

Muaj Ntsev (Sodium) Ntau Npaum Cas nyob hauv Pob Khoom Noj Ntawd?



Cov Lus Qhia Txog Kev Noj Haus

Qhov Txaus Ib Zaug Noj 1 oz.

Qhov Txaus Ib Zaug Noj Yog Ntau Npaum Cas		
Calories 160	Calories los ntawm Rog 90	
	% Ntaus Nqi Txhua Hnub	
Tas Nrho Qhov Rog 10g	15%	
Roj Saturated 2g	10%	
Roj Trans 0g		
Cholesterol <5mg	1%	
Ntsev 290 mg	12%	
Tas Nrho Carbohydrate 15g	5%	
Khoom Noj uas Muaj Fiber <1g	1%	
Piam Thaj 1g		
Protein 2g		

Saib cov lus “Nutrition Facts” (Cov Lus Qhia Txog Kev Noj Haus) nyob rau ntawm pob khoom noj

Kev noj ntsev ntau dhau yuav ua rau muaj tus mob hlab ntsha tawg rau cov hlwb (stroke) thiab mob plawv. Nco ntsoov ceev koj txoj kev noj cov ntsev ntawm txhua yam khoom noj kom ntau txog 2,300 mg xwb

Nrhiav kom pom lo lus “**Ntsev**” mus saib seb muaj ntsev ntau npaum cas hauv qhov khoom noj uas txaus ib zaug noj.

“Ntsev tsawg” yog muab xam tias muaj txog 140 mg los yog tsawg dua uas txaus ib zaug noj.

Ntsev mas muaj ntau hom. Nrhiav kom pom cov lus no “Ingredients” (Cov Khoom Sib Tov Nyob Hauv) uas teev cov npe:

- Ntsev
- Monosodium glutamate (piab vam)
- Disodium phosphate
- Ntsev benzoate
- Ntsev hydroxide
- Ntsev citrate
- Ntsev caseinate
- Ntsev sulfite

COV KHOOM SIB TOV NYOB HAUV (INGREDIENTS):
 Enriched Corn Meal (Pluas Noj Muaj Pob Kws Xyaw) (Pluas Noj Muaj Pob Kws, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, thiab Folic Acid), Pob Kws thiab/los yog Sunflower Oil, Whey, Ntsev Cheddar Cheese (Mis Nyuj, Cheese Cultures, Ntsev Enzymes), thiab Kom Tsawg Dua 2% ntawm Cov Nram Qab No: Partially Hydrogenated Soybean Oil, Maltodextrin, Disodium Phosphate, Sour Cream (Cultured Cream, Nonfat Milk), Artificial Flavor, Monosodium Glutamate, Lactic Acid, Artificial Colors (including Yellow 6) thiab Citric Acid.

Kev siv qhov lag luam, lub koom haum, los yog lub koom txoos ua lag luam cov npe nyob hauv daim ntawv tseb (los yog phab ntawv) no yog muab ua cov lus qhia thiab muab kev yooj yim rau tus neeg nyeem daim ntawv. Qhov kev siv no tsis txhais hais tias yog tau lus txhawb los yog pom zoo los ntawm U.S. Department of Agriculture los yog Agricultural Research Service rau ib yam khoom ua tau los los yog kev pab twg tshwj cov uas pom tias txais yuav tau. Thov nco cia: Cov khoom siv ua qhov khoom noj, kev ntim cov khoom thiab qhov loj me, kuj yuav muaj pauv mus tom ntej. Yog li no, cov khoom sib tov nyob hauv, qhov khoom muab teev tias yog ntau npaum cas, thiab cov lus qhia txog kev noj haus kuj yuav muaj pauv.

Yog xav tau lus qhia txog CalFresh, hu rau 1-877-847-3663. Them nyiaj pab tuaj ntawm USDA SNAP-Ed, ib qho chaw muab kev pab cuam thiab yog ib tus tswv hauj lwm muab vaj huam sib luag. Mus saib www.CaChampionsForChange.net kom tau cov lus qhia txog kev noj qab haus huv.