



Yam Txiv Hmab-Ntoo thiab Zaub

(Fruit and Vegetable Components)

Tsab ntawv no nws muaj cov txheej txheem ntsiab lus hais txog kev xav tau txiv hmab-ntoo thiab zaub tshiab rau cov meyuam yaus 1 xyoo thiab cov loj zog thiab cov laus uas tuaj koom rau Lub Txheej Txheem Saib Xyuas Neeg Laus. Nyias muaj nyias tsab nyob rau puas noj ntawm cov meyuam mos tshiab. Cov ntsiab lus ntawm *Lub Txheej xwm* yoog rawsli txhua hom chaw: cov chaw tus meyuam pab pawg, cov tsev tu meyuam nruab hnuv, cov kev pab cuam tom qab kev kawm ntawv, koom haum tiv thaiv kev kub ntshov, thiab cov chaw saib xyuas neeg laus. Nrhiav saib tsab ntawv no thiab ntsiab lus ntshov nyob rau ntawm CACFP tus qauv puas noj tshiab tus phab vev xais: <https://dpi.wi.gov/community-nutrition/cacfp/new-cacfp-meal-pattern>.



Cov Cai Tshiab Pib Siv lub 10 Hli ntuj 1, 2017

- Txiv hmab-ntoo thiab zaub nyias muaj nyias yam ntawm puas su, hmo thiab khoom txom ncauj. **Yuav tsum muaj noj rau puas su thiab hmo.**
- Txiv hmab-ntoo thiab zaub noj tau ua khoom txom ncauj.
- Kua txiv tsuas noj tau ib puas lossis txom ncauj ib zaug tau ib hnuv xwb

Zaub & Txiv Hmab-Ntoo Nyias Muaj Nyias

- Pluas Tshais:** *Tsis muaj kev pauv.* Zaub thiab txiv hmab-ntoo tseem **sib tov ua** tib yam puas noj.
- Pluas Su & Hmo:** *Pauv tau.* Zaub thiab txiv hmab-ntoo nyias yog nyias yam puas noj.
 - Zaub thiab txiv hmab-ntoo, LOSSIS tuaj yeem noj tau ob yam zaub sib txawv. Tsis tuaj yeem noj tau ob yam txiv hmab-ntoo.

Pluas Su & Hmo			
Tso Cai	Tso Cai	Tsis Tso Cai	Tsis Tso Cai
Qaib Zaub ntug Zaub paj qhwv WG Bun 1% mis	Qaib Zaub ntug Evpaum WG Bun 1% mis	Qaib 2 puas zaub ntug WG Bun 1% mis	Qaib Kiwi Evpaum WG Bun 1% mis

- Txom Ncauj:** *Pauv tau.* Txiv hmab-ntoo thiab zaub tuaj yeem noj tau ua ob yam.
 - Hom khoom noj los ntawm ob yam sib txawm yuav tsum tau noj, vim tias, ob hom txiv hmab-ntoo thiab zaub noj tsis tau ua ke.

Khoom Txom Ncauj		
Tso Cai	Tsis Tso Cai	Tsis Tso Cai
Kiwi Zaub Ntug	Zaub ntug Celery	Txiv Pos Nphuab Puv Luj



Pauv CACFP Tus Qauv Pluas Noj Tshai:

- Zaub nplooj ntsuab 1 khob = zaub ½ khob zaub
- Txiv hmab-ntoo qhuav ¼ khob(100%) = ½ khob

Kev Cai Noj Zaub & Txiv Hmab-Ntoo

Yam tsawg kawg ntawm kev cai noj yam zaub thiab txiv hmab-ntoo muaj nyob rau lub kem qhia hauv qab no.

	Hnuv Nyoo (xyoo)			
	1-2	3-5	6-18	Neeg loj
Pluas Tshais	¼ khob	½ khob	½ khob	1 khob
Pluas Su & Hmo				
Zaub	⅙ khob	¼ khob	½ khob	½ khob
Txiv Hmab-ntoo	⅙ khob	¼ khob	¼ khob	½ khob
Khoom Txom Ncauj				
Zaub	½ khob	½ khob	¾ khob	½ khob
Txiv Hmab-ntoo	½ khob	½ khob	¾ khob	½ khob

- Thaum ob hom zaub raug noj rau puas su/hmo, txoj cai noj zaub hom ob yuav tsum yog yam tsawg twb zoo ib yam li noj yam txiv hmab-ntoo los hloov.
- Kev cai noj yam txiv hmab-ntoo thiab zaub yog sib npaug nyob rau puas su/hmo thiab khoom txom ncauj ntawm cov hnuv nyoo **tshwj tsis yog 6-18 xyoo thaum puas su/hmo..**

Pluas Su/Hmo rau cov 6-18 xyoo:
Yuav tsum tau noj zaub yam tsawg **½ khob** thiab txiv hmab-ntoo **¼ khob**



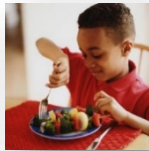
Xeem Pop

Txiv lws suav thiab avocados suav ua txiv hmab-ntoo los yog zaub?

Cov lusteb nyob rau nplooj ntawv tom ntej...

Txiv Hmab-ntoo thiab Zaub Sib Xyaws

Cov sib xyaws ntawm zaub thiab txiv hmab-ntoo, xwslis carrot-raisin salad, tej zaum yuav muaj nqi rau yam zaub thiab txiv hmab-ntoo yog tias nws muaj zaub 1/8 khob thiab txiv hmab-ntoo 1/8 khob. Piv txwv li, muab ib qho carrot-raisin salad cov cov muaj 6 xyoo noj uas muaj 1/2 khob zaub ntug thiab 1/8 khob cov txiv hnab qhuav (muaj nqi li txiv hmab-ntoo 1/4 khob) npaum li yam zaub thiab txiv hmab-ntoo puv nkaus.



Kev Npaj

Kev Kib Roj: Cov khoom noj uas siv roj kub lossis lwm yam roj siv tsis tau rau txoj kev ua zaub mov noj txhawm rau npaj txiv hmab-ntoo thiab zaub; xwslis. qos yaj ywm kib, qos yajywm kib ua lub thiab maj xim kasfes, thiab lwm yam.

Nrhiv tej yam ntxim qab, cov tsis kib uas tseem tshiab, noj qab nyab xeeb rau koj txoj kev nyiam ntawm USDA *qhov Kev Ua Zaub Mov Yog Dab Tsi tus* [vevxais](#).

Q&A *Yuav noj zaub li cas kom xwslis hom ua ke (xwslis. Zaub sib xyaws, taum thiab zaub ntug), muaj nqi rau puas su/hmo? Puas tuaj yeem noj tau ob npaug thaum noj ob yam zaub rau puas su/hmo?*

Zaub sib xyaws muaj nqi xwslis ib hom zaub. Li ntawv, yog tias noj ob hom zaub rau puas su/hmo, muab suav ua ib hom zaub xwb, thiab lwm cov zaub yeej tseem yuav tau noj ntxiv. Piv txwv li: (1) taum thiab zaub ntug, (2) zaub qhwv paj. Ob npaug ntawm cov sib tov ua ke noj tsis tau.

Kua txiv

- Tuaj yeem noj tau ib puas lossis txom ncauj xwb.



Kua txiv tej zaum tsuas noj tau **ib puas lossis txom ncauj xwb**, txawm tias puas txom ncauj thiab puas noj yeej muaj rau txhuas tus tuaj koom.

Yog tias cov kua txiv muaj ntau tshaj ib puas noj lossis puas txom ncauj nyob rau ib hnub, **yam tsawg yeej tsis kom them puas noj lossis puas txom ncauj rov qab lawm**. Piv txwv li, yog tias kua txiv muaj rau puas tshais thiab puas txom ncauj, puas txom ncauj yeej tsis hais txog lawm.



Cov Cai Khaw Tseg Ntawv Qhia

Txhua Lub Txheej Txheem **yuav tsum sau tseg cov txiv hmab-ntoo thiab zaub tshwj xeeb** nyob rau cov ntawv ntawm puas noj haus thiab puas txom ncauj. Yog tias muaj kev pauv, yuav tsum muab kev zwm cia koj los kho dua.



Xav Paub Ntau Ntxiv: saib rawsli USDA Txoj Cai Ntawv Ceeb Toom [CACFP 25-2016](#) thiab the CACFP Tus Qauv Pluas Noj Tshiab [lub vexxais](#).



Cov Kev Coj Ua Zoo Tshaj Plaws

- Noj zaub thiab txiv hmab-ntoo yam tsawg 1 ntawm 2 yam uas muaj nyob rau puas txom ncauj
- Noj ntau yam txiv hmab-ntoo thiab zaub (tshiab, tsau khov, thiab koos poom)
- Muab yam tsawg ib puas ntawm cov zaub ntsuab doog, liab & daj, taum & taum pauv (cov noob taum), hmoov zaub thiab lwm hom zaub nyob rau txhua lub lim tiam

Xeem Pop Lo Lus Teb:

Lus teb yog . . .

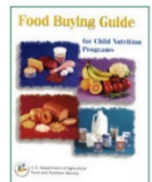
Txiv lws suav thiab txiv avocados raug suav ua zaub.



Cov Txheej Txheem tuaj yeem yog raws Phau Ntawv Qhia kev Yuav Khoom Noj Haus (FBG) txhawm rau cov zaub thiab txiv hmab-ntoo muaj nuj nqis. Qhov FBG tsis muaj cov ntsiab lus txhua hom zaub lossis txiv hmab-ntoo uas muaj nyob rau lub CACFP, yog li cov Txheej Txheem tuaj yeem mus saib [ChooseMyPlate.gov](#) txawm rau txiav txim tias cov khoom noj huas yog zaub los yog txiv hmab-ntoo.

Kev Txheeb Cov Khoom Noj Haus

Txiv hmab-ntoo, zaub thiab lwm yam khoom noj haus uas tsis muaj nyob rau phau ntawv Food Buying Guide tej zaum muaj nyob rau CACFP. Siv cov ntsiab lus khoom noj haus mus txiav txim rau kev cai npaj puas noj.



Cov kev pab

- **Txiv hmab-ntoo thiab zaub los ntawv pawg tsawg:** [Food Buying Guide for School Meal Programs](#)
- **USDA MyPlate:** [choosemyplate.gov](#)



Mus Saib Pawg Ua Hauj Lwm Saib Xyuas Khoom Noj Zoo ntawm nod:

<https://www.facebook.com/WisDPICommunityNutrition/>

https://twitter.com/WisDPI_CNT



Lub chaw no yog tus pab cuam muab vaj huam siv luag.