

# Protein – Ntau Npaum Li Cas Thiaj Txaus?

Thaum mob plab dim quav, protein yuav poob los ntawm cov ntshav. Yog li ntawv, kev noj zaub mov muaj protein ntau tuaj yeem pab daws cov kev poob no. Protein tuaj yeem pab tiv thaiv kev qaug zog poob ntawm cov leeg, thiab pab tiv thaiv kab mob.

Koj tus kws kho mob tuaj yeem tsim cov hom phiaj ntawm koj tus kheej nrog koj cov khoom noj uas muaj protein ntau.

Koj tus kheej lub hom phiaj kev noj protein kom ntau txhua hnuv yog\_\_\_\_\_

## Cov Khoom Muaj Protein:

Nov yog qee cov proteins uas zoo thiab pom zoo rau noj ntau thiab tsawg :



### 1 ounce

Qe dawb 1 los sis 2 lub  
½ khob taum/zaub taum



### 2-3 ounces

Qaib sib chaw  
Khob noom burger



### 3 ounces

Nqaij qaib (ib sab) los yog nqaij npuas  
Nqaij ntses, 3 x 3 nti  
Hamburger patty, ½ nti tuab  
Kooj cw - 15 tus me  
Ntses qus



### 4 ounces

Nqaij nyuj steak, 3 x 4 nti  
Nqaij yaj, Nqaij me nyuam nyuj  
steak



## Cov khoom noj uas yog nyuj mis

Mis qaub greek, mis quav, mis nyuj, khob noom qab zib (li ntawm ½ khob ib hnuv)  
Khob noom(1 ounce)

Nug koj tus kws kho mob txog kev noj qab haus huv uas muaj protein zoo rau lub raum.

*“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”*