
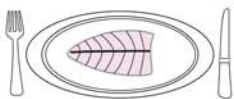



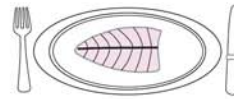













Estegi rekomendasion para i makakanno na guihan siha kosa ki ti hun tinatme

 <p>Barracuda</p>			<p>Para todo i dos lugat</p>  <p>2-4 na sentada kada mes</p>	
 <p>Pacific (chub) mackerel</p>	 <p>Top smelt</p>	 <p>Bonito</p>	 <p>4 na sentada kada mes</p>	
<p>Rockfishes</p>  <p>Sculpin, (scorpionfish)</p>	 <p>Surf perches</p>	 <p>Kelp bass (calico bass)</p>	<p>Agaga Na Lugat</p>  <p>1-2 na sentada kada mes</p>	<p>Amariyu Na Lugat</p>  <p>4 na sentada kada mes</p>
 <p>Black croaker</p>	 <p>Queenfish</p>	 <p>Corbina</p>		
 <p>White croaker (kingfish, tomcod)</p>			 <p>Munga ma kanno</p>	 <p>2 na sentada kada mes</p>

Graphics courtesy of Cabrillo Marine Aquarium, NOAA and Montrose Settlements Restoration Program. Artist: Evie Templeton. Technical advisor: M. James Allen (SCCWRP).

NOTA

Munga ma kanno este siha na guihan mas di kuarto biahi gi mes. Este na medidan sentada inapliplika para todo i enetnon guihan siha, pot ihemplo, yangin bumoka mas guihan guihi na mes.

These recommendations are based on the State's Consumption Advisories for DDT's and PCB's and national guidelines for mercury.

