

KASHIA HEALTH

Healthy Eating

HMONG WOMEN'S HERITAGE ASSOCIATION



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Kashia Health

Noj Zaub Mov Zoo Rau Lub Cev



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Food Guide Pyramid yog dabtsi?

- Tsim los qhia kom koj paub noj yam zaub mov twg thiab noj ntau npaum li cas
- Ib xim sawv cev rau ib yam zaub mov xws li cov nplej, nqaj, txiv hmab txiv ntoo, ntxiv mus.
- Koj yuav kawm tau ntau ntxiv txog txoj kev noj zaub mov nyob hauv internet ntawm www.mypyramid.gov



Yam zaub mov twg thiaj zoo rau koj lub cev?

- Noj cov zaub mov uas tuaj hauv av tuaj ntau tshaj, tib yam li thaum peb tseem nyob peb qub teb qub chaw.
- Cov mov Hmoob ib txwm noj xws li mov, zaub, thiab txiv hmab txiv ntoo zoo heev thiab zoo rau peb lub cev.
- Cov mov Asmeslikas muab rhaub noj thiab mov kaspoom (processed foods) tsis zoo npaum li mov Hmoob vim cov mov no yuav ua rau koj nce phaus zoo.



Ib hnuv yuav noj mov ntau li cas?

- Nplej zoo rau lub cev thiab mov los yeej zoo noj.
- Noj mov ntau dhau yuav ua rau yus nce phaus.
- Ib taig mov zoo noj ib pluag, lossis noj 3 taig mov tuaj ib hnuv.



Yam koj lub ces yuav tsum muaj thiab ntau npaum cas

- Txiv Hmab Txiv Ntoo thiab Zaub (noj txhua hnuv)
- Calcium (3 servings tuaj ib hnuv)
- Nqajj (Ob xib tes txhua hnuv)
- Roj (Ib diav ib hnuv)

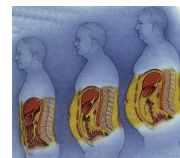


Khoom noj haus yuav tau caiv

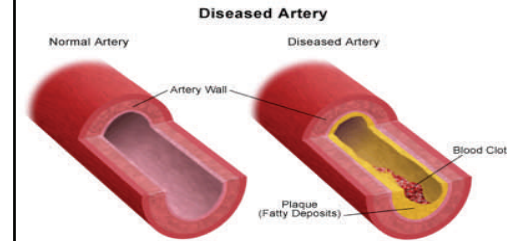
- Khoom qab zib (dej qab zib; khob noom qab zib, ice cream, cakes and cookies)
- Dej Cawv (muaj qab zib ntau ib yam li dej qab zib; ua rau yus nce phaus: piv txwv - cawv Hmoob)
- Roj Khov (roj npuas)



- Yog koj noj mov ntau, lossis hauv cawv los dej qab zib ntau, koj lub cev yuav muab cov mov seem los cia ua



- Roj khov yuav txhaws koj cov hlab ntsha thiab ua rau koj mob ntshav siab, mob tuag npab tuag ceg, lossis mob plawv nres.



Dhia uasi kom ntau

- Dhia uasi ntau tshaj li 30 feeb txhua hnuv.



Ua lub neej nyob ntev thiab muaj kev noj qab nyob zoo, yuav tsum tau!



Cia li nrog koj tus kws kho mob tham txog koj li kev noj qab nyob zoo hnuv no!