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

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| 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  • 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   * 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  • Low fat or skim milk (skim, 1%, and 2% milk)  • Unsweetened milk alternatives (almond, soy, oat, etc.)  • Yogurt (plain, unsweetened; nonfat) | Mis nyuj   * 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  • 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   * 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  • 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   * 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  • Fresh herbs | Kev ua noj   * Cov tshuaj ntsuab tshiab |
| Bread and bakery  • Whole grain bread (first ingredient is a whole grain, such as whole wheat) | Khoom qab zib thiab bakery   * Tag nrho cov qhob ci (thawj cov khoom xyaw yog qoob loo tag nrho, xws li cov nplej tag nrho) |
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