

Hauv koj cov dej muaj piam thaj ntau npaum cas?

rethink
YOUR DRINK



Gram Piam thaj ÷ 4 = lb diav me piam thaj

Piam thaj 60g ÷ 4 = 15 diav me

Qhia txog Cov Khoom hauv Dej Qab Zib (Soda)

Ib qho muaj npaum li cas 1 poom – 20 fl oz (591 mL)

Ib Leeg Tau Ntau Licas

Calories 258 Calories los ntawm Roj 0

% Hauv Ib Hnub*

Tag nrho cov roj 0g 0%

Ntsev 25mg 1%

Tag nrho carbohydrate 63g 20%

Piam thaj 60g

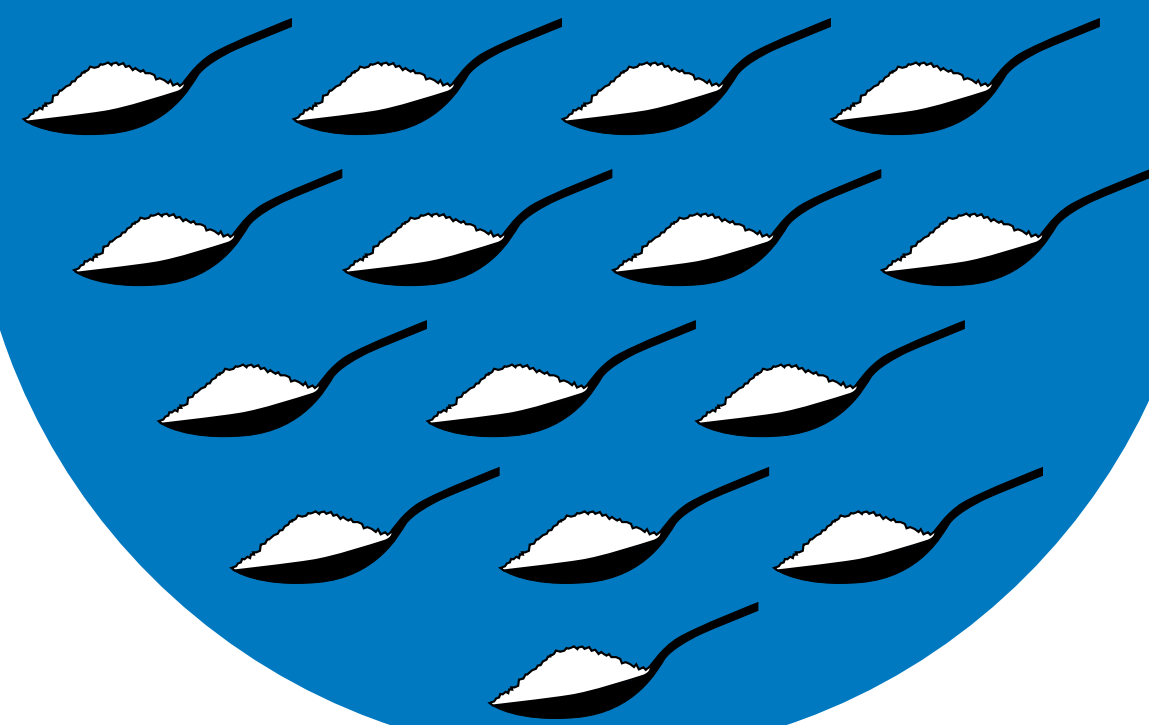
Protein 0g

Tsis yog ib yam muaj calories ntau los ntawm roj (fat), hom roj saturated, hom roj trans, cholesterol, dietary fiber, vitamin A, vitamin C, calcium thiab iron.

* Feem pua xam Ib Hnub (DV) yog xam raws qhov hais tias ib hnub no noj 2,000 calorie.

COV KHOOM XYAW: DEJ UA NPUAS, ZIB POB KWS RAU PIAM THAJ TXIV NTOO NTAU HEEV (HIGH FRUCTOSE CORN SYRUP), XIM CAMEL, PHOSPHORIC ACID, RAU KOM QAB, KAS-FES.

15
diav me piam thaj



Cov Lus Qhia Khoom Noj Kom Yuag Xyoo 2015-2020 rau Cov Neeg Meskas kom txhob noj cov khoom noj uas muaj calories ntau xws li txhob rau cov piam thaj ntau dua 10% rau hauv txhua hnub. Cov khoom noj uas muaj 200 calories lossis npaum li 12 diav me dej tshuaj yej muaj cov khoom noj 2,000 calorie.

Xaiv kev nyob zoo. Haus dej.



Cov ntawv no yog tsim los ntawm California lub Hauv Paus Saib Pej Xeem Kev Noj Qab Nyob zoo (Department of Public Health) Chav Pab Cob Qhia thiab Tswj Kev Noj Haus thiab Kev Rog (Nutrition Education and Obesity Prevention Branch) uas yog tau nyiaj los ntawm USDA SNAP, uas hu ua CalFresh nyob rau California. Cov chaw loj no muab hauv kev thiab saib neeg ua haujlwm raws txoj kev muaj vaj huam sib luag. CalFresh muab kev pab rau cov tsev neeg uas tau nyiaj tsawg thiab muaj peev xwm yuav tau zaub mov zoo noj kom thiab nyob zoo. Yog xav paub txog CalFresh, hu rau 1-877-847-3663. Yog xav paub txog kev noj zaub mov, mus saib www.CaChampionsForChange.net.

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