NPAJ IB NRAB TSEEM GRAINS

DAIM NTAWV

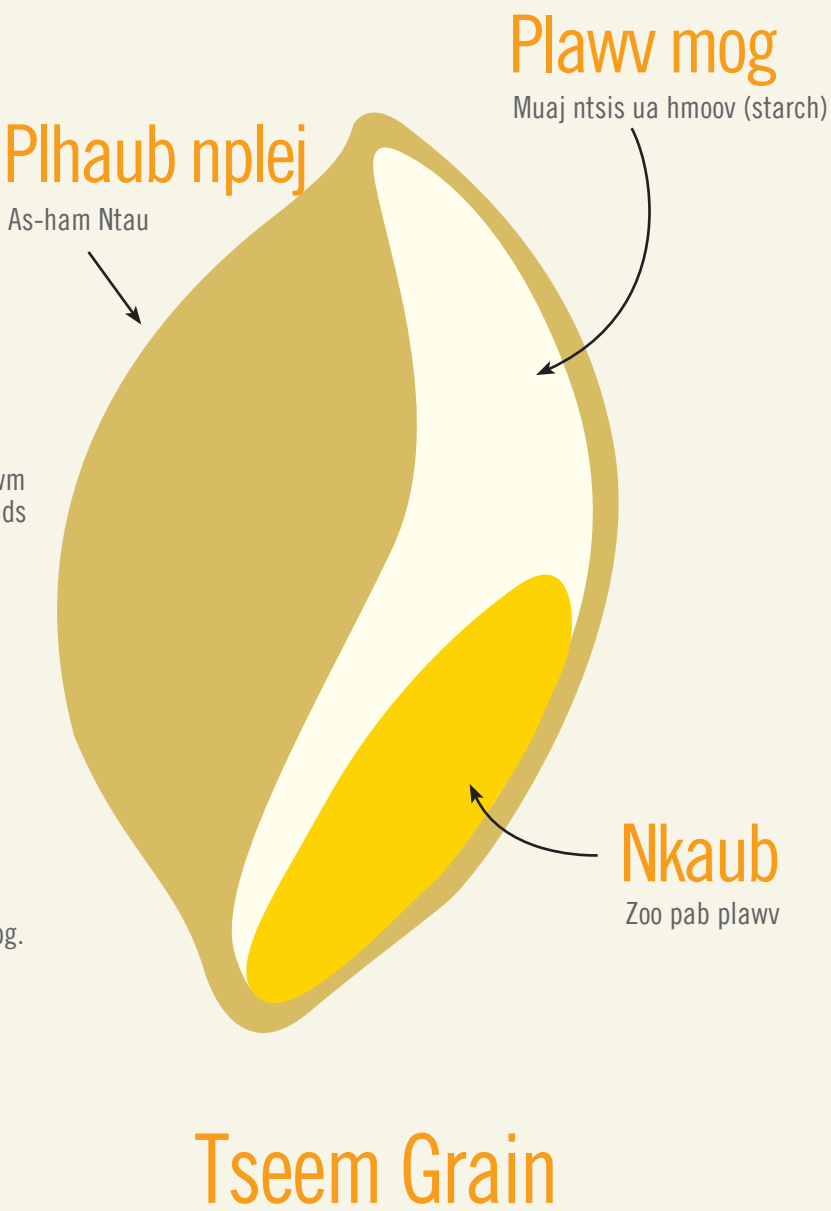
Daim ntawv no qhia txog tseem nplej (grains). Thov teb txhua nplooj ntawm daim ntawv no. Yog thaum twg koj muaj lus nug dab tsi, thov nug peb!

kev coj cwj pwm zoo txhua hnub

KEV UA: 1 TSEEM GRAINS YOG DAB TSI?

LUS COB QHIA:
Tag nrho cov nqe lus hauv qab no muaj tseeb. Thov nyeem txhua nqe lus thiab kos ib tug cim (✔) ze rau txhua nqe lus uas yog xov xwm tshiab rau koj.

- ☐ Tseem grains muaj peb yam txuam nrog: lub plhaub nplej (bran) muaj as-ham, lub nplawv mog muaj starch, thiab lub plhaub zoo pab rau neeg lub plawv.
- ☐ Tseem grains mas muaj peb yam no, tab txawm tias muab lawv zom ua hmoov coj los ua breads thiab cereals lawm los nws haj tseem tseem.
- ☐ Kev noj tseem grains tej zaum yuav tiv thaiv kom koj tsis txhob muaj cov mob xws li:
  - mob ntshav siab
  - mob ntshav muaj roj ntau (cholesterol)
  - mob ntshav qab zib hom 2
  - qee yam mob khees-xaws
- ☐ Cov seem grains pab tau koj lub cev muaj zog.
- ☐ Kev noj tseem grains pab tau kom koj tsis txhob cem quav.



KEV UA: 2 KEV PIV COV NTAWV QHIA ZAUB MOV

LUS COB QHIA:
Nyeem cov khoom xyaw uas pom hauv daim ntawv qhia txog bread no thiab khij voj voos rau hom bread uas **muaj tseem grain zoo noj tshaj.**

Kev Xaiv Zaub Mov Muaj Tseem Grain

Nrhiav cov zaub mov uas muaj **tseem grain** sau ua **thawj co khoom xyaw.** Zaub mov mas yog muaj thawj hom khoom xyaw no ntau tshaj li lwm hom khoom xyaw.

1

Cov Khoom Xyaw:

Hmoov nplej, dej, zib pob kws, phoov xab, zib suab thaj . . .

2

Cov Khoom Xyaw:

Tseem hmoov nplej, dej, suab thaj xim av, hmoov xab . . .

KEV UA: 3 NYEEM COV NTAWV LO QHIA ZAUB MOV

LUS COB QHIA:
Nyeem nqe lus nug 1 txog 5 thiab khij voj voos **Tseeb** los yog **Tsis Tseeb** rau ib nqe lus zuj zus:

1. Tag nrho bread xim av mas yog 100% tseem grain. Tseeb Tsis Tseeb
2. Yog daim ntawv sau hais tias "100% nplej", nws txhais tau hais tias hom khoom no tsuas muaj nplej nkaus nkaus xwb. Tseeb Tsis Tseeb
3. "Multigrain" txhais tau hais tias hom mov no yog tseem grain. Tseeb Tsis Tseeb
4. Yog daim ntawv sau hais tias "siv tseem grain ua" ces koj paub meej tau hais tias hom zaub mov no yog "100% tseem grain". Tseeb Tsis Tseeb
5. Qhov yooj yim tshaj kom yus paub tias cov zaub mov twg thiaj li siv tseem grain ces yog saib rau daim ntawv lo ntawm xub ntiag uas sau tias "100% tseem grain". Tseeb Tsis Tseeb

KUAJ KOJ COV LUS TEB NTAWM NO:

1. **Tsis Tseeb:** Muaj ntau hom bread xim av uas siv xim zas kom lawv tsuas zoo li yog tseem nplej xwb.
2. **Tseeb:** “100% nplej” txhais hais tias hom grain tsuas yog siv nplej xwb, tab sis tej zaum nws tsis yog tseem nplej.
3. **Tsis Tseeb:** “Multigrain” txhais hais tias nws muaj ntau hom grain tab sis tej zaum yuav tsis yog hom tseem grain.
4. **Tsis Tseeb:** "Siv tseem grain ua" txhais hais tias hom zaub mov no muaj ib txhia grain yog tseem grain. Kuaj seb thawj hom khoom xyaw yog dab tsi.
5. **Tseeb:** Nrhiav seb puas pom lo lus "100% tseem grain" kom paub xaiv seb hom zaub mov twg thiaj yog tseem grain tiag. Yog, qhov yooj yim paub ces nrhiav lo lus 100% tseem grain nyob ntawm daim ntawv lo.

KEV UA: 4 TEJ KEV UA RAU YUS NOJ TSEEM GRAIN NTAU DUA NTXIV

LUS COB QHIA:
Khij (✔) cov nqe lus uas tej zaum koj yuav sim:

- ◯ Xaiv **100% tseem nplej** breads, tortillas, bagels thiab pita pockets.
- ◯ Sim cov cake uas siv pob kws lossis txhuav xim av ua.
- ◯ Xaiv cov fawm pasta uas yog tseem nplej ua.
- ◯ Tov txhuav xim av, barley thiab lwm cov tseem grain nrog rau koj cov kua zaub thiab zaub mov ntim.
- ◯ Siv ib nrab tseem hmoov nplej los hloov cov hmoov nplej dawb thaum ua tej yam khaub ci noj xws li cookies thiab muffins.
- ◯ Sim ib hom cereal muaj tseem grain uas tshev mis WIC lav tau: Cheerios, Mini-Wheats, Life, Oatmeal Squares, lossis Instant Oatmeal.
- ◯ Xyaum ua tej yam zaub mov txawv. Mus qiv cov ntawv qhia ua zaub mov tim koj lub tsev qiv ntawv hauv zos los kawm.

KEV UA: 5 YUAV MUAJ THAUM KAUM HLI 2009 WIC COV TSHEV YUAV TAU ZAUB MOV MUAJ TSEEM GRAIN

LUS COB QHIA:

Pib lub Kaum hli 2009 WIC yuav muab cov tshev uas yuav tau cov zaub mov muaj tseem grain raws li nram no. Khij voj voos rau cov zaub mov uas tej zaum koj yuav yuav.

Txhuv xim av

Noob txiv qab rog

Nplej tuav (bulgur)

Pob kws muaj ua (tortillas)

100% tseem nplej bread

100% tseem tawv nplej

Puas xav tau tswv yim lossis ntawv qhia ua cov zaub mov siv tseem grain?

Nug koj cov neeg ua hauj lwm tim WIC.

UA TSAUG UAS KOJ KOOM RAU QHOV KEV UA NO!

CALIFORNIA WIC WOMEN, INFANTS & CHILDREN

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940160 Hmong

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