

Yam Koj Yuav Tsum Noj Ntau Dua

thiab Yam Koj Yuav Tsum Tsis Txhob Noj Ntau

(What to Eat More of and What to Eat Less of)

Peb cov menyuam nyob tebchaws Mekas no noj ntau hom zaub mov Hmoob thiab zaub mov lwm yam, tej hom zaub muaj roj, rog thiab pemthaj ntau nyob rau hauv. Yog peb cov menyuam noj cov zaub mov no ntau, peb cov menyuam yuav muaj feem loj thiab rog tuaj thiab lawv yuav muaj ntau yam mob tsis zoo rau lawv lub cev. Kev xaiv thiab ua zaub mov zoo rau koj cov menyuam noj yuav pab tau koj cov menyuam lub cev loj hlob zoo thiab muaj zog.

Hmong children in America often eat both Hmong and Western foods. Eating too much of high in fat and sugar foods can be harmful to our children's health and increase their risk of becoming overweight. Choosing and preparing a healthy variety of foods will help your children to grow strong.



PAb ZAUB MOV: Khaub Ci, Cereal, Mov, Fawm, Nplej

FOOD GROUP: Breads, Cereals, Rice and Noodles

Noj Ntau Dua

(Often)

- Mov dawb, mov nplej tshiab
Brown rice, steamed white rice
- Fawm kauv
Rice paper
- Fawm, fawm khaubpoob
Rice noodles, vermicelli
- Hmoov nplej txua, hmoov nplaum, hmoov qos ntoo, hmoov pobkws
Rice, glutinous rice, tapioca or corn flower
- Khaub ci nplej
Whole grain bread
- Cereal uas yog nplej ua
Cooked grit, oatmeal
- Spaghetti cov fawm
Wheat noodles, spaghetti
- Cov cereal uas tsis qabzib
Unsweetened high fiber, whole grain, ready-to-eat cereals



Noj Tej Zaum Xwb

(Sometimes)

- Mov kib thiab mij kib
Fried rice or noodles
- Pancakes, Waffles
- Low-fat muffins, Granola
- Khaub noom qabzib
Low fat cookies
- Kaslaspaus
Steamed buns

Tsis Txhob Noj Heev

(Rarely)

- Khaub ci qabzib
Sweet rolls
- Ncuav qabzib
Rice cakes
- Mij Kib, Mij hauv Khob
Deep fried noodles, Instant noodles
- Khaub noom lossi ncuav kib
Deep fried dumplings
- Khaub noom qab rog
Croissants
- Cereal qabzib
Sugared ready to eat cereals
- Lwm yam khaub noom qabzib
Sweet pastries



PAB ZAUB MOV: Txiv Hmab Txiv Ntoo thiab Txhua Hom Zaub Ntsuab

FOOD GROUP: Fruits and Vegetables



Noj Ntau Dua

(Often)

- Txhua hom txiv hmab txiv ntoo, zaub, thiab ntsis zaub

All fresh fruits, vegetables, vines and roots

- Kua zaub tshuag

Clear broth vegetable soup

- Txhua hom txiv hmab txiv ntoo nyob rau hauv kaus poom nrog kua txiv

Canned fruits in juice

- Txiv hmab txiv ntoo qhuav tsis muaj pemthaj

Unsweetened dried fruits

- 100 feem pua kua txiv

hmag txiv ntoo

100% fruit juice



Noj Tej Zaum Xwb

(Sometimes)

- Txiv hmab txiv ntoo nyob rau hauv kaus poom nrog kua qabzib

Canned fruits in light syrup

- Qos ci

Oven baked fries

- Qos xyaws mayonnaise

Potato salad with low fat mayonnaise



Tsis Txhob Noj Heev

(Rarely)

- Zaub uas khov nabkuab tabsi muaj butter pleev

Frozen vegetables with butter or sauces

- Qos kib, hauv paus dos kib

French fries, onion rings

- Zaub ntse lossi zaub qaob

Pickled mustard greens

- Txiv hmab txiv ntoo nyob rau hauv kaus poom nrog kua pemthaj

Canned fruits in heavy syrup

- Mauj phaub

Coconut

- Txhua yam zaub kib nrog roj

Deep fried vegetables

Pab Zaub Mov: Khoom qabzib, khoom muaj rog thiab roj, khoom qab ntsev thiab khoom txom ncauj

FOOD GROUP: Sweets, Fats, Salty and Snack Foods

Noj Ntau Dua

(Often)

- Roj Pob kws

Canola oil

- Mayonnaise uas tsis rog

Fat free mayonnaise

- Pobkws kib tsis nrog butter qab ntsev

Unbuttered popcorn

- Tej yam kua txiv uas khov nab kuab

Frozen fruit juice bars

- Kua xam lav uas tsis rog

Fat free salad dressings



Noj Tej Zaum Xwb

(Sometimes)

- Roj zaub, Roj txiv laum huab xeeb

Peanut oil, vegetable oil

- Khaub noom tsis muaj pemthaj

Cookies without icing

- Khaub noom txiv hmab txiv ntoo

Candied fruits

- Dej qabzib nrog qe qav

Pearl drinks

- Nab Vam

3 colored Tapioca drinks

- Sherbet, Jello



Tsis Txhob Noj Heev

(Rarely)

- Roj Npuas

Lard

- Naj pas, kua dub, kua cws, Kua pias deg, pom lem

Concentrated fish sauce, soy sauce, oyster sauce, shrimp paste

- Qos kib, pobkws kib

Potato chips, corn chips

- Khaub noom qabzib

Candy bars

- Khaub noom kib & ncuav qabzib

Doughnuts, Pastries, Cakes

- Txhua hom dej qabzib kua txiv qabzib, Dej qab ntsev

Soft drinks, fruit flavored drinks, sport drinks



PAB ZAUB MOV: Mis Nyuj thiab Cov Khoom Noj Uas Siv Mis Los Ua

FOOD GROUP: Milk and Dairy Products

Cov menyuam uas tsis tau muaj 1 xyoos yuav tsum yog pub niam mis lossi mis mos rau xwb. Tsis txhob muab mis nyuj rau cov menyuam mos haus ua ntej nws muaj ib xyoo.

Children under 1 year of age should be exclusively breastfed. Do not feed babies with cow milk.



Noj Ntau Dua (Often)

- Mis nyuj yuag uas muaj 1% mis
Nonfat and low-fat milk (1%)
- Kua taum
Soy milk
- Mozzarella
- Cov yogurt tsis ua rau yus rog ntau
Nonfat and low-fat yogurt
- Cov ice cream tsis ua rau yus rog
thiab yogurt uas khov nab kuab
Fat free ice cream and frozen yogurt



Noj Tej Zaum Xwb (Sometimes)

- Mis nyuj yuag uas muaj 2% mis
2% reduced fat milk
- Mis nyuj yuag tov nrog chocolate
Low-fat chocolate milk
- Pudding ua nrog cov mis nyuj tsis rog
Pudding made with nonfat milk



Tsis Txhob Noj Heev (Rarely)

- Tseem tseem mis nyuj
Whole milk dairy products
- Ice cream
- Mis qabzib
Sweetened condensed milk
- American, Cheddar,
Monterey Jack



PAB ZAUB MOV: Nqaij, Nqaij Qaib, Ntses, Qe thiab lwm hom Noob Taum

FOOD GROUP: Meat, Poultry, Fish, Eggs, Nuts and Beans

Noj Ntau Dua (Often)

- Nqaij qaib thiab nqaij qaib cov txwv,
nquab, os thiab lwm hom noog
Skinless chicken, turkey,
pigeon, duck
- Nqaij ntshiv los ntawm nqaij npuas,
nqaij nyuj, nqaij nas thiab mos lwj
Well-trimmed, lean cuts of beef,
pork, deer, squirrel
- Nqaij ntses ncu lossi hau
Steamed/ boiled fish
- Kaus Poom Ntses nrog dej
Canned fish in water
- Taum paj
Tofu
- Noob taum, noob taum mog
Beans, peas



Noj Tej Zaum Xwb (Sometimes)

- Nqaij npuas thiab nqaij nyuj
General cuts of beef and pork
- Cws, piav deg, raub ris
Shrimp, clam, crab, escargot
- Cov qe qaib qe os uas xeeb
ua menyuam lawm
Eggs, half-hatched eggs,
salted eggs
- Txiv laum huab xeeb
Peanut butter



Tsis Txhob Noj Heev (Rarely)

- Nqaij daw ntsev
Fresh bacon
- Nqaij nyoos
Raw meats
- Tsiav tej nqaij sab nrog cev
Organ meats
- Ntses thiab nqaij kib
Deep fried fish, meat
- Ntses thiab lwm hom nqaij
nruab deg qha qhuav daw ntsev
Dried and salted seafood and meats
- Nyuv txwm Hmoob
Hot dogs, Hmong sausage
- Kaus poom ntses xyaw roj rau
lwm hom kua
Fish canned in oil and sauces





Pab koj tsev neeg kom noj zaub mov zoo thiab tsis txhob noj zaub mov muaj rog muaj qabzib ntau.

Xaiv cov zaub mov uas tsis muaj rog ntau. Yim tej nqaij rog povtseg ua ntej koj muab ua noj. Ci, ncu, thiab hau nqaij noj zoo dua qhov koj muab nqaij kib. Noj nqaij tsawg dua thiab thaum noj yuav tsum noj nqaij ntshiv xwb. Tsis txhob noj nqaij qha ntau thiab nqaij kub nyhiab. Noj nqaij ntses, nqaij qaib, thiab hom nqaij uas yog taum paj ua ntau dua li noj nqaij nyuj thiab nqaij npuas.

Tsis txhob yuav dej qabzib, khaub noom qabzib, qos kib, ncuav qabzib thiab lwm yam khoom daw ntsev thiab qabzib rau hauv koj tsev. Hloov koj txojkev yuav zaub mov los ntawm yuav txiv hmas txiv ntoo, yuav zaub, thiab khoom noj ua los ntawm hmoov nplej thiab noob taum.

Help your family have a low-fat, low-sugar diet

Trim off visible fats before cooking. Roast, boil, steam and broil instead of deep frying. Eat small and lean cuts of meat. Cut back on smoked and charred BBQ meats. Choose soybean, fish or poultry as an alternative to beef and pork.

Limit the availability of soft drinks and snacks such as potato chips, candies and pastries at home. Replace high-fat snacks with fruits, whole grains and beans.



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