

The Food Pyramid

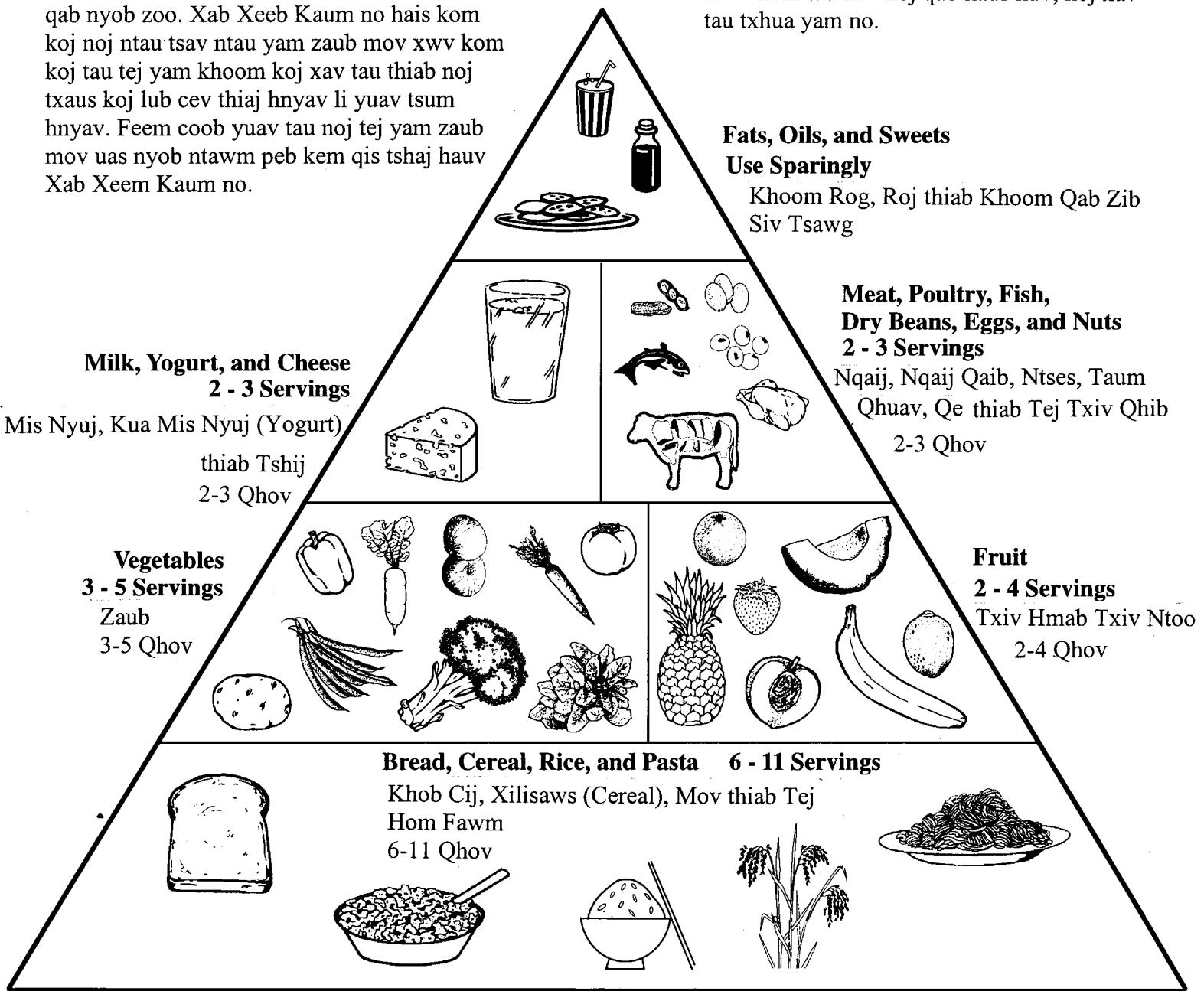
Xab Xeeb Kaum Qhia Txog Zaub Mov

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Xab Xeeb Kaum Daim Phiaj Qhia Txog Zaub Mov yog ib daim phiaj uas pab koj xaiv tej zaub mov noj uas yuav pab koj muaj kev noj qab nyob zoo. Xab Xeeb Kaum no hais kom koj noj ntau tsav ntau yam zaub mov xwv kom koj tau tej yam khoom koj xav tau thiab noj txaus koj lub cev thiaj hnyav li yuav tsum hnyav. Feem coob yuav tau noj tej yam zaub mov uas nyob ntwam peb kem qis tshaj hauv Xab Xeeb Kaum no.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Txhua pawg no muaj ib co, tiam sis tsis yog txhua yam khoom, uas koj lub cev xav tau. Tej hom zaub mov ntwam ib pawg pauv tsis tau lwm pawg qhov chaw. Tsis muaj ib pawg zaub mov twg uas tseem ceeb dua lwm pawg. Xwv kom tau kev noj qab haus huv, koj xav tau txhua yam no.



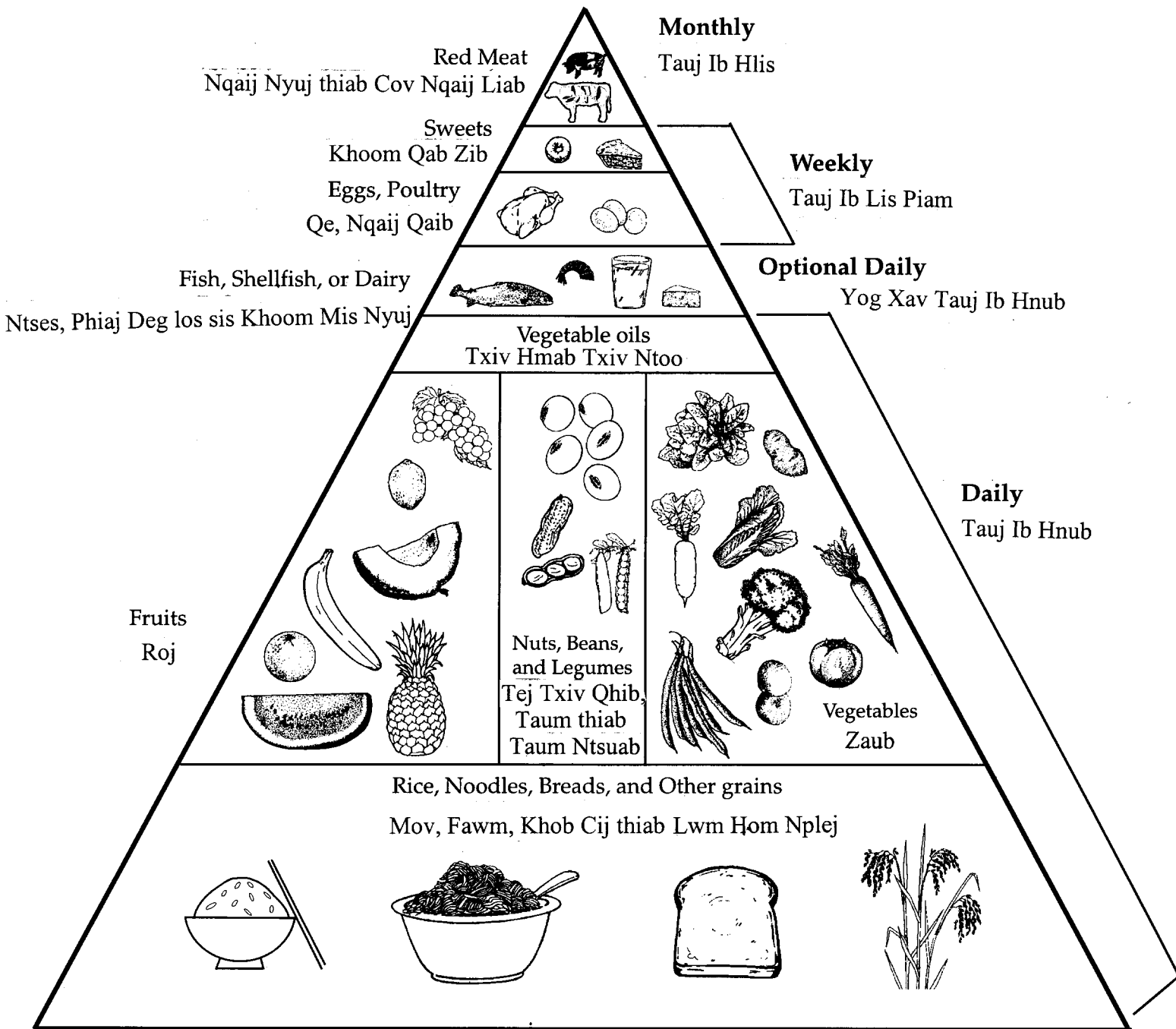
Hmong Language Version

Asian Food Pyramid

Neeg Es-xias Xab Xeeb Kaum Qhia Txog Zaub Mov

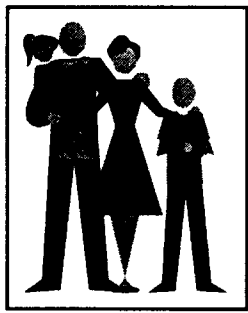
The Food Pyramid is a general guide that lets you choose a healthy diet that's right for you. Each of these food groups provide some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

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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 United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. For more information call (404) 651-2542



Better Health Begins With You!

Kev Noj Qab Nyob Zoo Dua Pib ntawm Koj Mus

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

1. Noj 6 mus rau 11 me nyuam qhov khob cij, xilisaws (cereal), mov los sis fawm tauj ib hnuv. Piv xam hais tias, noj kua dis ua tshais, ib daim khob cij ua su, thiab mov qhuav ua hmo.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

2. Noj 5 qho txiv hmab txiv ntoo thiab zaub tauj ib hnuv. Piv xam hais tias, nyaj koj haus tau kua txiv kab ntxwv ua tshais, noj ib qho xalav ua su, thiab noj taum lag thiab qos yaj ywv uas tau muab haus ua hmo, thiab ib co txiv hmab.

3. Drink at least 8 glasses of pure, fresh water every day.

3. Tauj ib hnuv yuav tsum haus tsawg kawg nkaus 8 khob dej dawb.

4. Eat lean, low-fat meats, such as chicken or fish.

4. Noj tej hom nqaij ntshiv, xws li nqaij qaib los sis ntses.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

5. Xaiv tej khoom kua mis nyuj uas tsis tshuav muaj roj, xws li mis nyuj tsis muaj roj thiab mis nyuj khov.

6. Limit your intake of sweets and alcoholic beverages.

6. Noj khoom qab zib thiab dej cawv tsawg tsawg xwb.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

7. Txhua hnuv ua ib yam dab tsi siv yus lub zog. Taug kev, dhia piav tes taw, los sis ua-si.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

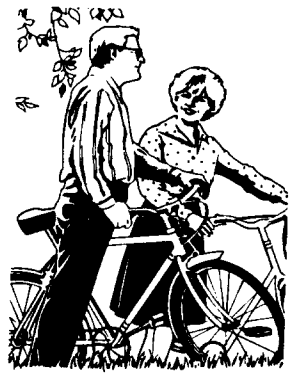
8. Siv roj zaub los sis roj canola thaum ua mov noj tsis txhob siv roj los sis roj tsiaj. Cov roj zaub zoo dua rau koj lub cev vim lawv tsis muaj roj cholesterol.

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Better Nutrition for Mature Adults

Kev Noj Qab Haus Huv Zoo Dua rau Cov Neeg Laus

1. Drink 6 - 8 glasses of water every day.

1. Txhua hnuv haus 6 mus rau 8 khob dej dawb.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

2. Noj tej zaub mov uas muaj tshuaj ntxiv pob txha (calcium), xws li mis nyuj, tshij, kua mis nyuj (yogurt), ntses uas muaj pob txha thiab ib co zaub ntsuab ntsuab, zoo li zaub paj ntsuab. Calcium yog ib yam tseem ceeb pab yus muaj pob txha khov.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

3. Noj Vitamees A thiab Vitamees C ntau heev koj tau thaum koj noj txiv hmab txiv ntoo thiab zaub xws li lauj pwm liab thiab txiv kab ntxwv. Vitamees A yog ib yam zoo rau koj qhov muag thiab nqaij daim tawv. Vitamees C ua rau koj pos hniav tsis muaj mob thiab tiv thaiv koj lub cev ntawm kab mob.
4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.
4. Noj tej yam zaub mov uas muaj tshuaj ntxiv ntshav, uas yuav pab yus lub cev muaj dag zog. Tshuaj ntxiv ntshav nyob hauv nqaij nyuj thiab lwm hom nqaij liab, nqaij qaib, ntses thiab taum qhuav.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

5. Noj nqaij, nqaij ntawm hiav txwv thiab nqaij qaib xwv kom muaj cov tshuaj zinc. Zinc yog hom tshuaj uas pab tej qhov kiav txhab zoo sai.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

6. Txhua hnuv yuav tau ua ib qho zog. Kev ua si nraum zoov yeej zoo dua, vim koj lub cev ua tau Vitamees D yog tias lub hnuv pab.

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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.

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Good Food for Kids

Zaub Mov Zoo rau Me Nyuam Yaus

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.
1. Tshuaj ntxiv pob txha (calcium) yuav pab cov pob txha loj hlob tuaj. Qhov no nyob hauv mis nyuj, kua mis nyuj (yogurt), ntses uas muaj pob txha thiab hauv tej hom zaub ntsuab ntsuab, zoo li zaub paj ntsuab.
2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.
2. Tshuaj ntxiv ntshav pab lub cev muaj zog. Nov nyob hauv nqaij nyuj thiab lwm cov nqaij liab, nqaij qaib, ntses thiab taum qhuav.
3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.
3. Lauj pwm liab, zaub ntsuab thiab lwm cov txiv hmab txiv ntoo thiab zaub muaj Vitamees A thiab Vitamees C ntau heev. Vitamees A yog ib yam tseem ceeb uas pab koj pom kev zoo thiab muaj nqaij daim tawv zoo. Vitamees C pab koj muaj pos hniav zoo thiab tiv thaiv ntawm kab mob.
4. Energy is important and comes from breads, rice, cereal, and pasta.
4. Kev muaj dag zog yog ib yam tseem ceeb heev thiab yeej los ntawm khob cij, mov, xilisaws thiab tej hom fawm.
5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.
5. Xaiv tej khoom txom ncauj zoo zoo, xws li txiv hmab txiv ntoo, zaub, khoom mis nyuj thiab tej txiv qhib. Tej no zoo tshaj dej pexij, khob noom, thiab khoom qab zib hais rau ntawm yus cov me nyuam lub cev thiab cov kaus hniav.
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.
6. Kev ua si los sis ua zog yeej tseem ceeb rau cov me nyuam, xwv kom lawv lub cev yuav loj hlob muaj zog thiab muaj kev noj qab nyob zoo.

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