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lub tswv yim pab
Cov kev kawm ntawm cov
khoom noj pab lub cev

ua ib nrab ntawm koj cov grains (zaub mov los ntawm txhuv nplej thiab bread) kom yog tseem txhuv nplej (whole) lub tswv yim pab los mus pab koj noj cov grains tseem txhuv nplej (whole)



Txhua cov zaub mov tau ua los ntawm hmoov wheat, hmoov nplej, hmoov oats, hmoov cornmeal (hmoov pob kws), hmoov barley, los yog lwm yam hmoov cereal grain nws yog ib co khoom noj los ntawm grain. Cov Bread, pasta, oatmeal, cereals noj tshais, thiab grits (hmoov pob kws dawb) yog cov piv txwv. Cov grains nws raug faib mus rau ob pawg, **whole grains (cov grains tseem uas tshuav tawv phlaub thiab refined grains (cov grains uas tshem tawv phlaub).** Cov grains tseem txhuv nplej (whole) nws tshuav lub noob qhwv nrog phlaub (kernel)-qhov bran (daim tawv phlaub qhwv lub germ), germ (noob tseem), thiab endosperm (noob menyuum). Cov tib neeg uas lawv noj cov grains tseem los mus ua ib qho zaub mov zoo rau lub cev (healthy diets) yuav txwv kom tsis pub muaj (reduced) ib co mob uas mob ntev mus kom tau tsawg dua.

1 pawv khoom noj me ntsis kom yooj yim

Faib ib nrab grains yog cov grains tseem txhuv nplej (whole), hloov ib qhov khoom noj grain-tseem txhuv nplej (whole) rau ib qhov khoom noj ntawm qhov grain uas refined. Piv txwv, noj wheat bread tseem txhuv nplej (whole) 100% los yog bagels dua cov bread los bagels dawb, los yog mov daj dua cov mov dawb.



6 ncu ib co khoom noj uas yog grain tseem txhuv nplej

Sim kawm ua muab cov buckwheat, millet, los yog hmoov oat los hloov kom txog rau ib nrab cov hmoov ua pancake, waffle, muffin, los yog lwm qhov hmoov dawb (flour) ua noj. Lawv kuj yuav tsum siv cov (leavening) es thiaj li su tau.

2 cov grains tseem txhuv nplej (whole) kuj ua tau ib co txom ncauj zoo rau lub cev



Pob kws, uas yog ib yam grain tseem txhuv nplej, kuj ua tau ib qho txom ncauj zoo rau lub cev. Los muab ua noj/ntxiv ntsev los yog roj butter me me los yog tsis muaj li. Thiab, sim cov wheat tseem 100% los yog cov rye crackers.

7 ua ib tug qauv zoo rau cov me nyuam yaus

Pib ua ib qho qauv zoo rau cov me nyuam los mus muab (serving) thiab noj cov grains tseem txhuv nplej(whole) txhua hnuv nrog txhua cov pluas mov los yog li ntawm cov khoom noj txom ncauj (snacks).

3 siv sij hawm tsaug

Ua yam khoom noj bulgur los yog barley kom ntau thaum koj muaj sij hawm. Faib ib nrab coj mus cia kom khov naj kuab es tom ntej yuav noj mam coj rov los rhaub noj ua ib taig mov noj thiaj sai.

8 saib daim ntawv teev qhia (label) seb puas muaj fiber

Siv daim tawv teev qhia tseeb txog Cov Khoom Noj Pab Lub Cev (Nutrition Facts) seb qhia li cas txog qhov fiber ntawm cov zaub mov grain tseem txhuv nplej. Cov khoom uas muaj qhov fiber zoo nws muaj 10% rau 19% li ntawm qhov Txhua Hnuv Kom Yuav Tsum Tau (Daily Value); cov khoom muaj zoo tshaj yog muaj li 20% los ntau dua

4 muab sib tov nrog rau cov grains tseem txhuv nplej

Siv cov grains tseem txhuv nplej rau cov zaub mov uas muaj sib xyaws, xws li barley tso rau hauv cov kua zaub los yog zaub tsaws (stew) thiab bulgur wheat tso rau hauv casseroles los yog thaum kib. Sim ib taig xam lav (zaub nyoos) quinoa los pilaf.

9 paub nrhiav tau cov khoom ua noj los ntawm daim ntawv khoom ua noj (ingredients)

Nyeem daim ntawv muaj cov khoom ua noj thiab xaiv cov khoom noj uas xub hais ib lub npe "whole wheat" tseem txhuv nplej, "brown rice" mov da, "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," "whole rye" los yog "txhuv qus."



5 sim cov wheat tseem txhuv nplej (whole)

Rau txoj kev hloov, sim cov mov daj los yog cov tseem txhuv nplej (wheat) pasta. Sim cov mov daj los ntsaws lub kua txob ntsuab loj los yog txiv lws es muab ncu, thiab pawv mus siv cov txhuv nplej mus ua cov macaroni thiab cheese.



10 ua ib tug neeg txawj yuav khoom noj

Ntsia cov xim ntawm cov zaub mov qhia tsis tau tias yuav yog cov mov steem txhuv nplej (whole). Cov zaub mov uas muaj ntawv tias "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," los yog "brain" lawv feeb tau tsis yog khoom noj grain tseem 100%, thiab tej zaum twb tsis muaj ib cov grain tseem txhuv nplej li.



United States Department of Agriculture (Tsoom Fwv Meskas Qhov Chaw ntawm ua Liaj Teb Noj) Center for Nutrition Policy and Promotion (Hauv Paus ntawm Kev Tsim Cai thiab Kev Qhia Tawm rau Khoom Noj Mus Pab lub Cev).

Mus rau www.ChooseMyPlate.gov yog xav paub ntau ntxiv.

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USDA nws yog ib qhov chaw ua hauj lwm tuaj rau zej zog (provider) thiab txais neeg ua hauj lwm (employer) uas muaj hau kev xaiv sib npaug zog (equal opportunity).