



lub tswv yim pab
Cov kev kawm ntawm cov
khoom noj pab lub cev

10 lub tswv yim los mus pab pib

Qhov koj haus nws yeej tseem ceeb li qhov koj noj. Ntau cov dej haus nws muaj suab thaj ntxiv rau thiab nws tsuas muaj me me los yog tsis muaj cov khoom mus pab lub cev/as ham (nutrients) hos lwm cov kuj yuav muaj khoom noj mus pab lub cev (as ham) tabsis muaj roj ntau heev thiab calories ntau kawg li. No nws yog ib co kev pab los mus pab koj txiav txim txog dej haus kom zoo dua.

1 haus dej dawb

Haus dej dawb dua cov dej qab suab thaj thaum koj qhis dej heev. Dej qab zib (soda), cov dej haus txawb zog los yog ua si ncaw pob (energy or sports drinks), thiab lwm cov dej qab zib feem ntau muaj suab thaj nyob hauv ntau, uas nws muaj cov calories ntau dua qhov toob kas tau lawm. Kom ceev tau lub cev hnyav tau nyab xeeb, txais (sip) dej dawb los yog lwm cov dej haus uas muaj cov calories me me los yog kom tsis muaj li.



2 dej dawb ntau npaum li cas thiaj li txaus?

Cia koj qhov kev nqhis dej ua ib qho kev qhia (guide). Dej dawb nws yog ib qho khoom tseem ceeb mus pab rau lub cev, tabsis txhua tus tib neeg nyias toob kas txawb nyias. Peb feem ntau yeej tau dej dawb txaus los ntawm cov zaub mov peb noj thiab cov dej cawv peb haus. Ib lub cev nyab xeeb yeej tswj dej dawb kom sib npaug daws tau rau ntawm ib hnub kiag. Haus dej dawb kom ntau ntau yog tias koj yog neeg nquag sib dag zog (active), yog nyob los yog ua hauj lwm rau tej qho chaw sov, los yog ib tug neeg laus zog lawm.

3 ib qho kev ua twb zoo xaiv (thrifty option)

Dej dawb qhov ntau yeej tsis raug yuav siv hnab kab paus (wallet) heev. Koj kuj tseg tau nyiaj los ntawm haus dej dawb ntawm tus kais dej hauv tsev los yog thaum mus noj lab.

4 tswj koj cov calories

Haus dej dawb nrog rau thiab thaum nruab nrab ntawm koj cov pluas mov. Cov neeg laus thiab me nyuam yuav siv li 400 calories ib hnub twg tias yog li cov dej caw (beverages)-haus dej dawb kuj pab koj tswj koj cov calories.

5 dej rau me nyuam

Ua kom dej dawb, kua mis nyuj roj tsawg (low-fat) los yog tsis muaj roj (fat-free), los yog kua txiv hmab txiv ntoo 100% yog ib txoj kev xaiv kom yooj yim rau hauv koj tsev. Npaj kom muaj-rau-tamsiv ib co taub muaj dej dawb los yog dej haus zoo rau lub cev (healthy drinks) muaj nyob (available) rau hauv lub taub yees. Muab lawv tso rau hauv lub npov ntim su los yog hnab ntim ntawv (backpacks) kom yooj yim rau me nyuam thaum lawv tawm roj. Nyob raws ntawm lub hnub nyooq, me nyuam kuj haus ½ mus rau 1 khob, thiab cov laus los kuj haus txog rau 1 khob kua txiv hmab txiv ntoo 100% los yog kua zaub* txhua hnub.



*kua txiv hmab txiv ntoo 100% nws yog ib qho ntawm pawg Txiv Hmab Txiv Ntoo los yog Zaub. Kua txiv hmab txiv ntoo yuav tsum yog ib nrab los yog tsawg dua tag nrho cov txiv hmab txiv ntoo los zaub pom zoo yuav tsum tau noj.

6 txhob hnob qab koj cov khoom noj los ntawm cov kua mis (dairy)**

Thaum twg koj xaiv kua mis nyuj los yog lwm hom kua mis, xaiv cov muaj roj tsawg (low-fat) los tsis muaj roj (fat-free) los yog kua mis soy uas fortified. Hom kua mis twg los yeej muaj ib yam nkaus cov khoom noj mus pab lub cev/as ham (nutrients) xws li calcium, vitamin D, thiab potasssium, tabsis qhov calories uas yuav muaj npaum cas nws yuav txawv. Me nyuam hnub nyooq laus zog, me nyuam tub ntxhais (teens), thiab cov neeg laus toob kas 3 khob kua mi rau ib hnub twg, hos cov me nyuam 4 mus rau 8 xyoo lawv toob kas 2 ½ khob thiab cov me nyuam 2 mus rau 3 lub xyoo yuav tsum yog tau 2 khob.



7 txaus siab rau koj cov dej haus

Thaum dej dawb zoo tsis txaus siab rau qhov dej haus koj xaiv, tabsis tsuas yog haus kom tsawg. Nco ntsoov saib qhov haus ib zaug twg nws muaj ntau npaum cas (serving size) thiab nws muaj ntau npaum cas rau ntawm ib lub koos poom, ib hwj, los yog lub thawv ntim (container) kom cov calories uas yuav tsum tau nws tsis txhob tshaj. Xaiv cov koos poom, khob, los yog khob iav (glasses) kom me dua qhov loj los yog khob kom loj tshaj plaws.

8 haus dej dawb thaum maj mus

Dej dawb nws yeej ib txwm yooj yim. Tso dej dawb rau ib lub taub ntim (container) es muab tso rau hauv koj lub hnab ev los hnab ntim es thiaj tau los haus rau thaum nqhis dej rau ntawm ib hnub nkaus. Cov taub ntim dej nws kuj yooj yim tsis ua khob nyiab rau ib ncig ntawm yus.



9 saib cov lus qhia tseeb (facts)

Siv daim ntawv qhia tseeb txog Cov Khoom Noj Pab Lub Cev (Nutrition Facts) los mus xaiv cov dej haus (beverages) rau tom lub kws yuav khoom noj. Daim ntawv lo nws muaj cov lus qhia txog tag nrho cov suab thaj, rog, thiab calories kom los pab koj xaiv tau qhov zoo dua.

10 muab cov dej koj haus los sib piv

Food-A-Pedia, ib qho muaj nyob rau ntawm ChooseMyPlate.gov/SuperTracker, kuj npaj koj muab cov calories, cov suab thaj, thiab roj los mus sib piv uas muaj nyob rau hauv koj qhov dej haus uas koj nyiam tshaj.

**Kua mis nyuj nws yog ib qho ntawm pawg Dairy (Zaub Mov los ntawm Kua Mis). Ib khob=1 khob kua mis los yog yogurt, 1 ½ ounces cov cheese thas maj xaj (natural), los yog 2 ounces cheese uas yog processed.



United States Department of Agriculture (Tsoom Fwv Meskas Qhov Chaw ntawm ua Liaj Teb Noj Center for Nutrition Policy and Promotion (Hauv Paus ntawm Kev Tsim Cai thiab Kev Qhia Tawm rau Khoom Noj Mus Pab lub Cev).

Mus rau www.ChooseMyPlate.gov yog xav paub ntau ntxiv.

This institution is an Equal Opportunity Employer. This material was funded by USDA's Supplemental Nutritional Assistance Program (SNAP). The SNAP provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. To find out more, contact 1 (877) 847-3663.

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USDA nws yog ib qhov chaw ua hauj lwm tuaj rau zej zog (provider) thiab txais neeg ua hauj lwm (employer) uas muaj hau kev xaiv sib npaug zog (equal opportunity).