

# 10

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

## txwv koj tus me nyuam cov khoom noj qab zib (sweet treats) kom tsawg

10 lub tswv yim pab los mus txo yam uas muaj suab thaj ntxiv rau



**Txwv cov zaub mov thiab dej caw uas muaj cov suab thaj ntxiv rau hauv rau koj cov me nyuam noj thiab haus kom tsawg.** Yog tias koj tsis yuav cov no, koj cov me nyuam yuav tsis tau cov no ntau. Khoom noj qab zib thiab cov dej haus qab zib muaj calories ntau heev tabsis cov khoom mus pab lub cev/as ham (nutrients) tsawg. Feem ntau cov khoom muaj suab thaj ntxiv rau hauv yog los ntawm cov dej qab zib (sodas), cov dej haus thaum ua si ncaw thiab ntau pob, dej kua txiv hmab txiv ntoo, cakes, cookies, ice cream, khob noom, thiab lwm yam khoom noj rau thaum noj desserts (caij noj khoom qab zib).

### 1 muab me ntsis los noj

Nws tsis yog ib qho yuav tsum (not necessary) los mus tshem tag nrho cov khoom qab zib thiab lub caij noj khoom qab zib (desserts) tawm. Qhia cov me nyuam kom pom tias ib qho khoom qab zib me me xwb los nws kuj yuav mus tau deb heev. Siv cov tais ntim thiab tais noj mov kom me zog rau cov zaub mov no. Cia lawv los mus sib faib ib tug khob noom qab zib (candy bar) los yog muab lub cupcake loj los mus sib faib.

### 2 kev haus zoo

Dej qab zib (soda) thiab lwm cov dej qab zib muaj suab thaj ntau heev thiab lawv muaj calories siab heev. Muab dej dawb, kua txiv hmab txiv ntoo 100%, los yog cov kua mis tsis muaj roj (fat-free) rau thaum cov me nyuam qhis dej.



### 3 siv kab luj khoom uas tsis muaj cov khob noom

Feem ntau cov kiab khw yeej muaj ib co kab luj khoom uas yuav tsis muaj khob noom kom los pab cov niam. Thaum tos ntawm txoj kab luj khoom nws yog ib qho yooj yim rau cov me nyuam los mus hais tias lawv yuav noj khob noom uas lawv pom ntawd.

### 4 txhob muab khoom qab zib ua cov khoom plig zoo siab (rewards)

Ntawm los mus muab zaub mov ua ib qho khoom plig zoo siab (reward) rau thaum tsis txhoj puab, me nyuam kawm los mus xav tias ib co zaub mov nws zoo dua lwm cov zaub mob. Muab khoom plig zoo siab (reward) rau koj tus me nyuam los ntawm cov lus zoo thiab muab kev puag (hugs) rau nws kom zoo, los yog muab yam uas tsis yog khoom noj rau lawv, zoo li cov stickers, kom los mus ua lawv mloog tshwj xeeb.

### 5 muab txiv hmab txiv ntoo los ua pluas noj qab zib (dessert) txhua txhua hnuv

Muab cov apple uas ncu, txiv pears, los yog noj ib taig xam lav txiv hmab txiv ntoo. Los yog, muab ib cov pas khob noom kua txiv hmab txiv ntoo uas cam khov ua naj kuab (frozen juice bars) (100% kua txiv hmab txiv ntoo) dua cov pluas mov qab zib (desserts) uas muaj calorie ntau heev.



### 6 ua cov zaub mov kom lom zem

Cov zaub mov uas qab zib lawv qhauj tuaj rau cov me nyuam hais tias yog "zaub mov lom zem." Ua cov zaub mov zoo rau lub cev (nutritious) kom lom zem ntawm los mus sib pab ua noj nrog rau koj tus me nyuam thiab ntawm los mus tawm tswv yim ua ke. Tsim ib lub phlu luag ntxhi los ntawm ib daim txiv tsawb hlais ua ib sab thiab cov raisins. Muab cov cookie cutters los mus muab cov txiv hmab txiv ntoo txiav kom lom zem los ua tej lub voj voos (shapes).

### 7 txhawb cov me nyuam kom los mus tsim ib co khoom txom ncauj tshiab

Ua koj cov khoom txom ncauj uas sib xyaws los ntawm muab cov whole-grain cereal, txiv hmab txiv ntoo qhuav, thiab cov txiv qab rog (nuts) los noob (seeds) uas tsis rau ntsev. Muab kom muaj cov khoom noj (ingredients) thiab cia cov me nyuam los mus xaiv yam khoom txom ncauj "tshiab" uas lawv xav tau.



### 8 ua si sib nrhiav rau hauv kab muag cov cereal

Qhia cov me nyuam kom los mus paub nrhiav tias cov suab thaj nws muaj npaum li cas rau ntawm ib pob cereal twg. Tw lawv kom los mus muab cov cereal uas lawv nyiam los mus sib piv thiab xaiv qhov uas nws muaj suab thaj tsawg tshaj.

### 9 ua cov khoom pub noj ua si (treats) yog "ua si" es tsis yog zaub mov noj txhua hnuv

Cov khoom pub noj ua si (treats) ntev ntev mam zoo noj ib zaug tej xwb. Tsuaav tsis txhob ua cov khoom pub noj ua si (treat food) los mus ua yam noj txhua hnuv xwb. Ceev tseg cov khoom pub noj qab zib (sweet treat) rau tej lub caij nyooq tshwj xeeb.

### 10 yog tias cov me nyuam tsis noj lawv pluas mov, yuav tsum tsis pub lawv noj qab zib "ntxiv"

Kom nco ntsoov tias khob noom los yog cov cookies tsis yog los mus hloov cov zaub mov uas tsis noj rau thaum lub caij noj mov.



**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](http://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.

**DG DaimNtawvPabTawmTswv Yim No. 13**

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).