

# Yam Khoom Zoo Rau Raum

## Protein

7 mus rau 12 pluag txhua hnuv

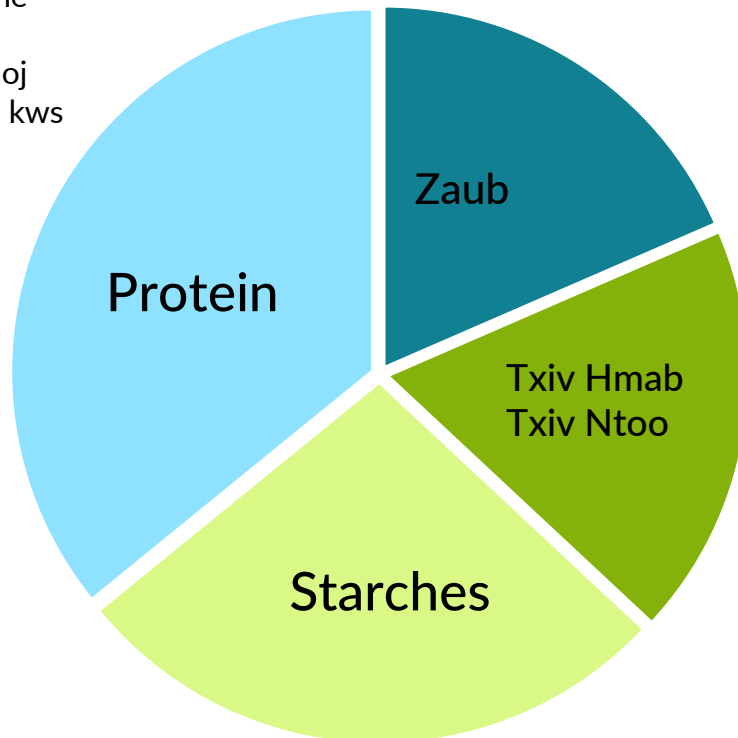
**Piv txwv:** Nqaij nyuj, nqaij qaij, qe, nqaij yaj, nqaij npuas, nqaij nruab deg, taum paj, qaij ntshw, nqaij me nyuam nyuj.

Yog tias tus neeg tsis noj nqaij, mus ntsib koj tus kws kho mob txhawm rau kom muab kev qhia

## Cov Zaub Tsis Muaj Starchy

2 mus rau 3 –(½ khob) noj txhua hnuv

**Piv txwv:** zaub broccoli, zaub pob, carrots, cauliflower, zaub txwb, dib, lws ntev, ntauv, ntsuab taum, kuas txhob, zaub lettuce (txhua hom), radishes, ntsuab peas, watercress, taub dag



## Starches

6 mus rau 12 noj txhua hnuv (Txhawm rau txhob mob ntshav qab zib: noj mov tsis pub tu ncu)

**Piv txwv:** khaub ci, rolls, muffins, ½ bagel, 4-5 crackers, ¾ cereal, ½ rice, pasta/noodles los sis macaroni

## Txiv Hmab Txiv Ntoo

2 mus rau 3 noj txhua hnuv (1/2 khob)

**Piv txwv:** txiv apple, kuas txiv qaub, berries, cherries, fruit cocktail, grapes, peaches, pears, pineapple, plums, tangerine

"Cov ntaub ntawv no tsuas yog siv rau cov ntaub ntawv xov xwm xwb thiab tsis yog qhov hloov pauv rau cov lus qhia los sis kev kho mob. Sib tham txog koj qhov kev kuaj mob tshwj xeeb, kev kho mob, kev noj haus thiab cov lus nug txog kev noj qab haus huv"