Daim Ntawv Teev Npe Cov Khoom Noj Sib Xyaw

Siv daim ntawv teev npe thaum txiav txim siab seb cov khoom noj puas yog cov ua ntsiav tag nrho zoo los ntawm Txoj Cai ntawm Peb.Txhawm rau kom ua tau raws li Txoj Cai Peb, thawj cov khoom noj sib xyaw (los sis thib ob tom qab rau dej) yuav tsum yog cov ua ntsiav tag nrho, thiab ob qho khoom xyaw tom ntej, yog tias muaj, yuav tsum yog cov ua ntsiav tag nrho, ua kom muaj txiaj ntsig zoo, cov xua los sis, los sis npluag.Thawj peb cov khoom noj sib xyaw tsis tuaj yeem yog cov ua ntsiav/ua hmoov uas muaj txiaj ntsig siab.Cov qoob loo cog thiab cov khoom noj sib xyaw uas tau teev tseg tom qab "muaj 2% los sis tsawg dua" nqe lus yuav tsum muab pov tseg.

Tag Nrho Cov Khoom Noj Sib Xyaw Ua ntsiav

Yuav tsum yog thawj cov sib xyaw, los sis tom qab rau dej.Tej zaum yuav yog cov khoom noj ua ntsiav sib xyaw thib ob thiab/los sis thib peb.

- Amaranth
- Amaranth Hloov Txhuv
- Bromated tag nrho cov hmoov pob kws
- Mov basmati xim av
- Mov jasmine xim q
- Mov xim av
- Hmoov txhuav xim av
- Noob taum
- Hmoov noob taum
- Noob txiv laum huab xeeb
- Taum zom
- Hmoov taum
- Pob kws masa
- Hmoov pob kws masa
- Pob kws treated nrig ib txoj kab
- Luam huab xeeb zom
- Pob kws zom
- Hmoov taum zom mos
- Txhuv barley
- Txhuv-barley ua hmoov
- Emmer (tag nrho cov farro)
- Hmoov pob kws
- Taum zom qhuav
- Hmoov pob kws zom qhuav
- Hmoov taum ntub dej
- Hmoov pob kws nrog kab ntawm txiv qaub
- Av pob kws kho nrog txiv qaub
- Hominy
- Cov hmoov nplaum
- Mov oatmeal
- Mov Masa harina
- Khoob poob
- Khaub poob hauv av
- Pob kws Nixtamalized
- Pob kws Nixtamalized hauv av/khoom noj
- Mov Oats
- Mov Oatmeal (laus-fashioned, ceev ua noj, steel txiav thiab tam sim ntawv)
- Mov Oat groats
- Mov Oat ua hmoov
- Paj Pob Kws
- Mov oats ua sai
- Quinoa
- Mov Rolled oats
- Txhuv Rye berries
- Txhuv Rye flakes
- Txhuv Rye groats
- Txhuv nplaum
- Sorgham ua hmoov
- Txhuv Spelt berries
- Txhuv Sprouted xim av
- Cov Kaus Zaub
- Kaus taum
- Kaus laum huab xeeb
- Pob kws tuaj kaus
- Kaus taum daj
- Kaus taum Sprouted whole rye
- Kaus Sprouted whole wheat
- Mov Steel cut oats
- Nplej tshiab
- Teff ua hmoov
- Nplej Triticale
- Nplej Triticale ua hmoov
- Wheat berries zom
- Wheat groats zom
- Tag nrho cov hmoov pob kws dawb
- Tag nrho cov barley
- Tag nrho cov barley flakes
- Tag nrho cov buckwheat ua hmoov
- Tag nrho cov pob kws
- Tag nrho cov pob kws ua hmoov
- Pluas mov tag nrho cov pob kws
- Tag nrho cov ua hmoov
- Tag nrho cov pob kws durum ua hmoov
- Tag nrho cov einkorn
- Tag nrho cov einkorn berries
- Tag nrho cov txhuv barley
- Tag nrho cov mov txhuv xim av
- Tag nrho cov pob kws ua ntsiav
- Tag nrho cov ntsiav kws ua hmoov
- Pluas mov tag nrho cov pob kws ua ntsiav
- Tag nrho cov ua ntsiav einkorn ua hmoov
- Tag nrho cov grits ua ntsiav
- Tag nrho cov pob kws Khorasan ua ntsiav
- Tag nrho cov pob kws Khorasan
- Tag nrho cov ntsiav mov oat ua hmoov
- Cov noob pob kws ua ntsiav muag
- Tag nrho cov grain spelt ua hmoov
- Tag nrho cov grain pob kws
- Tag nrho cov pob kws grain flakes
- Tag nrho cov pob kws grain ua hmoov
- Tag nrho cov mov oat ua hmoov
- Tag nrho cov mov oats
- Tag nrho cov rye
- Tag nrho cov rye flour
- Tag nrho cov rye flakes
- Tag nrho cov spelt
- Tag nrho cov pob kws flakes
- Tag nrho cov pob kws zom ua hmoov
- Tag nrho cov pob kws dawb
- Tag nrho cov pob kws dawb ua hmoov
- Nplej hav zoov
- Nplej hav zoov ua hmoov

Nixtamalized Cov Khoom Noj Pob Kws Sib Xyaw

Cov khoom xyaw pob kws uas yog nixtamalized yog suav tias yog tag nrho cov ua ntsiav.Cov khoom xyaw no tuaj yeem raug txheeb xyuas hauv cov npe khoom xyaw xws li:

- Ua xyaw nrog cov qaub
- Ua xyaw nrog cov dej qaub
- Dej kua qaub
- Qaub
- Qaub/Calcium Hydroxide
- Trace ntawm cov qaub
- Kho nrog cov kua qaub
- Kho nrog cov qaub

Ntxiv rau cov khoom noj sib xyaw uas tau teev tseg saum toj no, yog tias cov khoom xyaw muaj "tag nrho" nyob rau hauv pem hauv ntej ntawm nws, ces yog tag nrho cov khoom sib xyaw.

Cov Khoom Noj Ua Ntsiav Sib Xyaw Muaj Txiaj Ntsig Zoo

Tej zaum yuav yog cov khoom noj ua ntsiav sib xyaw thib ob thiab/los sis thib peb.

- Cov khoom noj ua hmoov muaj txiaj ntsig zoo
- Cov hmoov pob kws muaj txiaj ntsig zoo
- Pluas mov hmoov pob kws muaj txiaj ntsig zoo
- Cov durum hmoov txhuv muaj txiaj ntsig zoo
- Cov durum hmoov pob kws muaj txiaj ntsig zoo
- Cov fafina muaj txiaj ntsig zoo
- Cov grits muaj txiaj ntsig zoo
- Cov mov muaj txiaj ntsig zoo
- Cov mov hmoov muaj txiaj ntsig zoo
- Cov rye hmoov muaj txiaj ntsig zoo
- Cov pob kws muaj txiaj ntsig zoo
- Cov pob kws dawb muaj txiaj ntsig zoo
- Lwm cov noob uas muaj lo lus "muaj txiaj ntsig zoo" nyob tom hauv ntej nws

Ntxiv rau cov khoom noj sib xyaw uas tau teev tseg nyob rau sab laug:

- **Thaum cov khoom noj muaj txiaj ntsig (niacin, hlau, riboflavin, folic acid, thiamin) tshwm nyob rau hauv qhov kawg ntawm cov khoom xyaw, cais los ntawm cov hmoov txhuv, tag nrho cov khoom noj muaj txiaj ntsig zoo.**
- **Thaum cov khoom noj muaj txiaj ntsig zoo (niacin, hlau, riboflavin, folic acid, thiamin) tshwm tom qab cov ua ntsiav los yog ua hmoov, cov ua n tsiav los yog ua hmoov muaj txiaj ntsig zoo.**

Cov Khoom Noj Ua Hmoov los sis Ua Kaus Sib Xyu

Tej zaum yuav yog cov khoom noj ua ntsiav sib xyaw thib ob thiab/los sis thib peb.

- Pob kws ua kaus
- Cov npluag txhuv oat
- Hmoov txhuv
- Rye ua kaus
- Pob kws hmoov
- Kaus pob kws

Cov Khoom Noj Ua Hmoov thiab Hauv Qav Uas Tsis-Ntseeg Siab Tau

Tsis tuaj yeem yog ib qho ntawm thawj peb cov khoom sib xyaw.

- Mov Barley
- Mov Barley flakes
- Mov Barley ua hmoov
- Mov Barley grits
- Mov Barley malt
- Mov Basmati
- Noob Taum/hmoov taum (xws li khoom noj yog taum, lentil, thiab lwm yam)
- Ncua flour
- Hmoov Bromated
- Pob kws
- Pob kws fiber
- Pob kws ua hmoov
- Pob kws grits
- Pluas noj pob kws
- Cov pob kws tshiab ua hmoov
- Pob kws Degermed
- Pluas mov Degerminated
- Durum ua hmoov
- Durum grits
- Durum mov pob kws ua hmoov
- Farina
- Ua hmoov
- Grits
- Pob kws Ground
- Mov Jasmine
- Mov Malted barley
- Mov Malted barley ua hmoov
- Laum haub xeeb los yog noob ua hmoov (txhua hom)
- Mov Oat fiber
- Moc Pearl(ed) barley
- Mov Phosphate ua hmoov
- Mov Pot barley
- Qos yaj ywm ua hmoov
- Mov ua hmoov
- Rye
- Rye ua hmoov
- Mov Scotch barley
- Cov hmoov ua hmoov
- Hmoov pob kws ua hmoov
- Semolina
- Taum ua hmoov
- Pob kws zom zeb
- Ncuav pob kws zom zeb
- Tapioca ua hmoov
- Unbleached ua hmoov
- Zaub ua hmoov (txhua hom)
- Mov pob kws
- Mov pob kws ua hmoov
- Pob kws dawb ua hmoov
- Pob Kws Daj ua hmoov
- Pob kws daj

Cov Khoom Cog Ua Ntsiav

Tsis txhob suav ua cov khoom noj sib xyaw; tsis txhob quav ntsej txog cov no. Kos rau cov no thaum ua Txoj Cai Peb.

- Cov Cellulose fiber
- Pob kws dextrin
- Pob kws starch
- Tau hloov kho cov khoom noj starch
- Qos yaj ywm starch
- Mov starch
- Mov Tapioca starch
- Mov pob kws dextrin
- Pob kws gluten
- Mov pob kws starch

Cov Khoom Noj Sib Xyaw Ua Hmoov Yog Dab Tsi?

Noj nrog flour cov hmoov ua cov khoom noj sib xyaw.Cov pluag ua hmoov sib xyaw yog thaum cov khoom ua ntsiav/ua hmoov tau teev nrog lub voj voos ntawm nws thiab hauv lub voj voos yog cov npe ntawm ntau cov khoom noj sib xyaw.

- ✓ Yog tias cov hmoov yog thawj cov khoom noj sib xyaw, tag nrho cov khoom xyaw hauv cov ua hmoov yuav tsum puav leej yog cov ua ntsiav/ua hmoov ib yam nkaus.
- ✓ Yog tias cov hmoov sib xyaw yog cov khoom xyaw thib ob los sis thib peb, tag nrho cov khoom xyaw hauv cov ua hmoov yuav tsum yog cov ua ntsiav/ua hmoov, ntxiv cov ua ntsiav/ua hmoov, cov ua ntsiav, thiab/los sis cov tuaj kaus; cov vitamins thiab minerals raug tso cai.
- ✓ Yog tias cov npluag ua hmoov suav nrog ib cov tsis yog ua hmoov sib xyaw/cov ua hmoov uas tsis muaj txiaj ntsig zoo, cov npluag ua hmoov yog cov ua ntsiav uas tsis muaj txiaj ntsig zoo.