

10

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

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Los mus txiav txim rau cov kev xaiv (choices) zaub mov kom tau ib lub neej nyob nyab xeeb lug kuj yuav yooj yim cuag li ntawm los mus siv cov 10 lub tswv yim pab. Siv cov tswv yim ntawm daim ntawv no los mus kom koj tau cov calories sib npaug, los mus xaiv cov zaub mov los *noj kom ntau dua*, thiab los mus txiav rau cov zaub mov los *noj koj tsawg dua*.

1 tswj koj cov calories

Nhiav seb peb tsawg cov calories KOJ yuav tsum kom tau rau ib hnuv twg rau ntawm thawj theem (step) los mus tswj koj qhov kev hnyav (weight). Mus rau ntawm www.ChooseMyPlate.gov kom paub koj theem (level) calorie. Ua ib tug neeg nquag siv dag zog kuj pab koj los mus tswj kom koj cov calories sib npaug thiab.

2 qab los rau koj cov zaub mov, tab sis noj kom tsawg

Siv sij hawm los mus kom txaus siab nkaus rau koj cov zaub mov thaum koj los mus noj. Qhov los mus noj ceev los yog thaum koj xav mus rau lwm yam lawm kuj yuav ua tau rau koj los noj tau ntau calories. Ua twb zoo mloog cov kev qhia los thaum tshaib thiab tsau plab heev ua ntej, rau lub sijhawm ntawd (current), thiab tom qab cov pluag mov. Siv cov kev qhia no los mus kom paub thaum yuav noj thiab rau thaum koj tau txaus lawm.



3 txhob daus tej taig loj loj (oversized)

Siv ib lub tais, tais ntim, thiab tais iav (glass) me. Sib faib (Portions) tawm cov zaub mov ua ntej koj yuav noj. Thaum mus noj hauv lab, xaiv ib taig zaub mov noj kom me dua, faib tais zaub mov nrog rau lwm tus, los yog coj ib qho ntawm pluas zaub mov mus tsev.

4 cov zaub mov kom noj ntau dua

Noj zaub, txiv hmas txiv ntoo, thiab cov zaub mov grains tseem txhuv nplej (whole), thiab kom tsis muaj roj (fat-free) los yog cov kua mis 1% thiab cov khoom noj tsim los ntawm kua mis (dairy products). Cov khoom noj no nws muaj cov khoom mus pab lub cev/as ham (nutrients) uas koj yuav tsum muaj kom tau kev nyab xeeb-xws li potassium, calcium, vitamin D, thiab fiber. Ua kom lawv yog lub hauv paus (basis) rau txhua pluas mov thiab sij hawm noj khoom txom ncau.



5 faib ib nrab hauv koj tais zaub mov yog txiv hmas txiv ntoo thiab zaub

Xaiv cov zaub uas yog xim liab, daj-liab, thiab dub ntsuab zoo li txiv lws, qos, thiab broccoli, nrog rau lwm cov zaub rau koj pluas mov. Ntxiv txiv hmas txiv ntoo rau pluas mov tias nws yog tais tseem mov los yog tais mov me ntawm ib sab (side dishes), los yog tias pluas mov noj qab zib (dessert).

6 hloov los mus rau qhov kua mis tsis muaj roj (fat-free) los yog roj tsawg (1%)

Ob qho no los kuj muaj cov calcium thiab lwm cov khoom mus pab lub cev/as ham (nutrients) tseem ceeb ib yam nkaus li cov kua mis tseem (whole), tabsis lawv muaj calories tsawg zog thiab cov roj saturated tsawg dua.



7 muab ib nrab ntawm koj cov grains (zaub mov los ntawm txhuv nplej thiab bread) kom yog cov grains tseem txhuv nplej (whole)

Noj zaub mov muaj cov grains tseem (whole) ntau dua, hloov ib qho khoom noj grain tseem rau ib qho khoom noj tshiab (refined product)-xws li los mus noj cov bread tseem-cov bread wheat tsis yog cov bread dawb los yog cov mov daj (brown rice) tsis yog cov mov dawb (white rice).

8 cov zaub mov los mus noj tsawg dua

Txiav cov zaub mov uas muaj ntau cov roj khov (solid fats), suab thaj ntxiv rau, thiab ntsev. Lawv yog cov cakes, cookies, ice cream, candies, dej qab zib, pizza, thiab nqaij rog li cov tav, hnyuv ntxwm, bacon, thiab hot dogs. Siv cov khoom noj no ua qee zaus rau kev noj zoo siab (treats) xwb, tsis yog khoom noj rau txhua hnuv.

9 sib piv cov sodium hauv cov zaub mov noj

Siv daim ntawv Lus Tseeb Ntawm Cov Khoom Noj Mus Pab Lub Cev (Nutrition Facts) los mus xaiv qhov sodium tsawg zog ntawm cov zaub mov xws li tais kua soup, daim bread, thiab cov pluas mov khov nab kuab. Xaiv cov zaub mov hauv koos poom uas muaj hais tias "low sodium" (sodium qes), "reduced sodium" (sodium tsawg), los yog "no salt added" (tsis muaj ntsev ntxiv rau).



10 haus dej dawb dua haus cov dej qab zib

Txo cov calories ntawm los mus haus dej dawb los yog cov dej qab zib uas tsis rau suab thaj (unsweetened). Dej qab zib (soda), cov dej haus txhawb zog (energy drinks), thiab dej haus thaum khiav (sports drinks) lawv yog cov khoom hauv paus ntawm kev muaj suab thaj ntxiv rau, thiab calories, rau hauv Meskas txoj kev noj zaub mov (diets).



United States Department of Agriculture (Tsoom Fwm 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. 1

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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).