

Cov Kauj Ruam Tom Ntej No rau Txoj Kev Noj Qab Haus Huv



...COV TSWV YIM LOS PAB KOM KOJ THIAB
KOJ TSEV NEEG NOJ QAB HAUS HUV:

Noj folic acid

- Folic acid pab kom cov cell loj hlob thiab kho cov no, thiab tej zaum yuav pab tiv thaiv kab mob plawv, kev mob stroke, thiab tej yam cancers.
- Kev noj cov folic acid txaus yuav pab tiv thaiv kom tsis txhob muaj teeb meem rau lub hlwb thiab tus txhab nqaj qaum rau cov me nyuam thaum yug.
- Nrog koj tus kws kho mob tham txog kev noj cov vitamin thaum cev xeeb tub nrog folic acid ua ntej thiab thaum lub sij hawm cev xeeb tub.
- Cov khoom noj uas nws yeej xeeb txwm muaj folate ntau yog cov zaub uas ntsuab, cov txiv hmab txiv ntoo uas qaub, taum, thiab whole grains.

Noj kom zoo rau lub cev

- Ua kom ib nrab ntawm koj lub phaj yog txiv hmab txiv ntoo thiab zaub.
- Ua kom yam tsawg ib nrab ntawm koj cov grains yog whole grains.
- Haus dej dawb kom ntau, haus kua txiv kom tsawg, thiab txhob muab cov dej haus qab zib rau me nyuam haus.
- Haus cov kua mis nyuj skim los sis 1% los pab lub plawv.
- Pib tus cuj pwm noj haus zoo los ntawm qhov zaum nrog koj tus me nyuam noj mov thaum nws tseem yau.
- Yog xav paub ntxiv txog kev noj haus kom sib haum mus xyuas ntawm: www.choosemyplate.gov.

Txhawb nqa kev pub niam mis rau me nyuam noj

- Cov kws kho mob xav kom pub niam mis rau me nyuam noj mus yam tsawg ib xyoo los sis ntev zog yog tias koj xav ua.
- Niam cov kua mis yog ua los rau koj tus me nyuam thiab cov kev hloov nkaus xwb kom los pab lawv thaum lub sij hawm lawv loj hlob.
- Cov me nyuam uas noj niam mis mas nws muaj kev noj qab nyob zoo tshaj. Lawv tsis tshua muaj qhov yuav zawv plab, tau khaub thuas, thiab Me Nyuam Mos Liab Cia Li Tuag Los Ntawm Kev Ua Tsis Taus Pa (Sudden Infant Death).
- Kev pub niam mis yuav txo tau qhov leej niam yuav mob cancer, mob ntshav qab zib, thiab muaj kev nyuab siab tom qab yug me nyuam tas.
- Cov leej niam uas pub niam mis yuav poob cov ceeb thawj uas nws tau thaum cev xeeb tub ntawd yooj yim zog.

*Pib tus cuj pwm noj
haus zoo los ntawm qhov
zaum nrog koj tus me
nyuam noj mov thaum
nws tseem yau.*

Xyuas kom txhaj tshuaj raws sij hawm

- Kev txhaj tshuaj mas tiv thaiv koj thiab koj tus me nyuam los ntawm cov kab mob xws li mob qhua pias, kab mob qog (mumps), kab mob tuag tes tuag taw (polio), thiab hnoos qhuj qhem (whooping cough).
- Tus me nyuam uas tsis tau txhaj tshuaj raws sij hawm yuav ua tau rau cov uas txhaj tshuaj tsis tau, xws li cov me nyuam mos liab, mob loj heev.
- Xav kom txhua tus uas muaj hnuv nyooog 6 hli rov saud mus txhaj tshuaj tiv thaiv khaub thuas txhua xyoo.

Zam dej cawv, kev haus luam yeeb, thiab yeeb tshuaj

- Kev raug cov pa luam yeeb uas haus los ntawm lwm tus neeg mas yuav ua tau rau cov me nyuam yaus thiab cov laus uas tsis haus luam yeeb tuag ntxov thiab muaj kab mob.
- Kev haus luam yeeb thaum cev xeeb tub mas yuav ua rau yug tus me nyuam tsis txwm hli los sis tsis muaj ceeb thawj pes tsawg thaum yug los.
- Kev haus dej cawv thaum cev xeeb tub yuav ua tau rau tus me nyuam muaj mob loj mus tag lub neej.
- Nrog koj tus kws kho mob tham ua ntej noj cov tshuaj uas kws kho mob sau los yuav los sis cov tshuaj uas yuav tom khw los thaum cev xeeb tub. Tej zaum cov tshuaj yuav ua tau muaj mob thaum uas tsis siv raws li qhia.
- Cov tshuaj txhaum cai mas yeej tsis nyab xeeb kiag li!

Missouri Lub Caj Meem Fai Muab Kev Pab Rau Txoj Kev Kaj Huv Ntawm
Cev thiab Cov Kev Pab Rau Cov Neeg Laus
(Department of Health and Senior Services)
WIC thiab Cov Kev Pab Txog Kev Noj Haus



1-800-392-8209 wic.mo.gov

Ib tug tswv hauj lwm uas muab vaj huam sib luag/muaj cai tswj kom tsis txhob muaj kev tshwj: Muab cov kev pab tsis cais tshwj leej twg.
Cov pej xeem uas tsis hnov lus thiab hais tsis taus lus yuav hu tau rau 711.