



# 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.

Hmong Language Version

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