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| [Translated from English to Hmong - www.onlinedoctranslator.com](https://www.onlinedoctranslator.com/en/?utm_source=onlinedoctranslator&utm_medium=docx&utm_campaign=attribution) |  |
| NROG koj lub qhov ncauj |  |
| Nws yog ib feem ntawm koj lub cev |  |
| Koj Ncaim thiab Qab Zib |  |
| Xav paub ntxiv |  |
| Cov kab mob tsis zoo noj qab zib thiab tsim cov kua qaub uas ua rau koj cov enamel. Enamel yog lub ci, txheej txheej uas tiv thaiv koj cov hniav los ntawm kev lwj. |  |
| Thaum koj noj qab zib, nws cuam tshuam nrog koj cov quav hniav thiab tsim cov kua qaub. Cov kua qaub yog qhov ua rau cov hniav lwj, tsis yog qab zib ncaj qha. |  |
| Cov hniav lwj tuaj yeem hloov mus rau hauv cov hniav abscesses, uas yog tshwm sim los ntawm cov kab mob kab mob thiab yuav tsum tau muab koj cov hniav tshem tawm. |  |
| Qab zib yog qab zib, txawm tias thaum nws tau zais li pob kws phoov, fructose, high-fructose pob kws phoov, zib ntab, los yog maltose, piv txwv li. |  |
| Kev pom zoo ntawm kev noj qab haus huv ntxiv yog tsawg dua 100-150 calories ib hnub, lossis 24-36 grams. |  |
| Kev txhuam hniav txhua hnub thiab txhuam ob zaug hauv ib hnub nrog cov tshuaj txhuam hniav fluoride yuav pab kom koj lub qhov ncauj noj qab nyob zoo. |  |
| Minnesota Oral Health Coalition |  |