

Kab mob ntshav qab zib thiab cov zaub mov uas muaj txhiaj tsig rau kev noj qab haus huv (Diabetes and heart friendly foods)

English	Hmong
Diabetes and heart friendly foods	Kab mob ntshav qab zib thiab cov zaub mov uas muaj txhiaj tsig rau kev noj qab haus huv
for clients	Txhawm rau cov qhua
Choose these foods for better health and to manage diabetes, high cholesterol, or high blood pressure.	Xaiv cov zaub mov no txhawm rau kev noj qab haus huv thiab tiv thaiv kab mob ntshav qab zib, cov roj siab (high cholesterol), los sis ntshav siab.
Foods to choose	Cov zaub mov uas xaiv
Fruits and vegetables <ul style="list-style-type: none"> • Fresh fruits and vegetables • Frozen fruits and vegetables (plain) • Low sodium canned vegetables • Canned fruit (canned in juice or water) 	Txiv hmab txiv ntoo thiab zaub <ul style="list-style-type: none"> • Cov txiv hmab txiv ntoo thiab zaub tshiab • Cov txiv hmab txiv ntoo thiab zaub khov (yam yooj yim) • Cov kaus poom zaub uas muaj ntsev tsawg • Cov txiv hmab txiv ntoo hauv kaus poom (cov kaus poom hauv cov kua txiv hmab txiv ntoo los sis dej)
Dairy <ul style="list-style-type: none"> • Low fat or skim milk (skim, 1%, and 2% milk) • Unsweetened milk alternatives (almond, soy, oat, etc.) • Yogurt (plain, unsweetened; nonfat) 	Mis nyuj <ul style="list-style-type: none"> • Cov mis uas muaj roj tsawg los sis mis qaub (qaub, 1 feem puas, thiab mis 2 feem puas) • Xaiv cov mis tsi qab zib (txiv laum huab xeeb, taum, pob kw, thiab lwm yam) • Mis qaub (yam yooj yim, tsi qab zib, tsi muaj roj)
Grains <ul style="list-style-type: none"> • Whole grain pasta or noodles (examples: whole wheat, soba) • Whole grains (examples: brown jasmine rice; barley) • Oatmeal (plain) • Cold cereal (less than 6 grams of sugar per serving) • Popcorn (plain un-popped) 	Cov qoob loo <ul style="list-style-type: none"> • Tag nrho qoob loo mij los sis fawm (piv txwv li: tag nrho pob kw, fawm kib) • Tag nrho cov qoob loo (piv txwv: nplej jasmine xim av; nplej barley) • Nplej oatmeal (yam yooj yim) • Qoob loo txias (tsawg dua 6 grams ntawm qhov qab zib rau ib zaug) • Paj kw (yooj yim tsi qab zib)
Protein <ul style="list-style-type: none"> • Dried beans • Low sodium canned beans • Eggs • Tofu (plain) • Lean meat (examples: nonbreaded poultry; roast beef; pork tenderloin; pork chops) • Frozen fish (plain, not breaded) • Canned fish (low sodium; canned in water) • Peanut butter or nut butter (no added sugar) 	Cov Protein <ul style="list-style-type: none"> • Taum qhuav • Taum hauv kaus poom uas muaj ntsev tsawg • Cov qe • Taum paj (yam yooj yim) • Nqaij tsi los roj (piv txwv li: ci nqaij qaib; ci nqaij nyuj; ci nqaij npuas; ci nqaij npuas rog) • Ntses khov (yam yooj yim, tsis tau ci) • Kaus poom ntses (ntsev tsawg; cov kaus poom hauv dej) • Cov taum pauv los sis txiv laum huab xeeb (tsis qab zib)
Cooking <ul style="list-style-type: none"> • Fresh herbs 	Kev ua noj <ul style="list-style-type: none"> • Cov tshuaj ntsuab tshiab
Bread and bakery <ul style="list-style-type: none"> • Whole grain bread (first ingredient is a whole grain, such as whole wheat) 	Khoom qab zib thiab bakery <ul style="list-style-type: none"> • Tag nrho cov qhob ci (thawj cov khoom xyaw yog qoob loo tag nrho, xws li cov nplej tag nrho)

