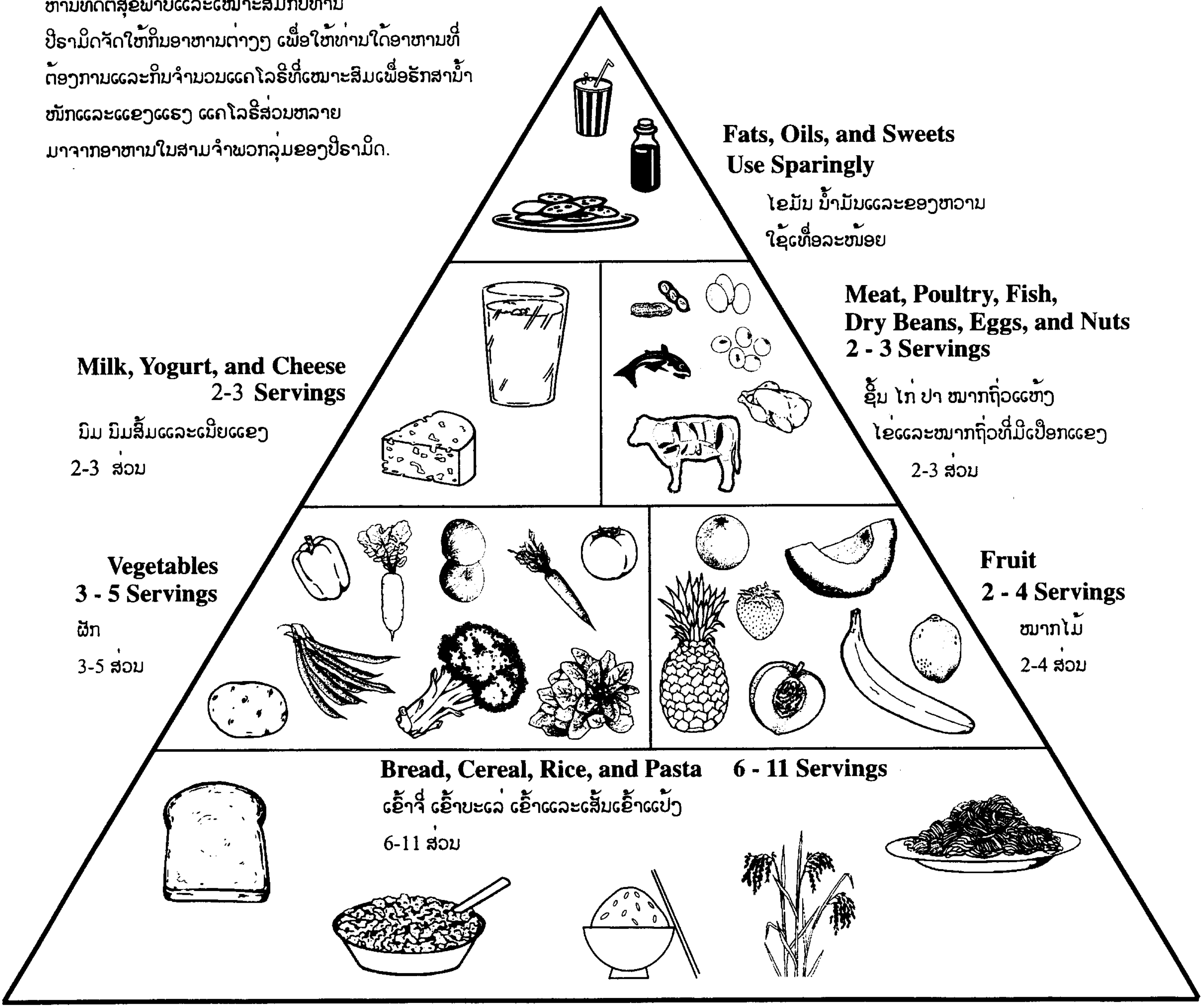
The Food Pyramid
ລາຍການອາຫານປີຣາມິດ

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 eatting the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

ໜັງສືແນະນຳລາຍການອາຫານປີຣາມິດເປັນໜັງສືແນະນຳທົ່ວໄປເພື່ອໃຫ້ທ່ານເລືອກເອົາລາຍການອາຫານທີ່ດີຕໍ່ສຸຂພາບແລະເໝາະສົມກັບທ່ານ ປີຣາມິດຈັດໃຫ້ກິນອາຫານຕ່າງໆ ເພື່ອໃຫ້ທ່ານໄດ້ອາຫານທີ່ຕ້ອງການແລະກິນຈຳນວນແຄໂລຣີທີ່ເໝາະສົມເພື່ອຮັກສານ້ຳໜັກແລະແຂງແຮງ ແຄໂລຣີສ່ວນຫລາຍມາຈາກອາຫານໃນສາມຈຳພວກລຸ່ມຂອງປີຣາມິດ.

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.

ແຕ່ລະກຸ່ມນີ້ໄດ້ແກ່ອາຫານທີ່ບຳຣຸງຮ່າງກາຍບາງແນວ ແຕ່ວ່າບໍ່ແມ່ນທີ່ທ່ານຕ້ອງການທັງໝົດ ອາຫານທີ່ຢູ່ໃນກຸ່ມນຶ່ງຈະແທນອາຫານທີ່ຢູ່ໃນກຸ່ມອື່ນບໍ່ໄດ້ ບໍ່ມີອາຫານກຸ່ມໃດຈະສຳຄັນກວ່າກຸ່ມອື່ນ ເພື່ອໃຫ້ມີສຸຂພາບທີ່ດີທ່ານຕ້ອງການອາຫານທຸກແນວ.



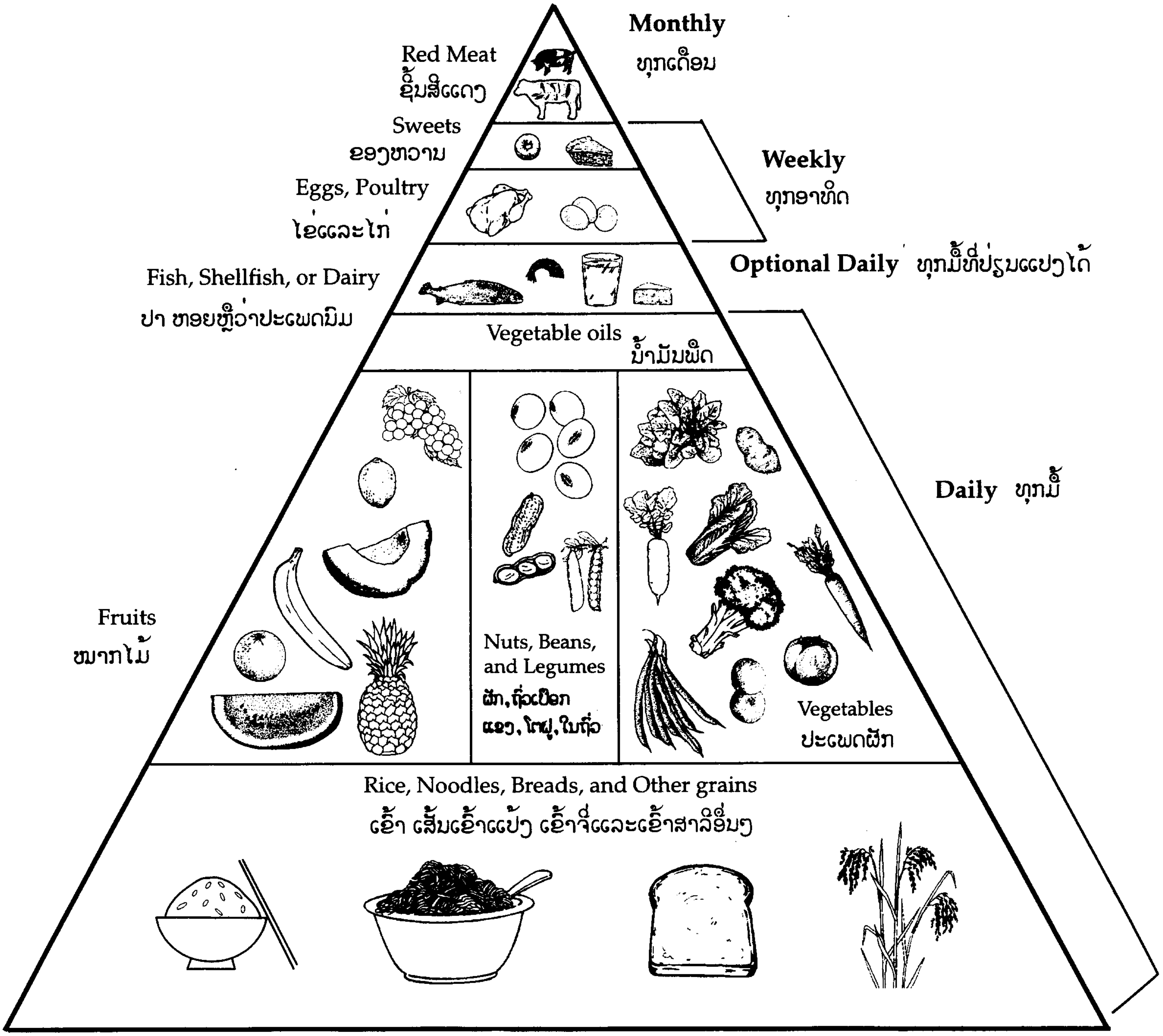
Laotian Language Version

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

Asian Food Pyramid
ລາຍການອາຫານເອຊຽນປີຣາມິດ

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.

ໜັງສືແນະນຳລາຍການອາຫານປີຣາມິດເປັນໜັງສືແນະນຳທົ່ວໄປເພື່ອໃຫ້ທ່ານເລືອກເອົາລາຍການອາຫານທີ່ດີຕໍ່ສຸຂພາບແລະເໝາະສົມກັບທ່ານ ອາຫານແຕ່ລະກຸ່ມນີ້ໄດ້ແກ່ອາຫານທີ່ບຳຣຸງຮ່າງກາຍບາງແນວ ແຕ່ວ່າບໍ່ແມ່ນອາຫານທີ່ທ່ານຕ້ອງການທັງໝົດ ອາຫານທີ່ຢູ່ໃນກຸ່ມນຶ່ງຈະແທນອາຫານທີ່ຢູ່ໃນກຸ່ມອື່ນບໍ່ໄດ້ ບໍ່ມີອາຫານກຸ່ມໃດຈະສຳຄັນກວ່າກຸ່ມອື່ນ ເພື່ອໃຫ້ມີສຸຂພາບທີ່ດີທ່ານຕ້ອງການອາຫານທຸກແນວ.



Laotian Language Version

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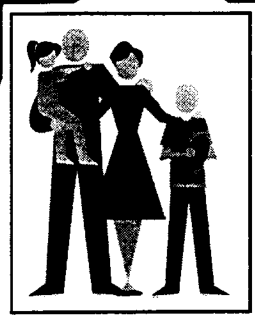

Better Health Begins With You!

ທ່ານສາມາດທີ່ຈະມີສຸຂພາບດີໄດ້ !

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.

   ກິນອາຫານທີ່ມີໄຂມັນໜ້ອຍເຊັ່ນ ເຂົ້າຈີ່ ເຂົ້າບະເລ່ ເຂົ້າຫຼືວ່າເສັ້ນເຂົ້າເປັ້ງ 6 ຫາ 11 ສ່ວນໜ້ອຍ ທຸກມື້ ເປັນຕົ້ນວ່າ ເລືອກກິນເຂົ້າໂອດຕອນເຊົ້າ ແຊນວິດຕອນທ່ຽງ ແລະເຂົ້າຕອນແລງ.

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.

   ກິນໝາກໄມ້ຫຼືວ່າປະເພດຜັກ 5 ສ່ວນທຸກມື້ ເປັນຕົ້ນວ່າ ທ່ານອາດຈະດື່ມນ້ຳໝາກກ້ຽງໃນຕອນເຊົ້າ ກິນສະລັດໃນຕອນທ່ຽງ ກິນໝາກຖົ່ວຂຽວແລະມັນຝຣັ່ງຕົ້ມໃນຕອນແລງ ແລະໝາກແລດແຊງ ໃນຕອນແລງ.

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

   ດື່ມນ້ຳສະອາດຢ່າງຕ່ຳ 8 ຈອກທຸກມື້.

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

   ກິນຊີ້ນປະເພດທີ່ມີໄຂມັນໜ້ອຍ ເຊັ່ນ ຊີ້ນໄກ່ຫຼືວ່າຊີ້ນປາ.

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

   ເລືອກອາຫານປະເພດນົມທີ່ມີໄຂມັນໜ້ອຍຫຼືວ່າບໍ່ມີໄຂມັນເລີຍເຊັ່ນ ນົມສະກິມແລະນົມສົ້ມແຊ່ເຢັນ.

6. Limit your intake of sweets and alcoholic beverages.

   ກິນຂອງຫວານແລະດື່ມເຫລົ້າໃຫ້ມີຂອບເຂດຈຳກັດ.

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

   ເຂົ້າຮ່ວມໃນລາຍການອອກກຳລັງກາຍບາງແນວທຸກມື້ ໄປຍ່າງຫຼິ້ນ ເຕັ້ນລຳຫຼືວ່າອອກໄປທ່ຽວ.

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.

   ໃຊ້ນ້ຳມັນພືດຫຼືວ່ານ້ຳມັນແຄໂນລາມາແຕ່ງອາຫານແທນນ້ຳມັນໝູຫຼືວ່ານ້ຳມັນສັດ ນ້ຳມັນພືດດີສຳລັບທ່ານເພາະວ່າມັນບໍ່ມີຄໍແລັດສະເທີຣໍ.

Laotian Language Version

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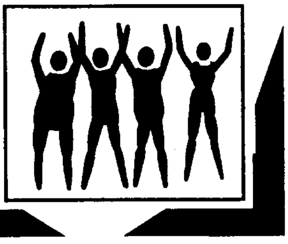

Better Health for Mother and Baby

ສຸຂພາບທີ່ແຂງແຮງສຳລັບຜູ້ເປັນແມ່ແລະແອນ້ອຍ

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

   ຫຼີກເວັ້ນຈາກການດື່ມເຫລົ້າ ແລະເຄື່ອງດື່ມທີ່ມີກາເຟອິນ ເຊັ່ນກາເຟແລະນ້ຳອັດລົມ.

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

   ກິນອາຫານທີ່ມີແຄລຊ້ຽມທຸກມື້ ອັນນີ້ຮ່ວມທັງນົມ ເນີຍແຂງ ນົມສົ້ມ ປາທີ່ມີກ້າງແລະປະເພດ ຜັກສີຂຽວແກ່.

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

   ກິນຊີ້ນ ປາ ໄຂ່ຫຼືວ່າໝາກຖົ່ວແຫ້ງ 2 ຫາ 3 ສ່ວນທຸກມື້ເພື່ອໃຫ້ມີໂປຣຕີນ.

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.**

   ກິນໝາກໄມ້ແລະຜັກຢ່າງຕ່ຳ 5 ສ່ວນທຸກມື້ເພື່ອເອົາໄວຕາມິນແລະທາດເຫຼັກເຊັ່ນ ຊອຍໝາກກ້ວຍໃສ່ ຊີຣີໂອ (cereal) ໃນຕອນເຊົ້າ ແລະເລືອກເອົາໝາກແອບເປີ້ນສຳລັບອາຫານຫວ່າງໃນຕອນແລງ ອີກຢ່າງ ກິນຫົວກາຣົດຫຼືວ່າຜັກເຊເລີຣີໃນຍາມເຂົ້າທ່ຽງ ຜັກກະຫລ່ຳປີແລະຜັກສະລັດໃນຍາມເຂົ້າແລງ.

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.**

   ກິນເຂົ້າສາລີທີ່ສຳຄັນຕໍ່ສຸຂພາບແລະກຳລັງກາຍ 6 ຫາ 11 ສ່ວນໜ້ອຍ ອັນນີ້ຮ່ວມທັງເຂົ້າຈີ່ປະເລ່ແລະ ເຂົ້າສີນ້ຳຕານ.

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

   ໄປຫາໝໍຕັ້ງແຕ່ທ່ານເລີ້ມຖືພາ.

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.**

   ໃຫ້ແນ່ໃຈວ່າທ່ານໄດ້ຕື່ມນ້ຳໜັກທີ່ຖືກຕ້ອງໃນລະຍະຖືພາ ສຳລັບຜູ້ຍິງທົ່ວໄປແລ້ວຈະໜັກຕື່ມຂຶ້ນ 25-35 ປອນ ໃຫ້ຂໍຄຳແນະນຳຈາກໝໍຂອງທ່ານເອງ.

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Good Food for Kids
ອາຫານທີ່ເໝາະສົມສຳລັບເດັກນ້ອຍ

1. Calcium is is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

ແຄນຊ້ຽມເປັນສິ່ງທີ່ຈຳເປັນເພື່ອຄວາມຂະຍາຍແລະການເຕີບໂຕຂອງກະດູກ ສິ່ງນີ້ຈະຫາໄດ້ຢູ່ໃນນົມ ນົມສົ້ມ ປາທີ່ມີກ້າງແລະຜັກສີຂຽວແກ່ບາງຢ່າງເຊັ່ນ ຜັກກະຫລ່ຳປີ.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

ທາດເຫລັກຈະຕື່ມພະລັງໃນຮ່າງກາຍຂອງຄົນ ສິ່ງນີ້ຈະຫາໄດ້ໃນຊີ້ນສີແດງ ຊີ້ນໄກ່ ຊີ້ນປາແລະໝາກຖົ່ວແຫ້ງ.

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.

ຫົວກາຣົດ ຜັກຊະປີແນດ ໝາກໄມ້ ແລະຜັກອື່ນໆມີໄວຕາມິນ A ແລະໄວຕາມິນ C ສູງ ໄວຕາມິນ A ເປັນສິ່ງທີ່ສຳຄັນທີ່ເຮັດໃຫ້ສາຍຕາແລະຜິວໜັງດີ ໄວຕາມິນ C ຮັກສາຊີ້ນແຂ້ວໃຫ້ແຂງແຮງແລະ ຫລີກລ້ຽງຈາກພະຍາດຕິດຕໍ່.

4. Energy is important and comes from breads, rice, cereal, and pasta.

ພະລັງງານເປັນສິ່ງທີ່ສຳຄັນແລະໄດ້ມາຈາກເຂົ້າຈີ່ ເຂົ້າ ຊີຣີໂອແລະເສັ້ນເຂົ້າແປ້ງ.

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.

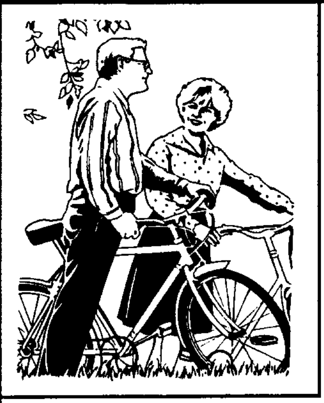
ເລືອກກິນແຕ່ຂອງຫວ່າງທີ່ດີຕໍ່ສຸກກະພາບ ເຊັ່ນໝາກໄມ້ ຜັກ ນົມແລະໝາກຖົ່ວ ພວກນີ້ເປັນອາຫານ ທີ່ບຳຣຸງຮ່າງກາຍແລະດີຕໍ່ແຂ້ວເດັກນ້ອຍ ດີກ່ອນນ້ຳອັດລົມ ມັນທອດແລະເຂົ້າໜົມຫວານ.

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

ການອອກກຳລັງທຸກມື້ເປັນສິ່ງສຳຄັນສຳລັບເດັກນ້ອຍ ແລະຈະເຮັດໃຫ້ຮ່າງກາຍຂອງພວກເຂົາເຕີບໃຫຍ່ ແບບແຂງແຮງແລະມີສຸຂພານທີ່ດີ.

Laotian 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 more information call (404) 651-2542.



Better Nutrition for Mature Adults

ອາຫານບຳຣຸງຮ່າງກາຍສຳລັບຜູ້ໃຫຍ່

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

   ດື່ມນ້ຳ 6 ຫາ 8 ຈອກທຸກມື້.

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.**

   ກິນອາຫານທີ່ມີແຄລຊ້ຽມຫລາຍເຊັ່ນ ນົມ ເນີຍແຂງ ນົມສົ້ມ ປາທີ່ມີກ້າງແລະຜັກສີຂຽວແກ່ບາງຢ່າງ ເຊັ່ນຜັກກະຫລ່ຳປີ ແຄລຊ້ຽມເປັນສິ່ງສຳຄັນທີ່ເຮັດໃຫ້ກະດູກແຂງແຮງ.

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.**

   ໄວຕາມິນ A ແລະ ໄວຕາມິນ C ຈະໄດ້ຈາກການກິນໝາກໄມ້ແລະຜັກເຊັ່ນ ຫົວກາຣົດແລະໝາກກ້ຽງ ໄວຕາມິນ A ມີດີຕໍ່ຕາແລະຜິວຂອງທ່ານ ໄວຕາມິນ C ຈະຮັກສາຊີ້ນແຂ້ວຂອງທ່ານໃຫ້ແຂງແຮງ ແລະຫຼີກລ້ຽງຈາກພະຍາດຕິດຕໍ່.

4. **Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.**

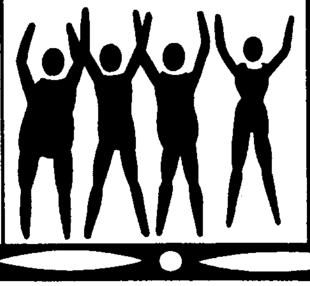
   ກິນອາຫານທີ່ມີທາດເຫຼັກສູງເພື່ອຊ່ອຍໃຫ້ຮ່າງກາຍແຂງແຮງ ທາດເຫຼັກຈະຫາໄດ້ຫລາຍຢູ່ໃນຊີ້ນ ສີແດງ ຊີ້ນໄກ່ ຊີ້ນປາແລະໝາກຖົ່ວແຫ້ງ.

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

   ຮ່ວມທັງປະເພດຊີ້ນ ອາຫານທະເລແລະຊີ້ນໄກ່ຢູ່ໃນລາຍການອາຫານຂອງທ່ານເພື່ອປ້ອງກັນຄວາມ ຂາດເຂີນຈາກແຮ່ທາດຊິ່ງ (zinc) ແຮ່ທາດອັນນີ້ຈະຊ່ອຍໃຫ້ບາດແຜເຊົາໄວຂຶ້ນ.

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

   ຝຶກການອອກກຳລັງກາຍຕາມປົກກະຕິ ການອອກກຳລັງຢູ່ນອກເຮືອນຈະດີກ່ອນໝູ່ເພາະວ່າຮ່າງກາຍ ຂອງທ່ານສາມາດສ້າງໄວຕາມິນ D ຈາກຕາເວັນ.



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