

Noj Khoom Muaj Noob Qoob Nyob Rau Hauv

Language: Hmong

Make Half
Your Grains
Whole Grains.

Cov noob qoob pab tau li no:

- Tiv thaiv ntawm tej hom mob cancer thiab lwm yam muaj mob
- Pab kom feem tsis txhob mob plawv
- Pab tswj kom tsis txhob rog
- Pab kom mus plob zoo

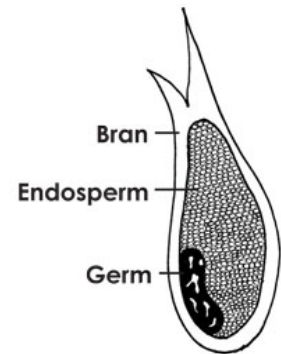
Thaum lawv muab cov noob qoob mus zom lawm, cov tawv noob thiab hlwb noob tawm lawm. Yog li cov khoom zoo pab lub cev pawv tag lawm.

Cov khoom uas muaj noob qoob nyob rau hauv:

- Mov xim dub (brown rice)
- Barley thiab bulgur
- Cov khoom noj txob ncauj uas muaj whole grain
- Cov khoom yog muaj pob kws sau tias whole cornmeal
- Cov sau tias Whole grain oats, oatmeal
- Cov npe sau tias muaj Whole grain, pasta thiab tortillas

Noob qoob yog dabtsi?

Noob qoob yog cov noob uas tseem muaj tas nrho lub noob ua ke (phlaub, endosperm thiab hlwb)



Nhriav lo lus “*whole*” nyob rau daim phlaub yam khoom noj.

Pab tu lub tsev neeg kom noj qab haus huv! Noj cov noob qoob!



Sim noj cov khoom muaj whole grain 3 zaug rau ib hnub

Kev yuav ntxiv noob qoob rau yam yuav noj:

- Xaiv cov cereal uas muaj duab whole grain.
- Xaiv cov movci whole wheat tsis txhob yuav cov movci xim dawb.
- Hloov cov flour dawb nrog cov flour wheat txog li ib nrab
- Tov cov mov xim dub rau tej kua dis.
- Xaiv cov whole grain pasta.
- Yuav cov tortillas uas yog pob kws lossis whole grain tsis txhob yuav cov muaj flour.
- Tov cov barley siav rau tej yam khoom hau noj.
- Xaiv cov khoom noj txom ncauj uas muaj whole grain.

Kuv Lub Hom Phiaj Noj Noob Qoob yog:

Lub koom haum no yeej txais txhua haiv neeg tuaj ua haujlwm.