

## Kuv yuav ua li cas thaum lub cev xeeb tub kom los tiv thaiv tau teeb meem los ntawm kev raug kuab txhuas?

- Qhia rau koj tus kws kho mob yog tias koj ua haujlwm nrog lossis nyob ib ncig ze ntawm thawj chaw uas muaj kuab txhuas
- Tsis txhob npaj los yog noj zaub mov uas yog siv cov twj tais ntim lossis cov tais av, los yog cov khob aiv tsim los ntawm txhuas
- Tham nrog koj tus kws kho mob yog tias koj noj tej yam tshuaj los yog cov tshuaj vitamin. Muaj hmoov txhuas nyob hauv qee yam tshuaj ntsuab thiab tshuaj pab
- Khiav tawm kom deb ntawm thaj chaw ua haujlwm tsim kho lossis kho vaj tse dua tshiab rau tej lub tsev uas tau tsim ua ntej xyoo 1978
- Qhia rau koj tus kws kho mob txog tej yam khoom uas tsis yog khoom noj uas koj tab tom noj, xws li av lossis av nplaum
- Kom txhua tus neeg hauv tsev uas muaj kev raug kuab txhuas los ntawm kev ua si lossis kev ua haujlwm:
  - Da dej tom qab ua haujlwm nrog kuab txhuas
  - Cais tawm cov khaub ncaws tsis txhob ntxuav ua ke nrog lwm tus neeg hauv tsev cov

## COV CHAW MUAB KEV PAUB NTAU NTXIV

### Women, Infants and Children (WIC):

<http://www.health.state.mn.us/divs/f>

[h/wic/index.html](http://www.health.state.mn.us/divs/fh/wic/index.html)

### Lub Koom Haum Environmental Protection Agency Txoj Cai Tswj Kev Tsim Kho Tshiab,

#### Kho thiab Kev Zas Xim:

<https://cfpub.epa.gov/flpp/pub/index>

[cfm?do=main.firmSearch](https://cfpub.epa.gov/flpp/pub/index.cfm?do=main.firmSearch)

### Minnesota Occupational Safety & Health:

<http://www.dli.mn.gov/MnOsha.asp>

Yog xav paub ntxiv txog kuab txhuas, mus

xyuas hauv [MDH lub website:](#)

[www.health.state.mn.us/lead](http://www.health.state.mn.us/lead) lossis hu rau 651-

201-4620

lossis 1-800-657-3908

Minnesota Department of Health Health

Risk Intervention Unit P.O. Box 64975

St. Paul, MN 55164-0975

*Yog xav tau cov ntaub ntawv no ua lwm hom ntawv, hu rau 651-201-4620. Sau rau ntawm daim ntawv rov siv dua tshiab uas muaj qhov khib nyiab tom qab neeg siv khoom tas 30%.*

*Kev pab nyiaj rau qhov num no yog tau muaj los ntawm lub Centers for Disease Control and Prevention (Chaw Tswj Xyuas thiab Tiv Thaiv Kab MOB), Grant #5UE1EH001268-02.*

# Kev Raug Kuab Txhuas thaum lub Cev Xeeb Tub thiab thaum Tseem Pub Niam Mis

SAIB KOJ TUS ME NYUAM KOM NYAB XEEB



## **Kuab txhuas yog tshuaj lom. Nws tuaj yeem tsim kev puas tsuaj rau koj thiab koj tus me nyuam hauv plab.**

Yog muaj kuab txhuas ntau heev nyob hauv koj lub cev, nws tuaj yeem:

- Ua rau koj pheed hmoov nchuav nyuam
- Ua rau muaj cov ntshav siab nyob hauv cov poj niam cev xeeb tub
- Ua rau koj tus me nyuam yug ua ntej txwm hli lossis yug los me quav heev
- Ua mob rau koj tus me nyuam lub paj hlwb, lub raum thiab lub hlwb
- Ua rau koj tus me nyuam muaj teeb meem rau fab kev kawm tau ntawv los yog kev coj cwj pwm

## **Kuv puas yuav tsum tau kuaj seb puas muaj kuab txhuas nyob hauv kuv lub cev?**

Tsis muaj cov cim lossis cov tsos mob los ntawm kev raug kuab txhuas mus txog ntua thaum koj twb mob heev lawm ces mam paub. Yog tias tej zaum koj tau raug kuab txhuas lawm, mus kuaj koj cov ntshav tim:

- Koj lub tsev kuaj mob (ua ib feem ntawm koj qhov kev kuaj lub cev xeeb tub), LOS SIS
- Tiv tauj koj lub chaw ua haujlwm txog kev nyo qab haus huv hauv zos rau cov lus qhia txog cov kev pabcuam.

## **Cov kuab txhuas yuav nkag mus rau hauv kuv lub cev tau li cas?**

Kuab txhuas nkag rau koj lub cev thaum koj nqus cov pa los yog hmoov kuab txhuas, los yog nqus ib yam dab tsi uas muaj kuab txhuas nyob hauv. Qee zaum koj yuav kom kuab txhuas nyob rau hauv chaw ua haujlwm los yog hauv qhov chaw ua hauj lwm ub no uas tau siv kuab txhuas ua. Qee cov piv txwv muaj xws li:

- Hloov kho thiab tsim kho vaj tse
- Kev tsim khoom lossis kev muab khoom rov los siv dua uas muaj toj taug txhuas nyob rau hauv
- Ua cov iav xim los yog cov saw nyiaj saw kub uas muaj cov hmoov txhuas xyaw
- Siv sij hawm nyob ntev rau thawm qhov chaw tua phom los yog ntim cov mos txwv phom suab/phom lov duav

## **Kuv yuav ua li cas yog tias kuv lub tsev tab tom raug kho dua tshiab lossis tsim kho?**

- Rau cov tsev ua tau tsim ua ntej xyoo 1978, kev kho vaj tse xws li kev txhuam los yog kuam cov xim tsev yuav ua rau muaj cov hmoov txhuas phom sij heev. Cov poj niam cev xeeb tub yuav tsum tawm hauv tsev mus thaum tseem tab tom ua qhov kev tsim kho.
- Nco ntsoov xyuas kom paub tseeb tias tus neeg kho tsev no siv cov kev coj ua muaj kev nyab xeeb thaum muaj kuab txhuas.
- Yog cog lus ntiav ib tug neeg ua haujlwm, kom ntiav lub tuam txhab uas muaj ntawv pov thawj kev nyab xeeb-thaum muaj kuab txhuas.

## **Yam khoom noj dab tsi pab tiv thaiv kev ua teeb meem los ntawm kuab txhuas tau?**

Cov khoom noj no tuaj yeem tiv thaiv tau koj thiab koj tus me nyuam hauv plab:

- **Calcium (tshuaj ntxiv pob txha)** yog muaj nyob rau hauv cov mis nyuj, mis nyuj qaub (yogurt), mis nyuj khov (cheese) thiab cov zaub nplooj ntsuab xws li zaub ntsuab spinach.
- **Iron (tshuaj ntxiv hlau)** yog muaj nyob rau hauv cov nqaij ntshiv, taum, cereals thiab zaub ntsuab spinach.
- **Vitamin C** yog muaj nyob hauv cov txiv kab ntxwv, cov kua txob liab thiab kua txob ntsuab, zaub paj ntsuab (broccoli), lws zuav thiab kua txiv hmab txiv ntoo.

*Cov poj niam uas tau raws li cov nyiaj tau cov kev cai tej zaum yuav tsim nyog tau txais cov khoom noj muaj txiaj ntsim zoo nyob hauv qhov kev pab cuam Women, Infants, and Children (WIC) Program. Yog xav paub ntxiv, hu rau lub chaw haujlwm WIC hauv koj lub zos.*

## **Nws puas muaj kev nyab xeeb rau kev pub niam mis yog tias kuv raug tau txhuas lawm?**

Kev pub niam mis tseem tseem yog ib qho uas pom zoo rau cov poj niam feem coob ua. Yog hais tias koj tau raug qhia hais tias koj muaj cov kuab txhuas nyob hauv cov ntshav ntau heev, nrog koj tus kws kho mob tham seb yuav siv sij hawm ntau npaum li cas los txheeb xyuas cov theem kuab txhuas hauv koj tus me nyuam.