

Kev Noj Qab Nyob Zoo

Yog tias cov kev kho mob lim ntshav yuav tuaj tsis tau vim huab cua hnyav, muaj teeb meem nkag los yog lwm yam xwm txheej ceev, nws yog qhov zoo tshaj rau kev ua raws li kev noj zaub mov kub ceev. Txawm li cas los xij, kev noj zaub mov no tsis yog siv sij hawm ntev. Rov qab mus rau kev noj zaub mov tsis tu ncua thaum muaj xwm txheej ceev thiab kev kho mob tuaj yeem rov pib dua.

Cov Protein

- ❖ Txwv cov ntses, nqaij, thiab cov nroj tsuag raws li cov protein kom tsawg li **3 ounces ntawm ib hnuv**.

1 oz. = 1 lub qe
2 tbsp. txiv laum huab xeeb
ib daim nqaij txog qhov loj ntawm peb lub tsuav

Ntses/Nqaij*:

- Nqaij nyuj
- Qaib
- Qe
- Ntses
- Yaj
- Nqaij npuas
- Qaib ntshw
- Nqaij

Raws li zaub:

- Taum
- Hmoob
- Txiv ntseej & txiv ntseej
- Tofu

* Yog tias muaj tub yees, xaiv cov kev xaiv tshiab / tsis ntsev; txwv tsis pub, nrhiav cov khoom noj uas tsis muaj sodium xws li cov kaus poom.



- ❖ Txwv cov mis nyuj thiab mis nyuj rau **½ khob ntawm ib hnuv**.

Mis thiab Mis Thov:

- Mis nyuj
- Qhuav los yog evaporated mis nyuj
- Mis Greekyogurt
- Mis mov (unenriched)



“Cov ntaub ntawv no tsuas yog siv rau cov ntaub ntawv xov xwm nkaus xwb thiab tsis yog hloov pauv rau cov lus qhia los sis kev kho mob. Nrog koj tus kws kho mob 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.”

Txiv Hmab Txiv Ntoo & Zaub: txwv rau **peb ½ khob servings** ntawm ib hnub.

Nws yog qhov zoo tshaj plaws los xaiv cov txiv hmab txiv ntoo thiab zaub qis dua. Yog tias muaj tub yees, xaiv cov tshiab los yog khov; txwv tsis pub, nrhiav cov kev xaiv qis-sodium kaus poom.

- Kua txiv / txiv apples
- Blackberries
- Blueberries
- Broccoli
- Zaub qhwv
- Carrots
- Cherries
- Txiv hmab txiv ntoo cocktail
- Txiv maj phaub
- Ntsuab taum

- Txiv kab ntxwv Mandarin
- Txiv duaj
- Pears
- Kua txob
- Pineapple
- Plums
- Raspberries
- Spinach (raws)
- Strawberries
- Lub caij ntuj sov squash (daj los yog zucchini)



* Qhov no tsis yog ib daim ntawv teev npe.

Cov kua dej: txwv mus rau ib nrab ntawm koj cov nyiaj pab ib txwm, los yo **g2 khob (16 oz)** ntawm ib hnub.

Nco ntsoov tias koj qhov nyiaj pub dawb suav nrog cov uas xav tau los noj tshuaj. Xav txog kev txheeb xyuas cov ntawv kom tsis txhob muaj cov npe nrog "phos" hauv cov khoom xyaw.

- Clear sodas (ginger ale, txiv qaub)
- Kas fes
- Kua txiv (apple, cranberry)
- Lemonade
- Tshuaj yej
- Dej

* Qhov no tsis yog ib daim ntawv teev npe.

Nqaij & Mov

Cov khoom no tuaj yeem noj tau hauv cov nyiaj li niaj zaus. Tshawb xyuas nrog koj li kev noj zaub mov rau qhov tsim nyog ntawm cov lus qhia qis-phosphorus thiab qis-potassium.

Roj & Khoom Qab Zib

Cov khoom no tuaj yeem siv tau txhawm rau txhawb calories. Tshawb xyuas nrog koj li kev noj zaub mov rau qhov tsim nyog cov lus qhia qis-phosphorus thiab qis-potassium. Yog tias koj muaj ntshav qab zib, nrhiav kev xaiv uas tsis muaj qhov qab zib.

“Cov ntaub ntawv no tsuas yog siv rau cov ntaub ntawv xov xwm nkaus xwb thiab tsis yog hloov pauv rau cov lus qhia los sis kev kho mob. Nrog koj tus kws kho mob 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.”

Cov Ntaub Ntawv:

- <https://www.kidney.org/atoz/content/emergencymeal>
- <https://www.munsonhealthcare.org/services/dialysis/3-day-emergency-diet>
- <https://www.kidneyfund.org/assets/pdf/infographics/3-day-emergency-diet.pdf>
- <https://www.urmc.rochester.edu/MediaLibraries/URMCMedia/ctsi/resources/crc/documents/VisualizeYourPortionSize12-01-09.pdf>

“Cov ntaub ntawv no tsuas yog siv rau cov ntaub ntawv xov xwm nkaus xwb thiab tsis yog hloov pauv rau cov lus qhia los sis kev kho mob. Nrog koj tus kws kho mob 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.”