

10

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

ntsev thiab sodium

10 lub tswv yim pab los mus pab kom koj txiav tau tsawg dua



Nws yeej yog ib qho tseeb tias cov neeg Meskas lawv muaj ib qho nyiam noj ntsev, tabsis ntsev nws ua tau ib qho kev mob rau ntawm mob ntshav siab. Txhua tus neeg, nrog rau cov me nyuam, yuav tsum txo lawv qhov sodium uas noj mus rau hauv lub cev kom tsawg dua 2,300 milligrams ib hnuv twg (li 1 diav ntsev me noj mov). Cov laus hnuv nyooq 51 xyoo thiab laus dua, cov Meskas Dub tsis hais hnuv nyooq twg li, thiab cov tib neeg muaj ntshav siab, ntshav qab zib los yog muaj mob ntev mus rau hauv ob lub raum yuav tsum txo lawv qhov sodium uas noj mus rau hauv lub cev kom li 1,500 mg ib hnuv twg.

1 xav qhov tshiab

Feem ntau ntawm cov sodium uas cov neeg Meskas lawv noj nws yog muaj nyob rau hauv cov zaub mov uas muab las kom kav ntev (processed foods). Los mus noj cov zaub mov uas tau muab las kav kom ntev (processed food) kom tsawg dua thiab ua tais kom me zog-xws li cov zaub mov uas muaj cheese ntau ntau, zoo li pizza; cov nqaij las kom kav ntev (cured), xws li bacon, hnyuv ntxwm, hot dogs, thiab cov nqaij deli/nqaij suam tso ua sandwich noj; thiab cov zaub mov uas siav lawm es npaj noj xwb, xws li cov chili nyob hauv koos poom, ravioli, thiab kua soups. Cov zaub mov tshiab lawv feem ntau muaj cov sodium tsawg zog.

2 txaus siab (enjoy) rau cov zaub mov npaj hauv tsev

Ua zaub mov noj hauv tsev kom ntau dua-qhov uas koj tswj tau dua ntawm cov khoom yuav mus rau hauv koj cov zaub mov. Koj npaj koj cov zaub mov yuav ua tau rau koj tswj tau cov ntsev uas yuav tso rau hauv.

3 noj cov zaub thiab txiv hmab txiv ntoo koj ntau zog-cov no lawv yeej ib txwm muaj ntsev tsawg

Noj cov zaub thiab cov txiv hmab txiv ntoo kom ntau-De/muaj tshiab los yog tsau naj kuab. Noj ib qho zaub thiab ib lub txiv hmab txiv ntoo nrog rau txhua pluas mov.

4 xaiv cov zaub mov ua los ntawm cov kua mis (dairy) thiab uas yog protein thiaj li muaj sodium tsawg zog

Xaiv cov kua mis haus uas tsis muaj roj (fat-free) los yog roj tsawg (low fat) kom ntau dua thiab siv yogurt los mus hloov cheese. Xaiv cov nqaij nyuj, npua, qaib, thiab seafood tshiab, dua cov uas las ntsev nrog rau. Cov nqaij deli los yog nqaij suam tso ua sandwich noj, hnyuv ntxwm, thiab cov khoom ntim hauv koos poom zoo li nqaij nyuj ntim koos poom lawv muaj sodium ntau dua. Xaiv cov txiv qab rog (nuts) thiab noob (seeds) uas tsis rau ntsev.

5 hloov koj qhov kev noj (tastes buds)

Txiav noj ntsev ib qho me me zuj zus-thiab twb zoo mloog kev qab thas maj xaj (naturally)/dog dig los ntawm ntau yam zaub mov. Koj qhov hnov qab ntsev yuav ploj zuj zus nrog lub sij hawm mus.



6 txhob tso ntsev

Tsis txhob ntxiv ntsev thaum ua zaub mov noj. Tshem cov ntsev tawm ntawm qhov counter ntawm chaw ua noj thiab lub rooj noj mov. Siv cov khoom rau zaub mov kom qab xws li spices, herbs, qej, vinegar, los yog kua maj naus daj los mus rau cov zaub mov los yog siv cov seasoning mixes uas tsis muaj ntsev. Sim cov hwj txhob dub los yog liab, zaub txis them, curry, qhiav, los yog rosemary.

7 nyeem daim ntawv qhia txog zaub mov (label)

Nyeem Daim ntawv qhia tseeb txog Cov Khoom Noj Pab Lub Cev (Nutrition Facts) thiab qhov ntsiab lus txog cov khoom noj (ingredients statement) kom los mus paub txog cov zaub mov ntim thiab nyob hauv koos poom uas muaj sodium tsawg dua. Nrhiav saib cov zaub mov muaj lo hais tias "low sodium" (ntsev tsawg), "reduced sodium" (ntsev tsawg), los yog "no salt added" (tsis muaj ntsev ntxiv rau).

8 nug cov zaub mov uas muaj sodium qes thaum mus noj lab

Cov lab noj mov kuj npaj ib co zaub mov uas muaj sodium qes thaum koj nug txog thiab yuav muab cov kua rau nqaij (sauces) thiab kua rau zaub (dressing) xam lav rau ntawm ib sab es koj thiaj li muab los mus siv kom tau tsawg zog.

9 ua twb zoo saib cov uas rau khoom noj (condiments)

Cov zaub mov zoo li soy sauce, ketchup, dib qaub, olives, kua rau xam lav, thiab cov seasoning packets lawv muaj sodium ntau heev. Xaiv cov soy sauce thiab ketchup uas muaj sodium tsawg. Noj ib tug carrot los ib tug celery dua cov olives los dib qaub. Nphoo pob hmoob rau nqaij kom qab no dua qhov uas siv tag nrho lub hnab.

10 noj potassium kom ntau dua mus rau hauv koj lub cev

Xaiv cov zaub mov uas muaj potassium, uas kuj yuav pab koj los mus tso koj lub zog hauv cov hlab ntshav (blood pressure). Potassium muaj nyob rau cov zaub thiab txiv hmab txiv ntoo, xws li qos, beet greens, kua txiv lws thiab kua pleev (sauce), qos qab zib, taum (dawb, lima, kidney), thiab txiv tsawb. Lwm cov khoom muaj potassium yog yogurt, clams, halibut, kua txiv kab ntxwv, thiab kua mis.



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.

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DG DaimNtawvPabTawmTswv Yim No. 14

6 Hli Ntuj 2011

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).