TEJ KEV UA RAU YUS NOJ TSEEM
GRAIN NTAU DUA NTXIV

- Xaiv 100% tseem nplej (breads), tortillas, bagels thiab pita pockets.
- Sim cov cake uas siv pob kws lossis muab ntxuv xim av ua.
- Xaiv cov fawm (pasta) uas yog tseem nplej ua.
- Tov txhuv xim av, barley lossis lwm cov tseem grain nrog rau koj cov kua zaub (soup) thiab zaub mov xwsli casseroles.
- Siv ib nrab tseem hmoov nplej los hloov cov hmoov nplej dawb thaum ua tej yam khaub ci noj xws li (cookie) lossis (muffin).
- Sim ib hom cereal muaj tseem grain uas tshev mis WIC yuav 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.

WIC COV ZAUB MOV TSHIAB HAUV XYOO '09

WIC COV ZAUB MOV TSHIAB

Pib lub Kaum hli 2009, WIC yuav muab cov zaub mov muaj tseem grain rau menyuam yaus thiab poj niam:

- **100% Tseem Nplej Bread, Qhob Ci Tais lossis Qhob Ci**
- **Txhuv xim av**
- **Oatmeal**
- **Pob kws ua daim**
- **Tseem tawv nplej**
- **Nplej tuav (bulgur)**
- **Tseem Grain Barley**

kev coj cwj pwm zoo txhua hnub

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KEV XAIV
TSEEM GRAINS

Saib rau **daim ntawv uas qhia zaub mov**, tsis txhob saib cov xim ntawm cov zaub mov.

- Nrhiav kab lus sau tias 100% tseem nplej rau ntawm daim ntawv lo thaum koj xaiv nplem (bread).
- Cov bread xim av tsis yog tias txhua hom yog 100% tseem grain.
- Nrhiav cov zaub mov uas muaj tseem grain sau ua thawj co khoom xyaw.

Cov Khoom Xyaw:

Tseem hmoov nplej dej, suab thaj xim av, phoov xab, nplej nplaum, kua taum thiab/lossis roj pob kws, ntsev.

Ceev faj txog tej ntawv lo uas sau tsis meej:

- "siv tseem grain ua" txhais hais tias nws siv ib txhia tseem grain ua, tab sis tsis ntau heev.
- "100% nplej" tsis txhais hais tias yog 100% tseem nplej. Qhov no tsuas txhais hais tias tib hom grain siv hauv no yog siv nplej xwb.
- "multigrain" txhais hais tias nws muaj ntau hom grain tab sis tej zaum yuav tsis yog hom tseem grain.

kev coj cwj pwm zoo txhua hnub

Translated by TranslateXpress, Inc. from the California WIC Program's "Ways to Eat More Whole Grains" WIF insert. If you have questions about this translation please contact the Public Health Foundation Enterprises (PHFE) WIC Program at 1-888-942-2229.