10

lub tswv yim pab

Cov kev kawm ntawm cov khoom noj pab lub cev

tsim ib pluas mov kom zoo rau lub cev

10 lub tswv yim pab rau cov pluas mov zoo rau lub cev

Ib pluas mov zoo rau lub cev nws yog pib ntawm cov zaub thiab txiv hmab txiv ntoo kom ntau thiab kom cov protein thiab grains nws tsawg zog. Xav txog qhov koj yuav hloov li cas ntawm koj lub tais noj mov kom los mus tau qhov koj yuav tsum tau noj ntau dua es kom tseem tsis txhob tau calories ntau heev. Thiab tsis txhob hnov qab cov khoom noj los ntawm kua mis (dairy)-muab los mus ua qhov dej cawv (beverage) nrog rau koj pluas mov los yog ntxiv cov khoom noj uas yog tsis muaj roj (fat-free) los yog muaj roj tsawg (low-fat) rau koj lub tais mov.

1 ua ib nrab ntawm koj lub tais yog zaub thiab txiv hmab txiv ntoo

Cov zaub thiab txiv hmab txiv ntoo lawv muaj cov khoom mus pab lub cev/as ham (nutrients) puv nkaus thiab kuj yuav pab txhawb txoj kev nyab xeeb kom zoo. Xaiv cov zaub xim liab, xim liab-daj, thiab ntsuab doog xws li txiv lws suav, qos, thiab broccoli.

2 ntxiv cov protein kom ntshiv ntshiv (lean)

Xaiv cov zaub mov uas yog protein, xws li nqaij nyuj thiab npua uas ntshiv, los yog nqaij qaib, nqaij turkey, cov noob taum, los yog taum paj. Ob zaug ib as thiv twg, muab cov khoom noj nruab deg (seafood) los ua koj qhov protein rau hauv lub tais mov.

3 kom muaj cov grains tseem txhuv nplej (whole)

Siv zog los muab ib nrab ntawm koj cov grains ua kom yog cov grains tseem txhuv nplej (whole). Nrhiav lo lus tias “100% whole grain” los yog “100% whole wheat” rau ntawm daim ntawv qhia zaub mov (food label). Cov grains tseem (whole) muaj cov khoom mus pab lub cev/as ham (nutrients) ntau zog, zoo li cov fibers, dua cov grains uas refined.

4 tsis txhob hnov qab cov khoom noj los ntawm kua mis (dairy).

Koom koj pluas mov noj nrog rau ib khob kua mi uas tsis muaj roj (fat-free) los yog muaj roj tsawg (low-fat). Lawv muaj cov calcium thiab lwm cov khoom mus pab lub cev/as ham (nutrients) tseem ceeb ib yam li mis tseem (whole milk), tabsis muaj roj thiab calories tsawg zog. Tsis haus kua mis lod? Sim cov mis kua taum (soy milk) los ua koj qhov dej cawv (beverage) los yog koj muaj cov yogurt tsis muaj roj (fat-free) los yog roj tsawg (low fat) rau hauv koj pluas mov.

5 txwv txhob siv roj ntau

Los mus siv cov gravies los yog cov kua qab qab (sauces) yuav ntxiv roj thiab calories rau tej kev xaiv noj mov uas twb zoo rau lub cev lawm. Piv txwv, qhov broccoli muab cub, tabsis cheem txhob tso cheese sauce rau. Sim lwm cov kev, zoo li nphoo qhov parmesan cheese muaj roj tsawg los yog ib nyuag nyem kua maj naus daj rau.

6 maj mam siv koj lub sij hawm

Noj ua twb zoo mloog koj cov zaub mov. Maj mam noj, mloog (enjoy) qhov qab thiab nkig (textures), thiab mloog seb koj mloog koj zoo li cas. Ua twb zoo xav. Noj ceev ceev kuj yuav ua tau rau koj noj tau ntau ntau.

7 siv ib lub tais me zog

Siv ib lub tais me rau thaum los noj mov kom los pab tswj qhov noj ntau los noj tsawg. Li ntawd koj thiaj yuav noj tag nrho koj tais mov thiab tsis tau noj tshaj los mloog tau txaus siab.

8 los mus tswj koj cov zaub mov

Noj zaub mov kom ntau dua rau hauv tsev es koj thiaj li paub tseeb yam dabtsi koj noj. Yog koj mus noj hauv lab, saib thiab muab qhov kev qhia txog cov khoom mus pab lub cev/as ham (nutrients) los sib piv. Xaiv lwm txoj kev kom noj zoo dua xws li muab ncu dua qhov muab kib.

9 sim cov zaub mov tshiab

Ceev kom nws muaj kev lom zem (interesting) ntawm los mus xaiv cov zaub mov tshiab uas koj tsis tau sim dua li, zoo li txiv nkhaus taw, lentils, los kale. Tej zaum koj kuj yuav nrhiav tau ib yam tshiab uas koj nyiam dua! Sib hloov kev lom zem (fun) thiab cov khoom noj uas qab tshaj nrog rau lwm cov phooj ywg los yog nrhiav lawv rau hauv online.

10 ua kom koj qhov kev txaus siab noj khoom qab zib kom yog ib qho zoo rau lub cev (healthy)

Noj ib taig khoom qab zib thas maj xaj (naturally) zoo li-txiv hmab txiv ntoo!Ua ib taig dej cawv qab zib (cocktails) txiv hmab txiv ntoo sib xyaws los yog ib taig txiv hmab txiv ntoo sib xyaws pes ntxaws txiav nrog rau yogurt. Kom ua tau ib qho khoom qab zib sov, ncu cov txiv apples thiab cov hmoov cinnamon rau saum toj.

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.

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.

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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).