

## CACFP Daim Ntawv Qhia Cov Nplej – Yam Saib Xyuas Neeg Laus

(CACFP Grains Chart – Adult Care Component)

Txhua cov nplej yuav tsum yog muaj nplej txaus zoo lossis ua los ntawm puas noj haus mov nplej thiab/lossis hmoov nplej, tsig nplej thiab/lossis ntsiav.

**Yam tsawg ib puas noj hauv ib hnub yuav tsum muaj ib puas yog muaj mov nplej zoo.**

Tus cai siv rau neeg loj yog 2 npaug rau puas tshais thaib su thaib 1 npaug rau puas txom ncauj

<b>Pawg A</b>	<b>Tus Cai Siv Tsawg Kawg Nkaus rau Pawg A</b>
<ul style="list-style-type: none"> <li>• Txheej mov ci</li> <li>• Mov ci (tawv)</li> <li>• Fawm Chow Mein</li> <li>• Qhobnoom Crackers (nyias thiab cov khoom noj txom ncauj)</li> <li>• Tej daim mov ci kib</li> <li>• Cov Pretzel (tawv)</li> <li>• Stuffing (qhuav) Lus cim: qhov nyhav muaj feem rau mov ci hauv stuffing</li> <li>• Ncuav mov</li> </ul>	<p>2 puas = 40 gm lossis 1.4 oz</p> <p>1 puas = 20 gm lossis 0.7 oz</p>
<b>Pawg B</b>	<b>Tus Cai Siv Tsawg Kawg Nkaus rau Pawg B</b>
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Txheej npas taws</li> <li>• Biscuits</li> <li>• Mov Ci (dawb, nplej, nplej txaus, Fab kis, Italian)</li> <li>• Ua Lub (hamburger thiab nyhuav ntxwm)</li> <li>• Qe kauv</li> <li>• English muffins</li> <li>• Pita bread (dawb, nplej, nplej txaus)</li> <li>• Pizza crust</li> <li>• Pretzels (muag)</li> <li>• Fawm kauv (dawb, wheat, whole wheat, qos yaj ywm)</li> <li>• Tortillas (nplej los yog pob kws)</li> <li>• Tortilla chips (nplej los yog pob kws)</li> <li>• Qwj Taco</li> </ul>	<p>2 puas = 50 gm lossis 1.8 oz</p> <p>1 puas = 25 gm lossis 0.9 oz</p>
<b>Pawg C</b>	<b>Tus Cai Siv Tsawg Kawg Nkaus rau Pawg C</b>
<ul style="list-style-type: none"> <li>• Ncuav pob kws</li> <li>• Pob kws muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust ntsim (piv txwv li. zaub pot-pie or quiche)</li> <li>• Waffles</li> </ul>	<p>2 puas = 62 gm lossis 2.2 oz</p> <p>1 puas = 31 gm lossis 1.1 oz</p>

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<b>Pawg D</b>	<b>Tus Cai Siv Tsawg Kawg Nkaus rau Pawg D</b>
<ul style="list-style-type: none"> <li>• Muffins (tag huv sis, tshwj tsis yog pob kws)</li> </ul>	2 puas = 100 gm lossis 3.6 oz  1 puas = 50 gm lossis 1.8 oz
<b>Pawg E</b>	<b>Tus Cai Siv Tsawg Kawg Nkaus rau Pawg E</b>
<ul style="list-style-type: none"> <li>• Mov ci kib Fabkis</li> </ul>	2 puas = 126 gm lossis 4.4 oz  1 puas = 63 gm lossis 2.2 oz
<b>Pawg F</b>	<b>Tus Cai Siv Tsawg Kawg Nkaus rau Pawg F</b>
<ul style="list-style-type: none"> <li>• Barley</li> <li>• Zaub mov puas tshais (siav) *</li> <li>• Bulgur or cracked wheat</li> <li>• Macaroni (txhua hom)</li> <li>• Fawm (txhua yam)</li> <li>• Pasta (txhua hom)</li> <li>• Ravioli (fawm xwb)</li> <li>• Mov (xim dawb lossis kasfes zoo dua)</li> </ul>	2 puas = 1 khob siav lossis 50 gm (1.8 oz) qhuav  1 puas = ½ khob siav lossis 25 gm (0.9 oz) qhuav
<b>Pawg G</b>	<b>Tus Cai Siv Tsawg Kawg Nkaus rau Pawg G</b>
<ul style="list-style-type: none"> <li>• Npaj tau noj zaub mov puas tshais (qhuav txias)*</li> </ul>	2 puas = 1½ khob lossis 2 oz, seb qhov twg tsawg dua 1 puas = ¾ khob lossis 1 oz, seb qhov twg tsawg dua

\* Zaub mov puas tshais, muaj xws li npaj-tos-noj, thiab zaub mov yam sai lossis kub ib txwm:  
 Yuav tsum muaj piam thaj tsis ntau tshaj **6 nkaslas** nyob rau ib ooj qhuav  
 Yuav tsum yog tag nrho-muaj mov nplej zoo lossis txhim kho  
 Uas yog kab li kev cai mas yuav npaj noj rau puas tshais tab sis yuav npaj rau lwm puas noj haus uas tsis yog puas tshais

### Khood qab zib-nplej – TSIS MUAJ TXIAJ NTSIM NYOB RAU CACFP

*Khood qab zib-nplej ua hauv tsev uas los ntawm muaj tag nrho-nplej thiab/lossis muaj piam thaj thiab roj tsawg tsis muaj txiaj ntsim Cov koom zoo xwslis cov muaj teev nyob nov tab sis sib txawv lub npe (xwslis puas tshais kheej, puas tshais pluav) los tsis muaj txiaj ntsim*

Cov Brownies	Mov ci qhiav
Biscotti qab zib thiab pob kws uas los ntawm txiv hmab-ntoo, icing, thiab lwm yam.	Pie crusts qab zib, cov cobblers, lwm yam txiv hmab-ntoo
Ncuav qab zib, suav nrog ncuav qab zib kasfes thiab ncuav qab zib khob	Txheej mov Ci qab zib & mov kua dis
Bars zaub mov, bars puas tshais, granola bars	Fawm kauv qab zib, suav nrog cinnamon kauv
Cov cookies, suav nrog vanilla wafers	Toaster pastries
Doughnuts	