

# CACFP Txog Cai Qhia Txog Zaub Mov—Me Nyuam (Hnub Nyug 1 txog 12)<sup>i</sup>

Cov zaub mov yuav tsum tsawg tshaj muaj ib qhov rau txhua qhov thiaj li txais tau kev pab. Qhov ntau thiab tsawg yuav tsum tau qho tseem yog zaub mov/haus npaj los npaj noj rau daim ntawv no.

	Hnub Nyug 1 & 2	Hnub Nyug 3, 4, & 5	Hnub Nyug 6 mus txog 12 <sup>i</sup>
<b>PLUAG TSHAIS</b>			
1. Mis, Qua <sup>j</sup>	1/2 khob	3/4 khob	1 khob
2. Kua txiv, <sup>a</sup> txiv hmab txiv ntoo	1/4 khob	1/2 khob	1/2 khob
los yog zaub losyog txiv hmab txiv ntoo losyog zaub			
	1/4 khob	1/2 khob	1/2 khob
3. Noob/Nplem: <sup>b</sup>			
Nplem	1/2 daim	1/2 daim	1 daim
Nplem pob kws, nplem, fawmkauv, khobnoom qabzib, lwmyam <sup>b</sup>	1/2 muab	1/2 muab	1 muab
Qhaub Noom:			
Txais qhua	1/4 khob los yog 1/3 oz <sup>c</sup>	1/3 khob los yog 1/2 oz <sup>c</sup>	3/4 khob los yog 1 oz <sup>c</sup>
Ua mov kub	1/4 khob tag nrho	1/4 khob	1/2 khob
kub pasta siab losyog lwmyam	1/4 khob	1/4 khob	1/2 khob
<b>PLUAS SU LOS YOG NOJ HMO</b>			
1. Mis, Kua <sup>j</sup>	1/2 khob	3/4 khob	1 khob
2. Nqaij/Nqaij lwmyam:			
Nqaij, tu tsiaj txhu, ntse, cheese	1 oz	1+1/2 oz	2 oz
Lwm yam khoom muaj protein <sup>g</sup>	1 oz	1+1/2 oz	2 oz
Yogurt, qab los tsis qab, qab los tsis qab	4 oz los yog 1/2 khob	6 oz los yog 3/4 khob	8 oz los yog 1 khob
Qe	1/2 qe	3/4 qe	1 qe
Noob qhuav los tsis qhuav	1/4 khob	3/8 khob	1/2 khob
Noob laum huab xeeb zom mos	2 Tbsp.	3 Tbsp.	4 Tbsp.
	1/2 oz = 50% <sup>d</sup>	3/4 oz = 50% <sup>d</sup>	1 oz = 50% <sup>d</sup>
3. Zaub los/los yog txiv hmab txiv ntoo <sup>e</sup> (ob zaug)	1/4 khob tag nrho	1/2 khob tag nrho	3/4 khob tag nrho
4. Noob/Nplem: <sup>b</sup>			
Nplem	1/2 daim	1/2 daim	1 daim
Nplem pob kws, biscuits, rolls, muffins, etc <sup>b</sup>	1/2 muab	1/2 muab	1 muab
Qhaub Noom	1/4 khob tag nrho	1/4 khob tag nrho	1/2 khob tag nrho
Txais qhua kub	1/4 khob los yog 1/3 oz <sup>c</sup>	1/3 khob los yog 1/2 oz <sup>c</sup>	3/4 khob los yog 1 oz <sup>c</sup>
pasta siab losyog lwmyam	1/4 khob	1/4 khob	1/2 khob
<b>Khoom Txom Ncauj</b>			
Xaiv ob qhov ntawm cov no:			
1. Mis, kua <sup>j</sup>	1/2 khob	1/2 khob	1 khob
2. Kua txiv, <sup>a</sup> los yog txiv hmab txiv ntoo los yog zaub	1/2 khob	1/2 khob	3/4 khob
	1/2 khob	1/2 khob	3/4 khob
3. Noob/nplem: <sup>b</sup>			
Nplem	1/2 daim	1/2 daim	1 daim
Nplem pob kws, biscuits, rolls, muffins, etc <sup>b</sup>	1/2 muab	1/2 muab	1 muab
Qhaub Noom:			
Txais qhua	1/4 khob los yog 1/3 oz <sup>c</sup>	1/3 khob los yog 1/2 oz <sup>c</sup>	3/4 khob los yog 1 oz <sup>c</sup>
kub Nqaij	1/4 khob	1/4 khob	1/2 khob
4. Siab/Nqaij Lwm			
Yam, Nqaij, tu tsiaj txhu, ntse, cheese	1/2 oz	1/2 oz	1 oz
Lwm yam khoom muaj protein <sup>g</sup>	1/2 oz	1/2 oz	1 oz
Qe, Loj <sup>h</sup>	1/2 qe	1/2 qe	1/2 qe
Noob qhuav los tsis qhuav	1/8 khob	1/8 khob	1/4 khob
Noob laum huab xeeb zom mos	1 Tbsp.	1 Tbsp.	2 Tbsp.
Yogurt, qab los tsis qab	1/2 oz	1/2 oz	1 oz
	2 oz los yog 1/4 khob	2 oz los yog 1/4 khob	4 oz los yog 1/2 khob

a Yuav tsum muaj kua txiv hmab txiv ntoo thiab zaub.

b Nplem, pasta los yog mij lwmyam, thiab qhaub noom noob yuav tsum muaj nplem pob kws, nplem, fawm kauv, khob noom qab zib, lwmyam, yuav tsum ua los ntawm nplej tshab los yog hmoov nplej.

c Tsis hais yuav yeem qhov ntau tsawg ua (khob) los yog hanyav ua (oz), qhov twg thiaj me.

d Tsis pub tshaj 50% los ntawm txoj cai nrog noob. Cpv noob nyob tsoob ntoo yuav tsum nrog lwmyam nqaij/nqaij lwmyam thiaj ua raws txoj cai. Qhov yuav txiav txim, 1 oz. los ntawm cov noob yuav tsum zoo ib yam 1 oz. los ntawm cov nqaij, tu tsiaj txhu los yog ntse.

e Muab 2 los yog ntau dua cov zaub thiab/los yog txiv hmab txiv ntoo. Cov kua txiv thiab kua zaub yuav tsum muab sua tsis pub ntau tshaj ib nrab ntawm txoj cai.

f Txhob siv kua txiv.

g Lwm yam protein siv tau nrog lwmyam nqaij raws li txoj cai

h Ib nrab qe yuav tsum muaj raws li txoj cai (ib-ounce los yog tsawg zog) ntawm cov nqaij.

i Hnub nyug 13 txog 18 yuav tsum noj tsawg los yog ntau dua cov hais rau hnub nyug 6 txog 12.

j Cov kua mis yuav tsum yog txhob rog(skim) los yog kua mis tsawg.

**OVER**

## Lwm Yam Khoom Muaj Protein

A. Puas muaj lwm yam xyuas hasi txog cov protein nyob hauv lub tsev zov me nyuam thiab neeg laus?

1. Muaj ib qhov protein nyob nrog cov nqaij tau tso cai los ntawm Sec. 226.20 yuav tsum ua raws li tau hais
2. Muaj ib qhov protein nrog cov nqaij los yog lwm yam yuav tsum rau raws li txoj cai:
  - a. Lwm qhov protein yuav tsum muab tshem ib nrab thiab li yuav zoo. Lwm qhov protein yuav tsum zoo thiab yeej tau kuaj los ntawm tsiaj thiab lwm yam.
  - b. Qhov biological ntawm qhov protein nyob nrog yam khoom muaj protein yuav tsum yog 80 percent txiav txim los ntawm Protein Digestibility Corrected Amino Acid Score (PDCAAS).
  - c. Lwm qhov protein yuav tsum yog 18 percent protein ntawm qhov hnyav thaum tsis tau haus dej tsaus los yog hmoov. ("Thaum qhuab los sis tsim qauv" hais txog cov khoom noj qhuav los sawv cev tam protein thiab cov dej, rog, roj, kob, khoom qab zib lossis lwm yam khoom ua tau txhab ntxiv rau).
  - d. Haus dej tsaus los yog hmoov" hais txog cov protein qhuab thiab dej ntau npaum li cas.
  - e. Chaw ua hauj lwm tau xa cov khoom muaj protein rau tsev kawm ntawv tab sis yuav tsum muaj ntau ntawv qhia txog tias txais tau los ntawm qhov A,2.
  - f. Chaw ua hauj lwm yuav tsum qhia tias muaj puas tsawg percent nyob hauv cov khoom no:
    - (1) Hnyav npaum li cas yog muaj dej los tsis muaj;
    - (2) Lub qhia txog dej; thiab
    - (3) Lus qhia tias yuav muab dab tsi nrog nqaij si tob.

B. Puas muaj lwm yam txog protein nyob hauv lub tsev zov me nyuam thiab neeg laus?

1. Tsev kawm ntau thiab lwm yam chaw yuav tsum siv tau cov khoom muaj protein nrog rau cov nqaij piav los ntawm Sec. 226.20.
2. Cov no yog cov qhia txog:
  - a. Lwm yam protein siv tau ua kev los nyob ib leeg nrog rau cov khoom noj. Xws li cov khoom no yog nqaij nyuj, nqaij nyuj mos, nqaij nyuj, pizza, nqaij loaf, nqaij cov kua, nyob ua ke nrog taco, burritos, thiab tuna xalas.
  - b. Lwm yam protein yuav tsum siv tsis txhob pub ntub dej. Qhov protein no yuav tsum yog tsis pub tsawg tshaj 18 percent protein los ntawm qhov hnyav los tsis hnyav.

C. Yuav siv cov khoom no li cas nyob hauv tsev zov me nyuam thiab neeg laus?

Tsev kawm thiab lwm qhov siv tau cov khoom muaj protein los yog siv qhia txog ib yam ua muaj cov khoom protein.