



# Better Health for Mother and Baby Kev Noj Qab Nyob Zoo

## Dua rau Niam thiab Mos Liab

**1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.**

1. Txhob haus dej haus cawv thiab tej hom dej uas muaj tshuaj khasfis xws li kas fes thiab dej pexij.

**2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.**

2. Txhua hnub noj tej zaub mov uas muaj tshuaj ntshiv pob txha (calcium). Muaj tej yam xws li mis nyuj, tshij, kua mis nyuj (yogurt), ntses uas muaj pob txha thiab ib co zaub ntsuab ntsuab.

**3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.**

3. Txhua hnub noj 2 mus rau 3 qho nqaij, ntses, qe los sis taum qhuav kom tau tshuaj protein.

**4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.**

4. Tsawg kawg nkaus noj 5 qho txiv hmab txiv ntoo thiab zaub tauj ib hnub kom tau cov vitamees thiab tshuaj zoo rau lub cev. Piv xam hais tias, hlais ib lub txiv tsawb rau koj cov xilisaws ua tshais, thiab xaiv ib lub as paum noj txom ncauj thaum tav su, thiab noj zaub paj ntsuab thiab xalav nrog pluas hmo.

**5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.**

5. Noj 6 mus rau 11 me nyuam qhov nplej, uas yog ib qho tseem ceeb rau kev noj qab nyob zoo thiab ntshiv yus dag zog. Tej no muaj tej yam xws li khob cij siv nplej thiab mov xim kas fes.

**6. See your doctor early in your pregnancy.**

6. Thaum xeeb tub ntshov mus kuaj koj tus kws tshuaj.

**7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.**

7. Ua tib zoo xyuas kom koj nce phaus zoo thaum koj xeeb tub. Rau cov poj niam feem coob, nov yuav yog 25-35 phaus. Thov koj tus kws tshuaj kev pab.

Hmong Language Version

These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service. For more information, call (404) 651-2542.

