

Cun Kalluun kala duwan

Warbixin dheeraad ah oo kalluunka ku saabsan fadlan booqo:

www.toronto.ca/health

Sumado

- ☐ = Waxa ku badan duxda omega-3 (Waxay u fiican tahay wadnahaaga)
- ☑ = Kalluun la qabtay ama loo beeray si waxyeelaynaysa degaanka (www.seachoice.org)
- ∅ = Kuma badna Meerkurigu, balse waxa ku badan PCB
- * = Magaca Kalluunka waxa lagu qoray English – Malaha Erey u dhigma oo Af Soomali ah

Badbaado leh in aad Cunto Maalin kasta (Oo ay ku yar tahay Meerkurigu)

- 1 cunto * **maalintii** in ay cunaan carruurta
- 2 cunto* **maalintii** in ay cunaan Haweenka uurka leh, ama uur yeelan kara, ama naas jaqsiinaya, hablaha gashaantimaha ah
- Cuntooyin aan xadidnayn* in ay cunaan Ragga, dhalinta sindheerta ah iyo haweenka ka weyn 50 sanno

Basa*

Capelin*

Kamaboko (Waa Kalluun cad oo la habeyay)

Il-weyn

Octopus*

Oysters *

Pollock (Boston Bluefish) *

♥ Salmon*, qasacadaysan

♥ Salmon (Chum, Coho, Pink, wild Pacific)*

Sea Urchin *

Silver Pomfret*

Tilapia*

Badbaado leh in la cuno Markasta (Oo leh Meerkuri yar)

- 2 cunto* **toddobaadkii** in ay cunaan Carruurta.
- 4 cunto* **toddobaadkii** in ay cunaan Haweenka uurka leh, ama uur yeelan kara, ama naas jaqsiinaya, hablaha gashaantimaha ah.
- Cuntooyin aan xadidnayn in ay cunaan Ragga, dhalinta sindheerta ah iyo haweenka ka weyn 50 sanno


♥ Anchovies* (cusub/duban)

♥ Arctic Char*

♥ Atlantic Mackerel*

416.338.7600 toronto.ca/health

 **TORONTO** Public Health

Barracouta*
Ha ku khaldin Barracuda – Ha cunin ama marmar dhif ah
Clams*
Cockle, Greenland*
Grass Carp*
Hake (Caddaan, Pacific) *
♥ Herring*
Lingcod*
Mussels (Blue) *
Plaice, Canadian*
Porgie*
Pumpkinseed*
Quahog (Kalluunka dhagxanta badda ku jira) *
Rockfish*
♥ Salmon (Chinook, Sockeye, Steelhead) *
♥ Sardines*
Sea Cucumber*
Shad, American*
Shiner*
Smelt* (Atlantic, Haraha)
Sole (Dover, Petrale) *
Squid*
♥ Trout, Rainbow*
Tuna*, Qasacadaysan oo fudud (Skipjack, Tongol, Yellowfin)
Whelk*
 Degaanka aan u fiicnayn
Atlantic Cod*
Flounder (Flatfish) *
Haddock*
♥ Salmon (Atlantic, La beeray) *
Scallops*
Shirimaha

**Badbaado leh in la cuno Marmar
(Meerkuri dhex-dhexaad ah)**

- 1-2 cunto* **bishii** in ay cunaan carruurtu
- 2-4 cunto* bishii in ay cunaan Haweenka uurka leh, ama uur yeelan kara, ama naas jaqsiinaya, hablaha gashaantimaha ah
- 4 cunto* toddobaadkii in ay cunaan Ragga, dhalinta sindheerta ah iyo haweenka ka weyn 50 sanno

Amberjacks*
Bass, Striped*
Black Pomfret*
Bullhead, Brown*
Carp*
Catfish*
Crabs*
Crawfish*
Croaker, Atlantic*
Cusk (Brismark, Moonfish) *
Drum, Freshwater*
Eel*
Halibut*
Jack (Blue Runner, Crevalle/Common) *
Jackfish*
♥ Kingfish (King Mackerel, Spanish Mackerel) *
Kalluunka Cad ee Haraha
Lobster
Mahi Mahi (Kalluun Nibiri)
Maria (Burbot; Ling) *
Monkfish*
Caanood, nooca guud
Perch* (Caddaan, Hurdi)
Kalluunka Cas
Sablefish* (Black Cod)
Skate*
Sturgeon* (Haraha, Caddaan)
♥ Trout * (Haraha, Noocyo kala duwan)
Tuna steak* (Albacore, Caddaan)
Tuna steak * (Skipjack, Yellowfin)
Tuna, Qasacadaysan oo cad(Albacore)
Turbot*
Wahoo*
Whiting*
 Degaanka aan u fiicnayn
Atlantic Halibut*
Bluefin Tuna Steak*
Grouper*
Red Snapper*

**Iska dhowr ama mar dhif ah cun
(Meerkuri aad u badan)**

- In ka yar cunto mar la cuno* **bishii** oo ay cunaan carruurtu.
 - In ka yar cunto mar la cuno* **bishii** Haweenka uurka leh, ama uur yeelan kara, ama naas jaqsiinaya, hablaha gashaantimaha ah
 - Waxaan ka badnayn cunto mar la cuno* **toddobaadkii** in ay cunaan in ay cunaan Ragga, dhalinta sindheerta ah iyo haweenka ka weyn 50 sanno.
- ⚠ **Kuma badna Meerkuri, waxa ku badan PCB**

Barracuda*

⚠ Buffalo*

♥ Escolar (Snake Mackerel) *

Marlin*

⚠ Pickerel (Pike, Sauger, Walleye, Yellow Pickerel, Zander) *

Tilefish*

Tuna, steak (Noocyo kala duwan, Bigeye) *



Degaanka uma Fiicna

Orange Roughy*

Sea Bass (Patagonian Toothfish) *

Libaax Badeedka *

Swordfish*