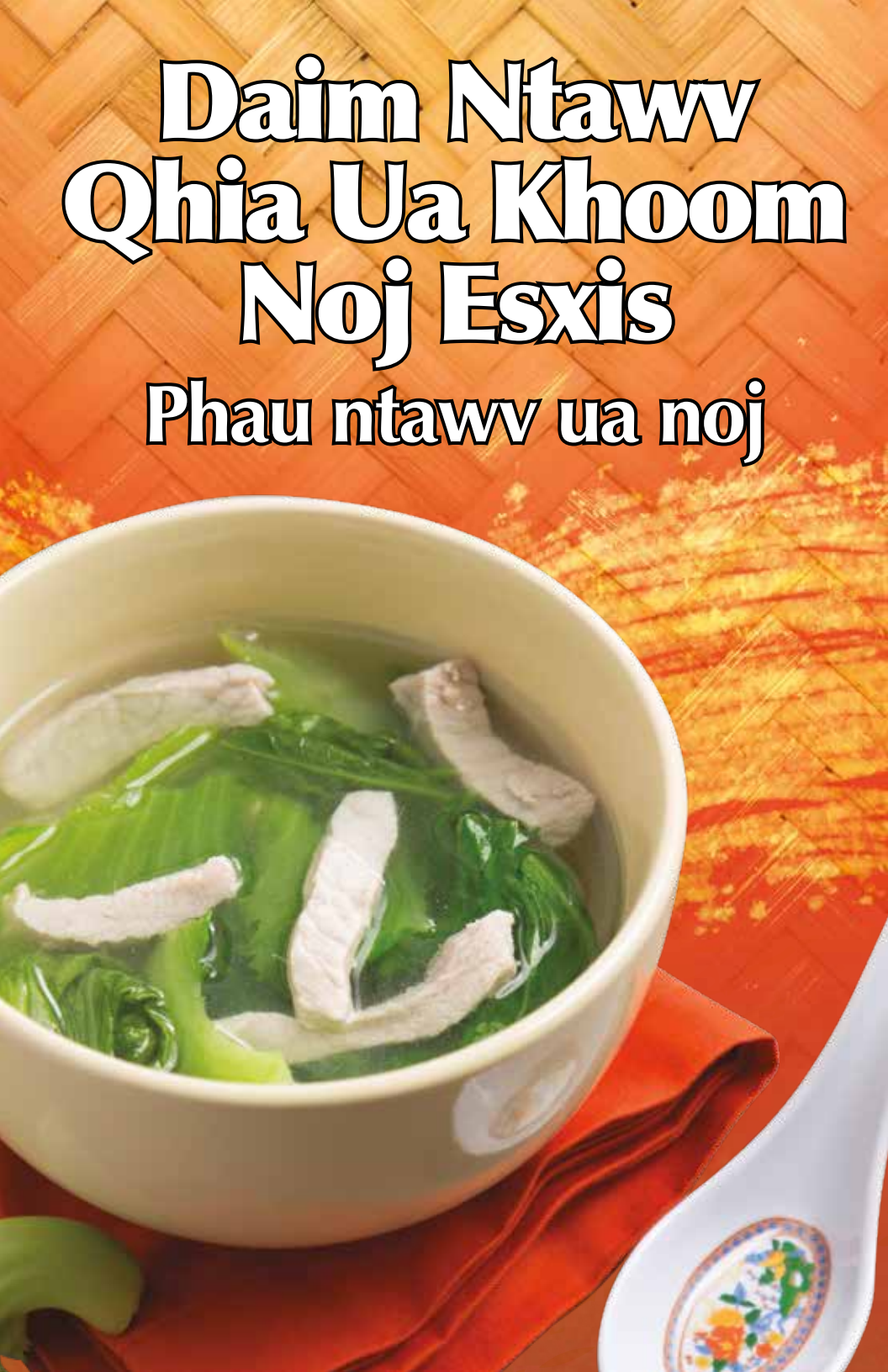
Daim Ntawv Qhia Ua Khoom Noj Esxis

Phau ntawv ua noj



Ncauj Lus

Phau ntawv ua noj no yog cov ntaub ntawv qhia ua zaub mov noj neeg Esxis uas muaj hom ntsev sodium tsawg dua 25%. Peb yuav tsum ua raws li keeb kwm kev xis ncauj ntawm kev ua khoom noj uas yog siv
hom ntsev sodium kom tsawg. Kev noj hom ntsev sodium yuav ua rau muaj feem ua rau muaj ntshav siab, mob plawv nres thiab mob hlab ntsha tawg.

Siv ua zaub mov noj raws li cov ntawv qhia ua zaub mov noj no thiab qhia rau peb seb koj xav li cas. Muab koj cov lus taw qhia rau peb rau hauv peb qhov Champions for Change website *CaChampionsForChange.net* los sis sib txuas lus nrog peb rau hauv Facebook *facebook.com/CaChampionsforChange*

Peb vam thiab cia siab tias koj yuav sim ua thiab txaus siab rau koj txhua pluas zaub mov!

CDPH
California Department of
PublicHealth

Teev Cov Ntsiab Lus

Nqaij npuas los sis Nqaij qaib hau xyaws nrog Zaub Ntsua...4
Tag nrho ib tug ntses xyaws nrog cov txuj lom.....6
Nqaij qaib Laab 8
Hmoob Cov Kua Txob Nyeem.....10
Nqaij Qaib 12
Muab Txhuv Dawb thiab Daj Sib Xyaws.....14

Nqaij npuas los sis Nqaij qaib hau xyaws nrog Kua Zaub Ntsuab

Cov pluas noj: 6
Koj ib pluag ntau npaum li cas: 2 ¾ khob
Sijhawm Npaj Ua: 10 feeb
Sijhawm Ua: 15 feeb
Tag Nrho Sijhawm: 25 feeb

Cov khoom sib tov ua ke

- 1 ½ phaus nqaij npuas los sis hauv siab nqaij qaib tsis nrog tawv
- 2 pob zaub ntsuab
- 10 khob dej
- 1 tug tauj dub
- ½ diav me ntsev

Kev Npaj Ua

- Ntxuav cov nqaij npuas ntsiv los sis hauv siab nqaij qaib kom huv thiab muab nws xuam ua ib daim me plaub fab, luaj li 1-inch.
- Muab cov zaub ntsuab ntxuav kom huv thiab hlais luaj li ib lo, kom ntev li 2-inches.
- Hliv dej, tauj dub, thiab ntsev rau hauv ib lub lauj kaub hom nrab thiab nqa mus hau.
- Tso cov nqaij npuas los sis nqaij qaib rau hauv cov dej thiab nqa mus hau kom ntev li 10 feeb.
- Tso cov zaub ntsuab rau hauv cov dej thiab nqa mus tso rau rau thaum dej npau.
- Tshem cov tauj dub tawm.

Cov ntaub ntawv qhia txog yam khoom noj loj hlob zoo hauv ib pluag **Nqaij Npuas:**

Calories 210
Tag Nrho Cov Roj 8 g
Roj Saturated 2.5 g
Roj Trans 0 g
Cholesterol 60 mg
Sodium 285 mg
Carbohydrate 8 g
Yam Khoom Noj Ua Hlab 4 g
Protein 29 g

Cov ntaub ntawv qhia txog yam khoom noj loj hlob zoo hauv ib pluag **Nqaij Qaib:**

Calories 180
Tag Nrho Cov Roj 3.5 g
Roj Saturated 0.5 g
Roj Trans 0 g
Cholesterol 85 mg
Sodium 280 mg
Carbohydrate 8 g
Yam Khoom Noj Ua Hlab 5 g
Protein 30 g

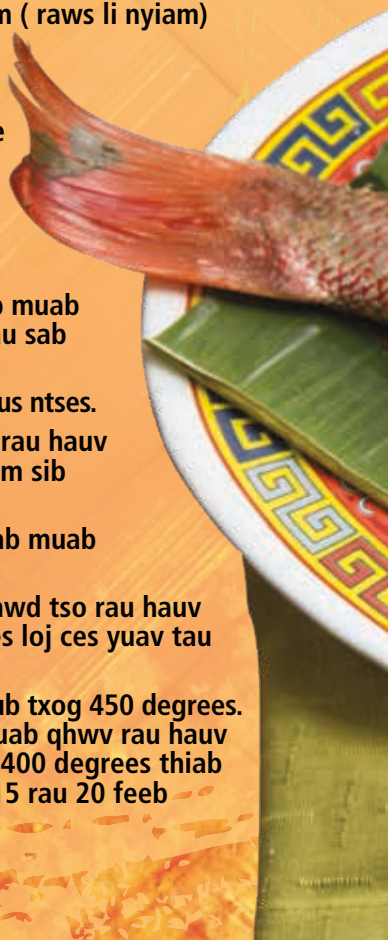
Tag Nrho Ib Tug Ntses xyaws Cov Txuj Lom

(Nqaij Ntses Liab Snapper los sis Ntses Tilapia)

Cov pluas noj: 4
Noj ib pluag ntau npaum li cas: ¼ ntses
Sijhawm Npaj Ua: 15 feeb
Sijhawm Ua: 30-40 feeb
Tag Nrho Sijhawm: 45-60 feeb

Cov khoom sib tov ua ke

- 1 tus ntses Snapper los sis Tilapia loj nruab nrab, ntau npaum 2 phaus
- ½ diav me ntsev
- 3-4 lub kua txhob liab Thaib, muab nws xuam (raws li nyiam)
- ½ khob pum hub, txhoov kom me me
- ¼ khob zaub txhwb, txhoov kom me me
- 3 daim nplooj dos ntsuab, txhoov kom me me
- 1 tug tauj dub, txhoov kom luv zoo
- 6-8 daim nplooj kaffir, txhoov kom luv zoo



Kev Npaj Ua

- Muab cov nplai tawm, ntxuav kom huv thiab muab tus ntses yaug dej koj zoo sab hauv tawm rau sab nrauv.
- Muab ntsev las rau sab hauv thiab sab nrauv tus ntses.
- Tso cov kua txhob thiab lwm khoom sib tov rau hauv ib lub tais sib tov loj thiab muab nws tov kom sib thawm zoo.
- Muab cov txuj lom xyaws nrog tus ntses thiab muab daim ntawv qhwv tus ntses.
- Yuav cub tus ntses, muab tus ntses qhwv ntawd tso rau hauv lub cub kom ntev li 30-40 feeb (yog tus ntses loj ces yuav tau siv sijhawm cub ntev feeb me ntsis).
- Yuav ci tus ntses, npaj lub qhov cub ci kom kub txog 450 degrees. Muab tus ntses qhwv ntawv ua ntej yuav muab qhwv rau hauv daim ntawv ci. Tso qhov kub kom kub txog 400 degrees thiab muab nws txhiab txhua sab kom ntev txog 15 rau 20 feeb

Cov ntaub ntawv qhia txog yam khoom noj loj hlob zoo hauv ib pluag **Nqaij ntses liab Snapper**

Calories 240
Tag Nrho Cov Roj 3 g
Roj Saturated 0.5 g
Roj Trans 0 g
Cholesterol 80 mg
Sodium 400 mg
Carbohydrate 8 g
Yam Khoom Noj Muaj Hlab tsawg dua 1 g
Protein 46 g

Cov Ntaub Ntawv Qhia Txog Yam Khoom Noj Loj Hlob Zoo hauv Ib Pluag **Nqaij Ntses Tilapia**

Calories 240
Tag Nrho Cov Roj 4.5 g
Roj Saturated 1.5 g
Roj Trans 0 g
Cholesterol 95 mg
Sodium 400 mg
Carbohydrate 8 g
Yam Khoom Noj Muaj Hlab tsawg dua 1g
Protein 45 g

Nqaij qaib Laab

Noj tsawg pluag: 6
Noj ib pluag ntau npaum li cas: 1 khob
Sijhawm Npaj Ua: 15 feeb
Sijhawm Ua: 10 feeb
Tag Nrho Sijhawm: 25 feeb

Cov khoom sib tov ua ke

- 2 lub txiv kab ntxwv qaub (npaum li 4 diav)
- 2 diav kua txuj lom ntses
- 1 diav me hmoov kua txob Thaib
- 1 lub kua txhob Thaib hlais mos mos
- 1 khob kua nqaij qaib uas tso hom ntsev-sodium tsawg
- 1 1/2 phaus ncej puab nqaij qaib ntsiv
- 1/2 khob dos ntsuab hlais mos mos
- 1/2 khob dos shallots hlais mos mos
- 3 diav tauj dub txhoov me me
- 1/2 khob nplooj zaub txhwb txhoov
- 1/2 khob nplooj pum hub hlais mos mos
- 2 lub zaub qhwv me, muab faib rau hauv cov khob

Kev Npaj Ua

- Tso ib cov kua qaub rau hauv ib lub tais me, cov kua txuj lom ntses, cov kua txob, muab nws sib dos kom sib thawm.
- Nqa cov kua no coj mus hau rau hauv ib lub yias loj thiab tso qhov kub nruab nrab.
- Tso cov nqaij qaib rau hauv thiab muab hau kom siav, siv diav hluas cov nqaij tawm, siv sijhawm npaum li 8-10 feeb.
- Tshem cov nqaij qaib tawm hauv lub qhov cub thiab muab cov dej hliv tawm, mam hliv cov kua zaub txuj lom rau.
- Hauv lub tais loj sib tov, tso cov kua nqaij nqaib rau thiab cov dos ntsuab, cov dos shallots, tauj dub, zaub ntxwb thiab pum hub rau.
- Maj mam muab cov kua tov xyaws cov nqaij qab kom thawm zoo.
- Siv diav nias cov nplooj zaub ntsuab.

Cov ntaub ntawv qhia txog yam khoom noj loj hlob zoo hauv ib pluag

Calories 150
Tag Nrho Cov Roj 7 g
Roj Saturated 2 g
Roj Trans 0 g
Cholesterol 65 mg
Sodium 530 mg
Carbohydrate 9 g
Yam Khoom Noj Ua Hlab 2 g
Protein 17 g

Hmoob Cov Kua Txob Nyeem

Noj puas tsawg pluag: 10
Noj ib pluag ntau npaum li cas: 8 diav me
Sijhawm Npaj Ua: 10 feeb
Sijhawm Ua: 5 feeb
Tag Nrho Sijhawm: 15 feeb

Cov khoom sib tov ua ke

- 1 nplais qij, muab txhoov kom me me
- 30 lub kua txob Thaib, de tshiab los sis tso hauv tub txias khov
- 3 diav zaub txhwb, txhoov kom me me
- 1 lub txiv kab ntxwv qaub (npaum li 2 diav)
- 4 diav kua txuj lom ntses

Kev Npaj Ua

- Muab tus qws txob tuav cov qij thiab cov kua txhob rau hauv ib lub tshuaj khib thiab muab nws tuav kom ntsoog mos.
- Kiag thaum tuav cov kua txob mos lawm, tso cov zaub txhwb rau thiab muab tuav sib xyaws tag nrho ua ke kom sib thawm zoo.
- Muab cov tuav ntawd tso rau hauv ib lub tais, tso cov kua txiv kab ntxwv qaub thiab cov kua txuj lom ntses rau, muab sib tov kom sib thawm zoo.

Cov ntaub ntawv qhia txog yam khoom noj loj hlob zoo hauv ib pluag

Calories 25
Tag Nrho Cov Roj 0 g
Roj Saturated 0 g
Roj Trans 0 g
Cholesterol 0 mg
Sodium 390 mg
Carbohydrate 5 g
Yam Khoom Noj Muaj Hlab tsawg dua 1 g
Protein tsawg dua 1 g

Nqaij Qaib
(Nrog Lub Hauv Siab los sis Ncej Puab)

Cov pluas noj: 5
Koj ib pluag ntau npaum li cas: 3 khob

Sijhawm Npaj Ua: 10 feeb
Sijhawm Ua: 30 feeb
Tag Nrho Sijhawm: 40 feeb

Nqaij qaib Pho xyaws nrog **Hauv Siab Nqaij Qaib** Cov ntaub ntawv qhia txog yam khoom noj zoo hauv ib pluag

Calories 370
Tag Nrho Cov Roj 5 g
Roj Saturated 1 g
Roj Trans 0 g
Cholesterol 60 mg
Sodium 630 mg
Carbohydrate 52 g
Yam Khoom Noj Ua Hlab 2 g
Protein 29 g

Nqaij qaib Pho xyaws nrog **Ncej Puab Qaib** Cov ntaub ntawv qhia txog yam khoom noj zoo hauv ib pluag

Calories 450
Tag Nrho Cov Roj 16 g
Roj Saturated 4.5 g
Roj Trans 0 g
Cholesterol 85 mg
Sodium 610 mg
Carbohydrate 52 g
Yam Khoom Noj Ua Hlab 2 g
Protein 26 g

Cov khoom sib tov ua ke

- 1 inch qhiav
- 4 daim nplooj dos ntsuab nruab nrab
- 4 diav me zaub txhwb
- 1 diav me noob zaub txhwb
- 1 nplais
- 7 khob kua nqaij qaib uas tso hom ntsev-sodium tsawg
- 5 khob dej
- 12-16 ounces hauv siab nqaij qaib tsis muaj pob txha los sis cov ncej puab qaib
- 10 ounces fawm qhuav hlais ua tej tug me me
- 1 diav me kua txuj lom ntses
- Kua txob (tso kom qab)
- 1 lub kua txhob hlais mos mos
- 5 daim nplais txiv kab ntxwv qaub

Kev Npaj Ua

- Muab daim qhiav chais tawv tawm, muab nws tsoo kom ntsoog tawg me, ces muab tso rau hauv lub tais.
- Hlais cov hauv paus dos dawb kom luv li ntiv tes, muab xuam thiab mam li muab xyaws nrog cov qhiav.
- Mam li xuam cov nplooj dos ntsuab xyaws ua txuj lom ntxiv.
- Xuam 4 diav me zaub txhwb ua txuj lom ntxiv.
- Hauv lub lauj kaub 4-quart, muab cov noob zaub txhwb thiab nplais qij kib tso hluav taws kub nruab nrab kom ntev li 1 txog 2 feeb. Tso cov qhiav thiab dos ntsuab ua ke thiab sib tov kom ntev dua 1 feeb.
- Tsaws lub lauj kaub tawm ntawm lub qhov cub, tos kom ntev li 15 chib los sis cia kom nws txias tso, dhau ntawd mam li muab hliv rau cov kua nqaij qaib.
- Rov qab muab lub lauj kaub coj los tso rau ntawm lub qhov cub; ntxiv dej thiab tso cov nqaij qaib rau.
- Tso hluav taws kom kub hau.
- Thaum cov kua nqaij qaib npau, tsau cov fawm rau hauv cov dej kub kom nws zooj thiab muab hliv kua tawm kom tag thiab muab tso ntawm ib sab.
- Hais cov nqaij qaib tawm hauv cov kua nqaij qaib thaum siav lawm, dhau ntawd mam hliv kua tawm thiab cia kom txias; muab nws hlais kom tab tom luaj li txaus ib lo.
- Tos kom cov kua nqaij qaib ntshiab, mam li muab cov kua txuj lom ntses xyaws rau.
- Muab cov hawm faib tso rau hauv cov tais. Tso cov nqaij qaib rau saum toj cov fawm thiab muab cov dos ntsuab, cov zaub txhwb uas twb muab xuam cia lawm thiab cov kua txob xyaws ntxiv rau.
- Hais cov kua nqaij qaib rau hauv lub tais thiab nyem cov kua txiv kab ntxwv qaub xyaws rau mam li noj.

Muab Txhuv Dawb thiab Daj Sib Xyaws

Noj puas tsawg pluag 10
Noj ib pluag ntau npaum li cas ½ khob
Sijhawm Npaj Ua 5 feeb
Sijhawm Ua 55 feeb

Cov khoom sib tov ua ke

- 1 khob txhuv dawb
- 1 khob txhuv daj
- 4 khob dej

Kev Npaj Ua (lauj kaub ua mov hluav taws xob)

- Tso cov dej thiab cov txhuv daj sib xyaws kom txij nruab nrab lub lauj kaub.
- Nqa cov txhuv cov mus hau, tso hluav taws kub nruab nrab thiab cia kom dej npau ntev li 15 feeb.
- Tom qab hau cov txhuv daj dej npau ntev li 15 lawm, mam tso cov txhuv dawb rau.
- Muab nws hau kom ntev ntxiv li 20 feeb, kuaj xyuas kom cov mov muag lawm. Yog cov mov tsis muag ces tso dej ntxiv rau yog xav ua kom muag.
- Ncu me ntsis ntxiv kom cov mov muag, kuaj xyuas txhua ob peb feeb.

Cov ntaub ntawv qhia txog yam khoom noj loj hlob zoo hauv ib pluag

Calories 110
Tag Nrho Cov Roj .5 g
Roj Saturated 0 g
Roj Trans 0 g
Cholesterol 0 mg
Sodium 0 mg
Carbohydrate 25 g
Yam Khoom Noj Muaj Hlab tsawg dua 1 g
Protein 2 g

California Lub Chaw Haujlwm Saib Xyuas Kev Noj Qab Haus Huv, nrog rau kob nyiaj pab los ntawmTsoom Fwv Meskas Lub Chaw Haujlwm Saib Xyuas Kev Ua Qoob Loo feem Pab Khoom Noj Zoo – USDA SNAP, tau tsim ua cov ntaub ntawv no." Cov chaw haujlwm no yog cov chaw pab thiab cov tswv ntiav ua haujlwm muab vaj huam sib luag. Xav tau cov ntaub ntawv hais txog cov khoom noj zoo, thov mus saib http://www.CaChampionsForChange.net/www.CaChampionsForChange.net.

#300685AsianRcpCK_10_2018