

Yuav tsum noj raws li cov yam uas yuav tsum tau thiab tus cai noj

Pluas Tshais				
Yuav tsum muaj misnyuj, zaub lossis txiv hmab-ntoo, thiab nplej lossis nqaj tsiaj/lwm yam nqaj				
Cov Khoom Noj thiab Nws Cov Feem	Hnub Nyoog 1-2	Hnub Nyoog 3-5	Hnub Nyoog 6-12	Hnub Nyoog 13-18 (Cov txheej tsheem tom qab kev kawm phomsij thiab cov tsev nyob thaum muaj kev kub ntxhov)
Kua Mis <ul style="list-style-type: none"> 1 xyoo: Mis tsuag tag nrho 2-5 xyoo: Tsuag 1% lossis qab nplig 6-18 xyoo: Tsuag 1% lossis qab nplig, lossis tsos qab nplig 	1/2 khob (4 oz)	3/4 khob (6 oz)	1 khob (8 oz)	1 khob (8 oz)
Zaub lossis txiv hmab-ntoo (<i>lossis ob yam ua ke</i>) <ul style="list-style-type: none"> Cov kua txiv qab tej zaum yuav tsum tau siv kom npaum li kev cai siv txiv hmab-ntoo lossis zaub nyob rau ntawm ib pluas noj haus nyob rau ib hnub twg 	1/4 khob	1/2 khob	1/2 khob	1/2 khob
Nplej <ul style="list-style-type: none"> Yuav tsum yog tag nrho nplej zoo, muaj txiaj ntxim thiab txhim kho Yam tsawg ib hnub ib pluas yuav tsum yog tag nrho mov nplej zoo Cov khoom qab zib mov nplej yeej tsis muaj txiaj ntxim dab tsi (<i>Saib raws li daim ntawv CACFP Grains Chart</i>) Cov zaub mov yuav tsum muaj piam thaj tsis ntau tshaj 6 nkaslas nyob rau ib ooj qhuav 				
Mov ci	1/2 daim	1/2 daim	1 daim	1 daim
Cov khoom mov ci xws li biscuits, fawm kauv, lossis muffins <i>Saib raws li daim ntawv CACFP Grains Chart hais txog kev xaiv thiab tus cai noi</i>	1/2 pluas	1/2 pluas	1 pluas	1 pluas
Cov noob txiv, nplej, mov thiab/lossis cov ua hlab pluas tshias uas ua siav lawm	1/4 khob	1/4 khob	1/2 khob	1/2 khob
Cov noob txiv pluas tshais uas Npaj-tos-noj (qhuav, txias)	1/4 khob	1/3 khob	3/4 khob	3/4 khob
Nqaj Tsiaj/Lwm Yam Nqaj <ul style="list-style-type: none"> Tsis xav tau rau pluas tshais, tab sis tej zaum yuav muab siv hloov rau cov mov nplej yam ntau tshaj plaws peb zaug tauj ib lub lim tiam 				
Nqaj ntshiv, nqaj qaib, lossis ntse	1/2 oz	1/2 oz	1 oz	1 oz
Mis nyuj khov (ib txwm muaj thiab ua dua; phom thiab tawv)	1/2 oz (1/8 khob hmoov)	1/2 oz (1/8 khob hmoov)	1 oz (1/4 khob hmoov)	1 oz (1/4 khob hmoov)
Mis nyuj khov Cottage, mis nyuj khov ricotta, cov peev mis nyuj khov, zaub mov mis nyuj khov	1 oz (1/8 khob)	1 oz (1/8 khob)	2 oz (1/4 khob)	2 oz (1/4 khob)
Qe loj	1/4 lub	1/4 lub	1/2 lub	1/2 lub
Taum lossis laum huab xeeb qhuav siav	1/8 khob	1/8 khob	1/4 khob	1/4 khob
Mis qaub (ib txwm thiab ua kua) Yuav tsum tsis muaj piam than ta tshaj 23 nkaslas nyob rau 6 ooj	1/4 khob (2 oz)	1/4 khob (2 oz)	1/2 khob (4 oz)	1/2 khob (4 oz)
Npas taws taum, npas taws taum pauv thiab lwm yan noob npas taws	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Laum huab xeeb, taum pauv lossis lwm hom noob txiv	1/2 oz	1/2 oz	1 oz	1 oz
Kua taum tshob (cov ua cia muag) 2.2 oz. (1/4 khob) yuav tsum muaj protein yam tsawg 5 nkaslas	1/8 khob (1.1 oz)	1/8 khob (1.1 oz)	1/4 khob (2.2 oz)	1/4 khob (2.2 oz)
Cov khoom taum pauv lossis lwm yam khoom uas muaj protein <i>Yuav tsum muaj yam raws li cov Ntawv Ntxiv A txog Feem 226</i>	1/2 oz	1/2 oz	1 oz	1 oz

Pluas Su thiab Pluas Hmo

Tag nrho tsib yam khoom noj uas yuav tsum tau noj rau pluas noj rov qab

Cov Khoom Noj thiab Nws Cov Feem	Hnub nyoog 1-2	Hnub nyoog 3-5	Hnub nyoog 6-12	Hnub nyoog 13-18 (Cov txheej tsheem tom qab kev kawm phomsij thiab cov tsev nyob thaum muaj kev kub ntxhov)
Kua Mis <ul style="list-style-type: none"> • 1 xyoo: Mis tsuag tag nrho • 2-5 xyoo: Tsuag 1% lossis qab nplig • 6-18 xyoo: Tsuag 1% lossis qab nplig, lossis tsos qab nplig 	1/2 khob (4 oz)	3/4 khob (6 oz)	1 khob (8 oz)	1 khob (8 oz)
Nqaij Tsiaj/Lwm Yam Nqaij				
Nqaij ntshiv, nqaij qaib, lossis ntses	1 oz	1 1/2 oz	2 oz	2 oz
Mis nyuj khov (xeeb txawm thiab ua dua; muag thaib tawv)	1 oz (1/4 khob hmoov)	1 1/2 oz (3/8 khob hmoov)	2 oz (1/2 khob hmoov)	2 oz (1/2 khob hmoov)
Mis nyuj khov Cottage, mis nyuj khov ricotta, peev mis nyuj khov, khoom noj mis nyuj khov	2 oz (1/4 khob)	3 oz (3/8 khob)	4 oz (1/2 khob)	4 oz (1/2 khob)
Qe loj	1/2 lub	3/4 lub	1 lub	1 lub
Taum lossis laum huab xeeb qhuav siav	1/4 khob	3/8 khob	1/2 khob	1/2 khob
Npas taws taum, npas taws taumpauv thiab lwm yam noob npas taws	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp
Laum huab xeeb, taum pauv thiab lwm yam txiv ntoo Yuav tau siv tsis dhau tshaj 1/2 the M/MA ntawm tus cai noj Yuav tau muab xyaw nrog lawm M/MA kom puv raws li tus cai noj	1/2 oz = 50%	3/4 oz = 50%	1 oz = 50%	1 oz = 50%
Mis qaub (tham mab das thiab ua kau) Yuav tsum tsis muaj piam thaj ntau tshaj 23 nkaslas nyob rau 6 ooj	1/2 khob (4 oz)	3/4 khob (6 oz)	1 khob (8 oz)	1 khob (8 oz)
Kua taum tshob (cov ua cia muag) 2.2 oz. (1/4 khob) yuav tsum muaj protein yam tsawg tshaj 5 nkaslas	1/4 khob (2.2 oz)	3/8 khob (3.3 oz)	1/2 khob (4.4 oz)	1/2 khob (4.4 oz)
Cov khoom taum pauv lossis lwm yam khoom uas muaj protein Yuav tsum muaj yam raws li cov Ntawv Ntxiv A txog Feem 226	1 oz	1 1/2 oz	2 oz	2 oz
Zaub				
<ul style="list-style-type: none"> • Siv tau hloov txiv hmab-ntoo, tab sis yuav tsum muaj ob hom zaub sib txawv • Cov kua txiv daw tej zaum tsuas yog yuav muab los siv kom npaum li kev siv txiv hmab-ntoo lossis zaub nyob rau ib pluas noj haus lossis pluas txom ncauj ntawm ib hnub twg 	1/8 khob	1/4 khob	1/2 khob	1/2 khob
Txiv hmab-ntoo				
<ul style="list-style-type: none"> • Cov kua txiv daw tej zaum tsuas yog yuav muab los siv kom npaum li kev siv txiv hmab-ntoo lossis zaub nyob rau ib pluas noj haus lossis pluas txom ncauj ntawm ib hnub twg 	1/8 khob	1/4 khob	1/4 khob	1/4 khob
Nplej				
<ul style="list-style-type: none"> • Yuav tsum yog tag nrho mov nplej zoo, muaj txiaj ntsim, lossis txhim kho tau • Yam tsawg ib hnub ib no jib zaug yuav tsum yog mov nplej zoo tag nrho • Cov khoom qab zib nplej yeej tsis muaj ntxiaj ntsim (Saib raws li daim ntawv CACFP Grains Chart) • Cov zaub mov yuav tsum tsis muaj piam thaj nta tshaj 6 nkaslas nyob rau ib ooj ghuav 				
Mov ci	1/2 daim	1/2 daim	1 daim	1 daim
Cov khoom noj mov ci, xws li biscuits, fawm kauv, lossis muffins (Saib raws li daim ntawv CACFP Grains Chart txawm rau kev xaiv thiabtus cai noj)	1/2 pluas	1/2 pluas	1 pluas	1 pluas
Mov, pasta, nplej, thiab lwm yam zaub mov siav	1/4 khob	1/4 khob	1/2 khob	1/2 khob

Yuav tsum noj raws li cov yam uas yuav tsum tau thiab tus cai noj

Pluas Txom Ncauj

Yuav tsum muaj 2 ntawm 5 yam. Tsuas yog 1 ntawm 2 yam thiab li haus tau.

Cov Khoom Noj thiab Nws Cov Feem	Hnub nyoog 1-2	Hnub nyoog 3-5	Hnub nyoog 6-12	Hnub nyoog 13-18 (Pab cuam tom qab kev kawm phomsij thiab chaw nyob thaum muaj kev kub ntxhov)
Kua mis <ul style="list-style-type: none"> • 1 xyoo: Mis tsuag tag nrho • 2-5 xyoo: Tsuag 1% lossis qab nplig • 6-18 xyoo: Tsuag 1% lossis qab nplig, lossis tsos qab nplig 	1/2 cup (4 oz)	1/2 cup (4 oz)	1 cup (8 oz)	1 cup (8 oz)
Nqaij Tsiaj/Lwm Yam Nqaij				
Nqaij ntshiv, nqaij qaib, lossis ntses	1/2 oz	1/2 oz	1 oz	1 oz
Mis nyuj khov (tha mab xaj thiab ua dua; muag thaib tawv)	1/2 oz (1/8 khob hmoov)	1/2 oz (1/8 khob hmoov)	1 oz (1/4 khob hmoov)	1 oz (1/4 khob hmoov)
Mis nyuj khov Cottage, mis nyuj khov ricotta, pleev mis nyuj khov, khoom noj mis nyuj khov	1 oz (1/8 khob)	1 oz (1/8 khob)	2 oz (1/4 khob)	2 oz (1/4 khob)
Qe loj	1/2 lub	1/2 lub	1/2 lub	1/2 lub
Taum lossis laum huab xeeb qhuav siav	1/8 khob	1/8 khob	1/4 khob	1/4 khob
Npas taws taum, npas taws taumpauv thiab lwm yam noob npas taws	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Laum huab xeeb, taum pauv thiab lwm yam txiv ntoo	1/2 oz	1/2 oz	1 oz	1 oz
Mis qaub (tham mab das thian ua kau) <i>Yuav tsum tsis muaj piam thaj ntau tshaj 23 nkaslas nyob rau 6 ooj</i>	1/4 khob (2 oz)	1/4 khob (2 oz)	1/2 khob (4 oz)	1/2 khob (4 oz)
Kua taum tshob (cov ua cia muag) <i>2.2 oz. (1/4 khob) yuav tsum muaj protein yam tsawg tshaj 5 nkaslas</i>	1/8 khob (1.1 oz)	1/8 khob (1.1 oz)	1/4 khob (2.2 oz)	1/4 khob (2.2 oz)
Cov khoom taum pauv lossis lwm yam khoom uas muaj protein- <i>Yuav tsum muaj yam raws li cov Ntawv Ntxiv A txog Feem 226</i>	1/2 oz	1/2 oz	1 oz	1 oz
Zaub <ul style="list-style-type: none"> • Cov kua txiv daw tej zaum tsuas yog yuav muab los siv kom npaum li kev siv txiv hmab-ntoo lossis zaub nyob rau ib pluas noj haus lossis pluas txom ncauj ntawm ib hnub twg 	1/2 khob	1/2 khob	3/4 khob	3/4 khob
Txiv Hmab-ntoo <ul style="list-style-type: none"> • Cov kua txiv daw tej zaum tsuas yog yuav muab los siv kom npaum li kev siv txiv hmab-ntoo lossis zaub nyob rau ib pluas noj haus lossis pluas txom ncauj ntawm ib hnub twg 	1/2 khob	1/2 khob	3/4 khob	3/4 khob
Nplej				
<ul style="list-style-type: none"> • Yuav tsum yog tag nrho mov nplej zoo, muaj txiaj ntsim, lossis txhim kho tau • Yam tsawg ib hnub ib no jib zaug yuav tsum yog mov nplej zoo tag nrho • Cov khoom qab zib nplej yeej tsis muaj ntxiaj ntsim (<i>Saib raws li daim ntawv CACFP Grains Chart</i>) • Cov zaub mov yuav tsum tsis muaj piam thaj nta tshaj 6 nkaslas nyob rau ib ooj qhuav 				
Mov ci	1/2 daim	1/2 daim	1 daim	1 daim
Cov khoom mov ci xws li biscuits, fawm kauv, lossis muffins <i>Saib raws li daim ntawv CACFP Grains Chart txawm rau kev xaiv thiabtus cai noj</i>	1/2 pluas	1/2 pluas	1 pluas	1 pluas
Cov noob txiv, nplej, mov thiab/lossis cov ua hlab pluas tshias uas ua siav lawm	1/4 khob	1/4 khob	1/2 khob	1/2 khob
Cov noob txiv pluas tshais uas Npaj-tos-noj (qhuav, txias)	1/4 khob	1/3 khob	3/4 khob	3/4 khob