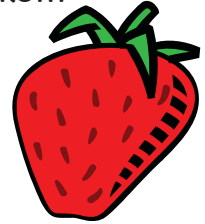


Kev Noj Qab Nyob Zoo Tseem Ceeb!

Khoom noj yog ib yam uas nws tseem ceeb heev rau peb lub cev. Cov khoom noj uas tseem ceeb yuav pab tau rau peb lub cev thiab cov hniav. Yuav pab kom lub cev muaj zog. Kuv tseeg tias yog nej cov me nyuam nqa cov khoom noj uas tseem ceeb txhua hnuv yuav pab kom lawv txoj kev kawm mus tau zoo. Vim thaum txog lub caij noj cov me nyuam lawv yeej tshaib plab lawm thiab tsim nyog lub cev yuav tau txais tej khoom noj koj tsim nyog thiab tseem ceeb.

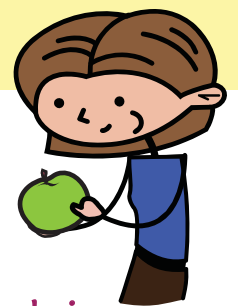


Thov TXHOB xa los yog muab cov khoom noj uas nws tsis zoo thiab tsis tsim nyog rau lub cev rau koj tus me nyuam nqa tuaj, xws li (cookies, chip, donuts, los yog khob noom qab zib). Vim noj tej yam zoo li no, yuav ua rau tus me nyuam tshaib plab sai thiab yuav ua rau cov ntshav qab zib nce thiab nqis ceev heev. Yuav ua rau tus me nyuam tshaib plab thiab nkees sai heev.

Khoom Txom Ncauj Zoo Noj Yog:

- Crackers
- String cheese
- Cottage cheese
- Turkey sandwich
- Turkey stick
- Pretzels
- Nuts*
- Sunflower seeds
- Dry cereal (*less than 12 grams of sugar*)
- Hard-boiled egg
- Low-fat yogurt
- Popcorn
- Trail mix*
- Raisins
- Vegetables (*carrots, peppers, cherry tomatoes, etc.*)
- Peanut butter* (*in sandwiches, or spread on celery, crackers, or apple slices*)
- Corn tortillas or sopes
- Pico de gallo
- Salsa
- Bean and cheese burrito
- Veggie enchilada
- Corn tortilla with low-fat mozzarella
- Fruit (*apple, orange, melon, pear, peach, berries, banana, grapes, mango, and avocado*)

* Thov nej pab saib thiab vim muaj tej yam zaub mov uas raug txwv xws li [txiv laum huab xeeb] vim tej yam no yuav ua rau cov me nyuam hauv tsev kawm ntawv tsis haum nyob.



UA TSAUG rau qhov kev pab koom tes vim yuav ua rau kom koj tus me nyuam tau txais txoj kev noj qab nyob zoo!