

Yam Nplej



(Grains Component)

Tsab ntawv no yuav npaj cov ntsiab lus hais txog cov nplej tshaib uas yuav tsum taurau cov menyuum mos, menyuum yaus thiab cov neeg loj uas tuaj koom rau Lub Txheej Txheem Saib Xyuas Khoom Noj Haus rau Menyuum Yaus thiab Neeg Laos (CACFP). Nyob rau tsab ntawv no, cov ntsiab lus *lub txheej txheem* yuav raug muab los siv raws li txhua hom chaw: cov pab pawg chaw zov me nyuam, cov tsev zov menyuum nruab hnub, cov txheej txheem tom qab kev kawm ntawv, cov chaw nyob thaum muaj kev kub ntxhov thiab cov chaw saib xyuas neeg loj. Nrhiav tau tsab ntawv no thiab ntsiab lus ntxiv 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 Kaum Hli 1, 2017

- Yam tsawg ib hnub ib zaug yuav tsum noj ib puas noj uas muaj mov nplej txaus
- Khoom qab zib mov nplej tsis muaj nqis dab tsi
- Cov noob txiv noj uas puas tshais yuav tsum tsis muaj piam thaj ntau tshaj 6 nklas nyob rau 1 ooj qhuav

Dab Tsi yog Kev Muaj Noob Nplej Txaus (WGR)?

Cov khoom noj haus uas muaj mov nplej txaus (WGR) muaj **100% mov nplej**, lossis yam tsawg **50% mov nplej**, thiab cov seem yog tau muab hloov lawm.

Qhov yuav tsum tau ntawm kev muaj mov nplej txaus tsuas yog siv rau puas noj haus rau cov menyuum 1 xyoo thiab loj zog thiab cov neeg loj uas tuaj koom; **tsis yog** siv rau puas noj menyuum mos liab.

Txheeb Xyuas Kev Muaj Mov Nplej Txaus (*Tsis yog daim ntawv teev tag nrho*)

Whole Grains	Not Whole Grains
Amaranth	All-purpose flour
Brown rice, wild rice	Bread flour
Buckwheat	Bromated flour
Bulgur (cracked wheat)	Cake flour
Bromated whole wheat flour	Corn grits
Crushed wheat	Couscous
Graham flour	De-germinated cornmeal
Millet	Durum flour
Oatmeal or rolled oats	Enriched flour
Quinoa	Enriched rice
Triticale	Enriched wheat flour
Whole grain barley	Farina
Whole rye	Long-grain white rice
Whole grain corn	Pearled barley
Whole cornmeal	Phosphate flour
Whole grain sorghum	Unbleached flour
Whole grain triticale	White flour
Whole durum wheat	Whole flour
Whole-wheat	Wheat flour



Cov qoob loo xwslu quinoa, txhuv liab, nplej oatmeal, thiab lwm yam. tsis muaj lo hais tias **Tag nrho** nyob ua ntej lawv lub npe, tab sis yog 100% mov nplej.

Cov khoom noj haus uas muaj ntawv lo nrog lo lus tias **ob pab yam nplej, stone-ground, 100% nplej pob kws, nplej-xya**, lossis **hmoov txhuv** ib txwv tsis yog muaj nplej txaus.

Tus Cai Rau Kev Muaj Nplej Txaus

Txhawm rau txiav txim siab tias yog qoob loo yog muaj mov nplej txaus, cov khoom noj haus yuav tsum muaj yam tsawg **IB** ntawm **4** txoj kev xaiv hauv qab no:

1. Ntawv lo khoom sau tias **100% Whole Grain Lossis 100% Whole Wheat**



2. Siv cov Npe Khoom Xyaw ntawm daim ntawv lo khoom:

- **Tag nrho mov nplej** (saib cov npe teev nyob sab lau no) yog thawj cov xyaw rau lossis cov thib ob, nrog rau siv dej ua thawj cov khoom xyaw

Cov xyaw rau Tag nrho nplej hmoov, dej hmoov pob kws qhuav, poov piam thaj, nplej gluten

- Yog tias thawj cov xyaw (lossis cov ob tom qab dej) yog cov nplej zoo, thiab muaj ntau yam nplej tag nrho nyob hauv, yuav tsum muaj lb Nqe Lus Tus Xuj (PFS) los ntawm qhov chaw ua txawm rau txiav txim siab tias yog WGR

Ingredients: Water, **ENRICHED WHEAT FLOUR** (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid), **WHOLE-WHEAT FLOUR, ROLLED OATS**, sugar, wheat gluten, yeast, soybean oil, salt, calcium propionate

3. Khoom noj yuav ua ke tom khw (xwslu. pizza, paj kw, lwm yam):

- Yuav tsum muaj ntawv CN lossis PFS txawm rau txhawb nqi rau WGR
 - Yog tias daim ntawv CN lossis PFS hais tias, “oz. equivalent grains” = **WGR**
 - Yog tias daim ntawv CN lossis PFS hais tias, “mov ci” lossis “lwm yam mov ci” = **tsis yog WGR**

4. Cov khoom Noj uas Hauv Tsev:

Saib cov nplej lo hauv daim ntawv qhia. Yog 50% lossis tshaj ntawv yog cov nplej txaus, qhov khoom ntawv yog WGR.



Cov Cai Khaw Tseg Ntawv Qhia

Tag nrho yog nplej (WG), Tag nrho txhuv (WW) lossis Tag nrho nplej zoo (WGR) yuav tsum sau rau daim ntawv teevib sab. Yog tias koj tsis noj hom WGR hnub muab ntawv, **yam tsawg puas noj haus lossis puas txom ncauj uas rov muab los noj dua ntawv yuav tsis raug them rov qab.**

Kev Noj Cov Pluas Noj Muaj Khoom Noj WGR

Txhua hnuv, yam tsawg ib pluas noj haus lossis pluas txom ncauj yuav tsum muaj khoom noj haus muaj mov nplej zoo. Yog koj qhov txheej txheem:

- Tsuas yog ib hnuv ib pluas (pluas tshais, su lossis hmo) cov mov nplej yuav tsum yog WGR.
- Muaj ntau tshaj ib pluas noj haus lossis pluas txom ncauj (pluas tshais, su thiab pluas txom ncauj), koj yuav tau xaiv pluas noj uas muaj khoom noj WGR.
- Yog muaj pluas txom ncauj xwb, yog ib ntawm ob yam yog yam khoom noj muaj nplej txaus, nws yuav tsum yog WGR.

Khoom Qab Zib los Ntawm Nplej

Khoom qab zib ua los ntawm nplej muaj piam thaj ntixv thiab ces **tsis** muaj txiaj ntsig raws li yam nplej rau pluas noj haus lossis pluas txom ncauj lawm.

Khoom Qab Zib los Ntawm Nplej	Khoom Qab Zib TSIS YOG Nplej
Ncuav Brownies	Qhob Noom Croissant
Biscotti qab zib and scones ua los ntawm txiv hmab-ntoo, icing, thiab lwm yam.	Savory biscotti thiab scones ua los ntawm mis nyuj khov, tshuaj ntsuab, zaub, thiab lwm yam.
Ncuav qab zib, nrog ncuav qab zib kas fes	Mov ci fab kis
Ncuav qoob loo, ncuav pluas tshais, ncuav granola	Granola cereal
Qhob noom Cookies, nrog rau vanilla wafers	Qhob noom Crackers (ntsim & tiaj); Qhob noom Crackers qab zib (crackers tsiaj & cov graham cracker)
Kaub noom Doughnuts	Pancakes, Waffles
Mov ci qhiav	Muffins
Qhob moom qab zib pie crusts, thiab txiv hmab -ntoo lwm yam	Qhob noom pie crusts ntsim (xwsl. pot-pie zaub lossis quiche)
Mov ci qab zib & Kua dis mov	Mov ci ntsim ua los ntawm mis nyuj khov, tshuaj ntsuab, zaub
Qhob noom ci	Mov ci sai (txiv tsawb, qe taub, thiab lwm yam)
Qhob noom roll qabzib, (cov cinnamon roll)	Noj qhob noom kib thiab ci

Txawm tias khoom qab zib ntawm nplej yog nplej zoo lossis ua nyob hauv tsev nrog rau cov khoom xyaw nyab xeeb, los yeej tseem TSIS muaj txiaj ntsim nyob rau hauv lub CACFP.

Tej yam khoom qab zib los ntawm nplej yuav muaj daim ntawv qhia ntau lub npe txawv dua qhov lawv yog (xwsl. ncuav noj tshais siv hloov ncuav granola), txawm li cas los, yeej tseem yog khoom qab zib mov nplej xwb thiab tsis tuaj yeem siv ua yam muaj txiaj ntsim tau.

[Nov](#) yog qee yam khoom txom ncauj nyab xeeb uas siv noj tam khoom qab zib.

Yog tias tau noj khoom qab zib nplej ua yam pluas noj haus lossis pluas txom ncauj, pluas noj hau/txom ncauj ntawm yuav tsis raug them rov qab lawm.

Zaub Mov Pluas Tshais

Zaub mov pluas tshais, xws li npaj-tos-noj, thiab zaub mov sai lossis kub ib txwm, yuav tsum tsis muaj piam thaj ntau tshaj **6 nkaslas** nyob rau ib ooj qhuav. Siv ib ntawm ob txoj kev xaiv hauv qab no txiaj txim saib tias cov zaub mov no puas muaj txiaj ntsim.

1. Siv [WIC approved breakfast cereals](#) cov npe
2. Xam laij tias zaub mov uas muaj piam thaj tsawg yuav tau siv *Daim Ntawv Qhia Tseeb Txog Khoom Noj Zoo* nyob rau lub thawv

Kauj Ruam 1: Sau tus lej cov nkaslas ntawm cov piam thaj

Kauj Ruam 2: Saib *Txoj Cai Siv* zaub mov thiab sau tus lej cov nkaslas

Kauj Ruam 3: Muab cov nkaslas ntawm cov *Piam Thaj* los faib rau *Txoj Cai Siv* (ua nkaslas)

Kauj Ruam 4: Yog tus lej nyob **0.212 lossis tsawg dua**, cov zaub mov nyob qis dua kev txwv piam thaj thiab muaj txiaj ntsim

Piv Txwv:

1. Piam thaj = 1 g
2. Tus cai = 28 g
3. Faib piamthaj/Tus cai

$$\frac{\text{Piamthaj}}{\text{Tus Cai}} = \frac{1}{28} = 0.036$$

4. $0.036 < 0.212$

Qhov zaub mov no muaj txiaj ntsim

Nutrition Facts	
Serving Size 1 cup (28g)	
Servings Per Container 12	
Amount Per Serving	
Calories 105	Calories from Fat 9
% Daily Values*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 139mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 0g	0%
*Percent Daily Values are based on a 2,000 calorie diet.	

Cov Cai Khaw Tseg Ntawv Qhia

Lub npe tshwj xeeb ntawm cov zaub mov no yuav tsum tau muab sau cia rau daim ntawv qhia. **Yog tias qhov zaub mov coj los noj ntawv nyob siab dua kev txwv piam thaj, pluas noj haus lossis pluas txom ncauj ntawv yuav tsis tuaj yeem raug them tau rov qab lawm.**

Xav Paub Ntxiv

Saib raws peb tus Qauv Pluas Noj Haus Tshiab lub vexias thiab USDA Txoj Cai Daim Ntawv Ceeb Toom [CACFP 02-2017](#)

Saib Pawg Saib Xyuas Khoom Noj Zoo nod:

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