Cov Khoom Noj Ntxiv Piam Thaj Tsawg

Cov khoom noj pluas tshais noj hauv CACFP yuav tsum muaj **tsis pub ntau tshaj 6 grams ntawm cov khoom noj ntxiv cov piam thaj tau ib ounce qhuav.**

- Siv cov khoom noj haus Muaj Txiaj Ntsig Siab daim ntawv lo thiab cov kab kos hauv qab nc txhawm rau txiav txim siab seb cov khoom noj haus ua tau raws li qhov yuav tsum tau ua thiab tuaj yeem muab rau noj.
- Cov khoom noj haus ntawm ib lub xeev twg cov npe WIC ua tau raws li qhov yuav tsum ta muaj thiab tuaj yeem muab rau noj.

Siv Daim Ntawv Qhia Txog Khoom Noj Haus thiab cov kab kos kom pom cov khoom noj haus uas ua tau raws li CACFP ntxiv cov piam thaj tsawg:

1. Ntawm Cov Ntawv Qhia Txog Khoom Noj Muaj Txiaj Ntsig Zoo nrhiav pom **Qhov Noj Ntau Tsawg**, hauv (g).
2. Nrhiav **Ntxiv Cov Piam Thaj** txoj kab.Saib ntawm tus npawb ua grams (g) txuas ntxiv rau Ntxiv Piam Thaj.
3. Hauv cov ntawv lo hauv qab no, nyob rau hauv "Qhov Noj Ntau Tsawg" kem, nrhiav qhov loj me uas tau teev tseg hauv Kauj Ruam 1.Tom qab ntawd, saib tus naj npawb ntawm grams hauv kab "Ntxiv Cov Piam Thaj Tsawg" rau qhov noj ntau npaum cas.Qhov no yog qhov tso cai ntawm cov piam thaj hauv grams (g) rau qhov uas noj ntau npaum cas.**Yog tias cov khoom noj haus muaj cov piam thaj ntxiv, los sis tsawg dua, cov khoom noj haus ua tau raws li cov piam thaj ntxiv thiab tuaj yeem muab rau hauv CACFP.**

Nutrition Facts
about 14 servings per container
Serving size 1/4 cup dry (33g)
Amount per serving
Calories 120

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 5g	

Qhov Pub Ntau Tsawg grams (g)	Ntxiv Cov Piam Thaj Tsawg
0-2 g	0 grams
3-7 g	1 gram
8-11 g	2 grams
12-16 g	3 grams
17-21 g	4 grams
22-25 g	5 grams
26-30 g	6 grams

Qhov Pub Ntau Tsawg grams (g)	Ntxiv Cov Piam Thaj Tsawg
31-35 g	7 grams
36-40 g	8 grams
41-44 g	9 grams
45-49 g	10 grams
50-54 g	11 grams
55-58 g	12 grams
59-63 g	13 grams

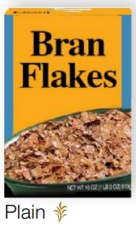
Qhov Pub Ntau Tsawg grams (g)	Ntxiv Cov Piam Thaj Tsawg
64-68 g	14 grams
69-73 g	15 grams
74-77 g	16 grams
78-82 g	17 grams
83-87 g	18 grams
88-91 g	19 grams
92-96 g	20 grams
97-100 g	21 grams

Wisconsin WIC-Tau Tso Cai Cov Khoom Noj Haus

Cov khoom noj haus hauv qab no thiab ntawm nplooj ntawv tom ntej tau raws li CACFP ntxiv cov piam thaj tsawg.Cov khoom noj haus tau sau tseg nrog cov cim no yog tag nrho cov ua ntsiav txiaj ntsig siab (WGR).Cov khoom noj haus kuj yog WGR thaum thawj cov khoom xyaw yog tag nrho cov khoom noj ua ntsiav thiab cov khoom noj haus txhawb lub dag zog.

COV KHOOM NOJ TXIAS: COV CHAW TSAU TXIAS / HOM KHOOM NOJ HAUS

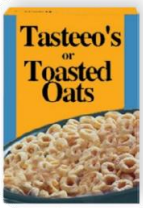
Tsuas yog rau cov chaw tsau txias muaj npe hauv qab no xwb: Ib Txwm Txuag, Kev xaiv zoo tshaj plaws, Tseem Ceeb Tshaj, Tseem Ceeb Txhua Hnub, Khoom Noj Khoom Noj Haus, Kev ywj pheej xaiv, Tus nqi zoo, Hy-Vee, IGA, Kiggins, Kroger, Chaw Lag Luam Pantry, Meijer, Peb Tsev Neeg, Tus Nqi Muag Khoom, Qhov Ntawv Yog Ntse



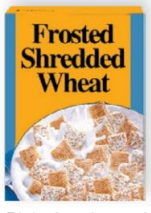
Plain

Plain

Plain



Plain



Plain frosting only
Original and bite size

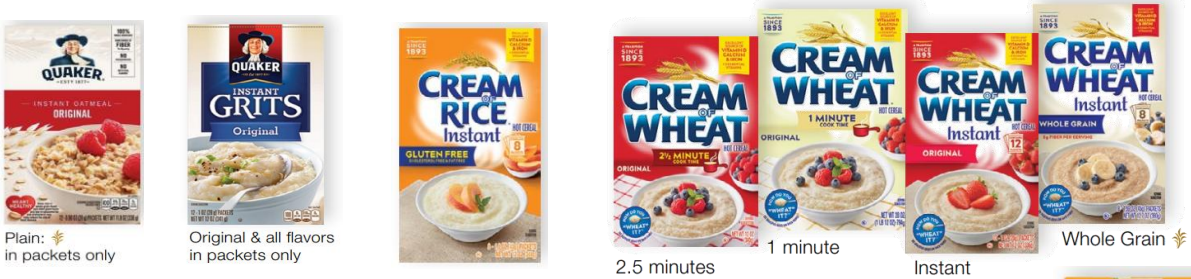
Wisconsin WIC-Tau Tso Cai Cov Khoom Noj Haus

Cov khoom noj haus hauv qab no ua tau raws li CACFP ntxiv cov piam thaj tsawg.Cov khoom noj haus tau sau tseg nrog cov cim no yog tag nrho cov ua ntsiav txiaj ntsig siab (WGR).

Cov khoom noj haus kuj yog WGR thaum thawj cov khoom xyaw yog tag nrho cov khoom noj ua ntsiav thiab cov khoom noj haus txhawb lub dag zog.

COV KHOOM NOJ TXIAS

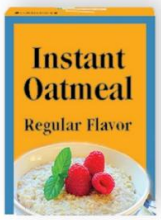
COV KHOOM NOJ SOV



COV CHAW TSO MUAJ SUAB NPE / PIV TXWV LI OATMEAL

TSUAS YOG COG HAUV POB NTAWV NKAUS XWB

Tsuas yog rau cov chaw tsau txias muaj npe hauv qab no xwb:
Txoj Kev Xaiv Zoo Tshaj Plaws, Zoo Dua, Tseem Ceeb Txhua Hnub, Chav Khoom Noj, Tus Nqi Zoo, Hy-Vee, IGA, Kroger, Meijer, Peb Tsev Neeg



WISCONSIN DEPARTMENT OF Public Instruction

Wisconsin Lub Chaw Hauj Lwm Saib Xyuas Cov Lus Qhia Pej Xeem
Pab Pawg Saib Xyuas Khoom Noj Haus Zoo Hauv Zej Zog
dpi.wi.gov/community-nutrition
Lub koom haum no yog ib lub chaw muab kev pab muaj vaj huam sib luag.
Lub Xya Hlis 2025