









# Khoom Zoo Noj Thaum Cev Xeeb Tub

- Noj haus zoo thaum koj lub cev xeeb tub yog cov kev ua zoo tshaj plaws rau koj tus kheej thiab koj tus me nyuam. Cov khoom uas koj noj mus yog cov tshuaj zoo mus yug koj tus me nyuam thiab txhawj rau koj tus me nyuam txoj kev loj hlob.
- Tag nrho cov poj niam cev yuav nyhav thaum cev xeeb tub. Lub cev nyhav zoo yog los ntawm cov khoom noj haus zoo uas muaj cov tshuaj qab los vivtasmeeb thiab tshuaj zoo.

## COV TSHUAJ YUG CEV TSEEM CEEB THAUM CEV XEEB TUB

Tshuaj Yug Cev RDA	Vim Li Cas Koj thiab Koj Tus Me Nyuam Yuav Tsum Muaj	Cov Khoom Noj Zoo Tshaj Plaws
 <b>Folate</b> 600 mcg	Pab tsim muaj txoj hlab ntsha leeg uas rais los ua koj tus me nyuam tus txha caj qaum. Nws pab txo cov kab mob hlab ntsha leeg, xws li kab mob txha caj qaum (spina bifida).	Cov txiv hmab txiv ntoo thiab cov kua txiv hmab txiv ntoo qaub, cov zaub nplooj ntsuab, thiab cov khoom noob ntsiav ua xws li qhob cij mog thiab ncuav mog, hmoov txhuv, fawm hmoov nplej, txhuv, thiab cov cereal siav noj tau.
 <b>Vivtasmeeb A</b> 770 mcg	Pab ua tawv nqaij zoo thiab pab qhov muag pom kev.	Cov lauj pwm, qos yaj ywm qab zib, cov zaub doog los sis daj.
 <b>Vivtasmeeb B</b>	Pab koj lub cev siv cov dag zog ntawm cov khoom koj noj mus.	Cov nqaij ntshiv (nqaij npuas, nqaij nyug, nqaij qaib) thiab cov khoom noob ntsiav ua xws li qhob cij mog thiab ncuav mog.
 <b>Vivtasmeeb C</b> 85 mg	Pab qhov nqaij to zoo, pab hniav thiab pob txha loj, thiab txhawb lub cev txoj kev zom txais khoom noj khoom haus.	Cov zaub thiab cov txiv hmab txiv ntoo, xws li cov zaub ua pob paj ntsuab, cov kua txob ntsuab thiab liab, cov nplooj zaub ntsuab, cov kaus taum, cov zaub ua pob paj dawb, txiv qaub, zaub qhwv, txiv puv luj, txiv pos nphuab, cov txiv hmab txiv ntoo qaub.
 <b>Tshuaj Iron</b> 27 mg	Nqa cov cua oxygen mus rau cov poov thiab lub cev nqaij, pab tsim muaj cov qe ntshav liab, thiab txhawb lub hlwb txoj kev loj hlob. Tsis muaj cov tshuaj iron txaus yuav muaj kab mob <i>anemia</i> .	Siab, cov nqaij ntshiv liab, cov qe thiab nqaij qaib; thiab cov zaub nplooj ntsuab xws li cov nplooj zaub spinach, cov zaub ua pob paj ntsuab, mustard greens, thiab cov txiv hmab txiv ntoo qhuav.
 <b>Tshuaj Calcium</b> 1000 mg	Pab koj lub cev tswj cov kua cev, thiab pib tsim muaj koj tus me nyuam cov pob txha thiab hniav. Yog koj cov khoom noj khoom haus tsis muaj tshuaj calcium txaus, lub cev yuav siv cov tshuaj calcium ntawm koj cov pob txha los ua koj tus me nyuam cov pob txha.	Cov khoom siv mis nyuj ua (mis nyuj, cheese, yogurt), cov ntsev kaus poom (salmon, sardines); kua txiv kab ntswv rog, WIC kua taum thiab taum paj; cov zaub nplooj ntsuab (collard, kale, turnip, thiab nplooj zaub mustard).
 <b>Tshuaj Choline</b> 450 mg <sup>1</sup>	Pab tsim muaj lub hlwb thiab tus txha caj qaum.	Cov qe, nqaij, kua dis hmoov nplej (oatmeal), pob zaub, taum pauv thiab noob nplej.
 <b>Tshuaj Iodine</b> 220 mcg	Pab tsim muaj cov tshuaj yug qog nqaij. Cov me nyuam mos uas leej niam yug tsis muaj cov tshuaj iodine txaus <i>heev</i> muaj taus kev puas hlwb thiab muaj cov teeb meem kev cob pob lub cev, kev hais lus thiab pob ntseg hnov lus. <sup>2</sup>	Cov ntsev muaj tshuaj iodine, cov khoom siv mis nyuj ua (mis nyuj, cheese, yogurt), ntshuab deg, ntsev muaj khauj khaum, ntsev, nqaij, thiab cov qe. Nrog koj tus kws kho mob tham kom paub tseeb tias cov tshuaj vivtasmeeb koj noj thaum cev xeeb tub yeej muaj tshuaj iodine nrog. WIC pom zoo kom noj cov tshuaj txhawb lub cev xeeb tub uas muaj zog txog 150 mcg.

1. Noj Muaj Txaus 2. Tsis Muaj Tshuaj Iodine Txaus. American Thyroid Association.

- Feem kws kho mob coob pom zoo kom cov poj niam cev xeeb tub noj cov tshuaj muaj vivtasmeeb thiab tshuaj yug cev txhua hnuv. Nrog koj tus kws kho mob tham ua ntej yuav siv ib yam tshuaj twg.



Me Nyuam	7 ½ lbs
Mis Loj	2 lbs
Lub Cev Xeeb Tub Loj	7 lbs
Tsho Me Nyuam	1 ½ lb
Tsev Me Nyuam Loj	2 lbs
Kua Xwv Xyem	2 lbs
Ntshav	4 lbs
Kua Cev	4 lbs
<b>Tag Nrho</b>	<b>30 lbs</b>

*Lub cev nyhav yog los qhov twg los?*

### Cov Chiv Keeb:

1. Tuam Tsev Kawm Txog Tshuaj (Institute of Medicine). Cev Nyhav Thaum Cev Xeeb Tub (Weight Gain During Pregnancy): Rov Xyuas Cov Kev Cob (Reexamining the Guidelines). Washington, DC: Ntawv Xov Xwm National Academy Press, Tsis Hlis Ntuj 2009.
2. Kuv Lub Tswv Yim Noj Haus Rau Cov Niam (MyPyramid for Moms) (daim duab). Teb Chaws Asmeskas Tuam Tsev Tswj Xyuas Qoob Loo (United States Department of Agriculture). [www.mypyramid.gov/mypyramidmoms](http://www.mypyramid.gov/mypyramidmoms)
3. Koj Lub Cev Xeeb Tub thiab Kev Yug Me Nyuam (Your Pregnancy and Birth), phau 4, 2005. Asmeskas Tuam Tsev Kawm Txog Kev Xeeb Tub Ki thiab Kawm Txog Poj Niam Lub Cev (American Academy of Obstetricians and Gynecologists), Washington, DC. [www.acog.org](http://www.acog.org)

# Khoom Zoo Noj Thaum Cev Xeeb Tub

- Kom xeeb tau tus me nyuam noj qab haus huv, koj yuav tsum noj tshaj 300 calorie ib hnuv twg hauv thawj peb hlis thaum cev xeeb tub thiab thaum ze yuav los so uas koj tus me nyuam loj hlob ceev ceev.
- Qhov uas koj lub cev yuav nyhav npaum li cas yog nyob ntawm seb koj lub cev yeej nyhav li cas ua ntej koj cev xeeb tub.
- Thawj peb lub hlis (thawj peb hlis), feem poj niam coob yuav nce li 2 mus rau 4 pound.
- Koj lub cev yuav tsum nyhav xwm yeem hauv peb lub hlis nruab nrab thiab peb hlis kawg. Sim ua kom koj lub cev nce pound xwm yeem txhua lub lim piam los yog txhua lub hlis hauv peb lub hlis nruab nrab thiab peb hlis kawg ntawm lub cev xeeb tub. Feem poj niam coob yuav nce li 3 mus rau 4 pound ib lub hlis twg.
- Cov poj niam coob uas cev nyhav tau zoo yog nce li 25 mus rau 35 pound. Rog dhau heev los sis cev tsis nyhav txaus yuav tsim teeb meem kab mob kev nkeeg rau tus leej niam thiab tus me nyuam.
- Cev xeeb tub tsis yog ib lub caij nyoog ua kom cev yuag. Tom qab yug me nyuam tag thiab pub me nyuam mis lawm ces koj yuav txo tau cov calorie.

**Cev Xeeb Tub Tsis Nyhav Txaus** muaj feem xyuam yuav yug tau cov me nyuam tsis muaj ceeb thawj txaus, me nyuam hauv plab hlob tsis taus, phais yug me nyuam, yug me nyuam ntov thiab tsis muaj peev xwm pub niam mis taus.

**Cev Xeeb Tub Rog Heev** muaj feem xyuam yuav raug phais plab yug me nyuam (C-section) thiab yug tau cov me nyuam loj heev. Nws yuav muaj feem tau ntshav siab thiab ntshav qab zib thaum lub cev xeeb tub. Cev nyhav heev yuav ua rau rov yuag nyuab thiab lub cev rog heev tom qab yug me nyuam tag.



Noj ntau yam ntawm cov pawg khoom noj txhua txhua hnuv yog ib txoj kev noj kom muaj cov tshuaj ntau dua ntxiv rau koj thiab thiab koj tus me nyuam lub cev. Noj raws li qhia ntawm MyPyramid yuav pab koj xaiv cov khoom muaj tshuaj zoo los noj.

**Cev tsis nyhav txaus los?** Yog koj lub cev tsis nyhav txaus, koj yuav tau noj ntau yam ntawm cov pawg khoom noj dua. Kom noj muaj cov calorie ntxiv, noj cov pluas mov me me ntau ntau zaus thawm hnuv thiab noj cov khoom txom ncauj xws li txiv laum huab xeeb pleev kav zaub celery, ncuav nplej pleev nrog noob taum mog tuav nyeem, cov thooj cheese qaub nrog txiv hmab txiv ntoo los yog tej teg txiv qab rog.

**Cev rog heev los?** Kom txhob noj tau calorie tsawg yog txwv koj cov khoom noj haus tshaj. Cov khoom noj haus tshaj yog cov rau piam thaj thiab muaj rog ntxiv xws li cov khoom qab zib, cov khoom kib, cov mis nyuj rog thiab cov dej qab zib. Xaiv cov khoom noj uas tsis muaj rog ntau, tsis muaj rog, tsis qab zib los yog tsis rau piam thaj ntxiv.

## Kev Pom Zoo Cev Nce Nyhav

RAU COV POJ NIAM CEV XEEB TUB

LOS NTAWM KEV NTSUAS CEV XEEB TUB NYHAV LI CAS (BMI)\*

	Raws Kg	Raws lbs
<b>Tsis Nuhav Txaus</b> ( $<18.5$ )	12.5-18	28-40
<b>Nyhav Tsim Nyog</b> (18.5-24.9)	11.5-16	25-35
<b>Nyhav Dhau</b> (25.0-29.9)	7-11.5	15-25
<b>Rog</b> ( $\geq 30.0$ )	5-9	11-20

### Cev Xeeb Ntau Tus Me Nyuam

- Cov cev xeeb me nyuam ntxaib nce li 37-54 pound thiaj zoo tsim nyog; cov poj niam cev nyhav dhau yuav tsum nce li 31-50 pound thiab cov poj niam rog nce li 25-42 pound. Pom zoo tsuas nce li 1.5 pound ib lub lim piam twg thaum peb lub hlis nruab nrab thiab peb lub hlis kawg.
- Cov cev xeeb peb tug yuav nce tag nrho li 50 pound. Pom zoo tsuas nce li 1.5 pound ib lub lim piam twg thawm kiag lub caij cev xeeb tub.

*Tham nrog koj tus kws kho mob txog qhov nyhav ntawm koj lub cev uas koj yuav nce muaj.*

- \* Ntsuas Cev Nyhav Li Cas (Body Mass Index) (BMI) yog xyuas qhov nyhav thiab qhov siab thiab cov teeb meem kab mob kev nkeeg koj muaj feem muaj taus.

**BMI=** (qhov nyhav raws pound x 703) / siab raws ntiv<sup>2</sup>

Missouri Tuam Tsev Txhawb Kev Noj Qab Haus Huv thiab Cov Kev Pab Cuam Rau Cov Neeg Laus

LUB CHAW UA HAUJ LWM COJ VAJ HUAM SIB LUAG/RAUS TES NROG HAIS  
Muab cov kev pab cuam yam tsis muaj kev ntxub ntxaug.



#351 Hmong (08-10)

