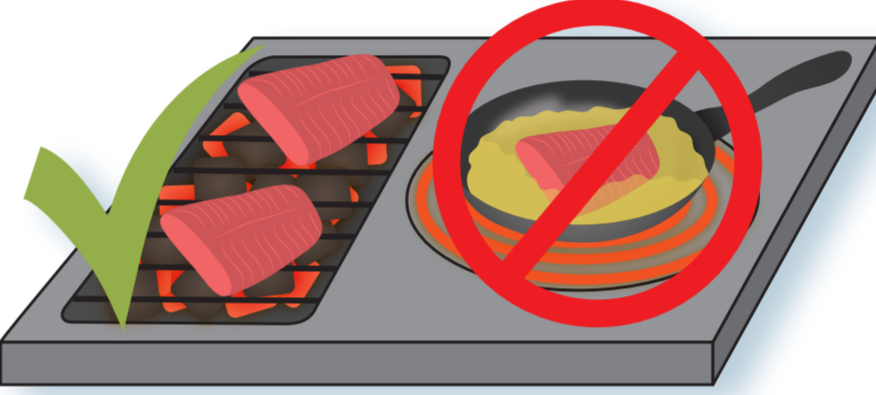
## Cov Lus Qhia Kom Noj Qab Nyob Zoo:

1



Muab daim tawv, cov roj, thiab cov plab hnyuv tshem tawm

2



Ci, ncu, ci hauv lub qhov cub, lossis cub kom cov roj tawm. TXHOB siv cov roj tawm ntawd coj los ua dej kua txob lossis ua kua zaub.

3

Noj cov ntse mos, cov ntse me (tsis pub dhau qhov txwv ntawm txoj cai lij choj) Cov ntse no muaj tshuaj khes-mis tsawg.



**Plus Noj Ntaus-Tsawg**  
Ib plus noj yog ntaus npaum li thiab tuab li koj sab tes.

## TXHUA TXHAU TUS – TSIS TXHOB NOJ COV NTSES, COV CWS, LOSSIS COV KAB PUM IB TXWM NYOB HAUV TUS DEJ

Tshwj xeeb mas COV POJNIAM uas yog cov lossis tej zaum yuav yog tus CEV XEEB TUB, COV NIAM UAS YUAV TAU TU, thiab COV MENYUAM YAUS. Lawv muaj cov tshuaj khes-mis uas tuaj yeem ua rau kev loj hlob thiab cuam cuam tshuam rau lub hlwb ntawm cov menyuam mos thiab cov menyuam yaus.

