qab rog mayonnaise, ntsev, khoom kib, ka lee, sherbet, thiab dej qab zib uas koj tsev neeg noj thiab haus.
- Sim tsis txhob noj tej yam khoom uas muaj muaj roj xws li khoom qab zib pastries, cov ncuav biscuits, lossis cov ncuav muffins.

Lwm txoj kev ua kom ib pluas mov zoo noj dua rau lub cev:

- Noj cov nplej uas luag tau muab puab los ua nplev thiab ceral xws li cov nplej xim av uas luag tsis tau muab tshuaj los zawv xim tawm thiab cov mov xim av.
- Noj cov txiv hmab txiv ntoo thiab zaub uas nyuam qhuav de tshiab tshiab.
- Yuav cov txiv hmab txiv htoo uas ua ib daig me me thiab tsuas haus cov dej txiv hma txiv ntoo mentsis xwb.
- Thaum koj ua khoom noj txhob siv cov rog, cov roj, lossis cov roj qab rog butter ntau ntau.
- Siv cov roj zaub uas txuag txuag, txhob siv cov roj ua kua, cov roj shortening, cov roj qab rog butter, thiab cov roj qab rog margerine.
- Sim ci hauv qhov cub, ci ze qhov taws, muab txhiab, muab cub, lossis muab ci, kom tsis txhob muab kib.

TIV TAUJ TAU NTAWM:
riht@uscridc.org
Tebchaws Asmesliskas Lub Koos Haum Pab Cov Neeg Tawg Rog
Thiab Cov Neeg Tsiv Teb Tsaw Chaw
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Tus Xovtooj: 202 • 347 • 3507
Tus xa ntawv fax: 202 • 347 • 7177
www.refugees.org

- Siv cov nqaij uas tsis tshua muaj rog (nqaij qaib, nqaij nyuj ntshiv, lossis nqaij qaib ntxhw)
- Siv cov mis, cheese, thiab yogurt uas tsis muaj rog, lossis cov uas yog 1% xwb.

Kom paub ntxiv txog txoj kev pham pham thaum tseem yau mus saib hauv tshuab hlwb hlau hauv Internet:

American Heart Association
www.americanheart.org

The Centers for Disease Control and Prevention
www.cdc.gov

The U.S. Department of Agriculture
www.usda.gov

American Diabetes Association
www.diabetes.org

Medline Plus
www.medlineplus.gov

• • •

Cov lus qhia tseem ceeb no yog muab los ntawm ib cov ntawv uas tau raug sau los ntawm:

The U.S. Department of Agriculture

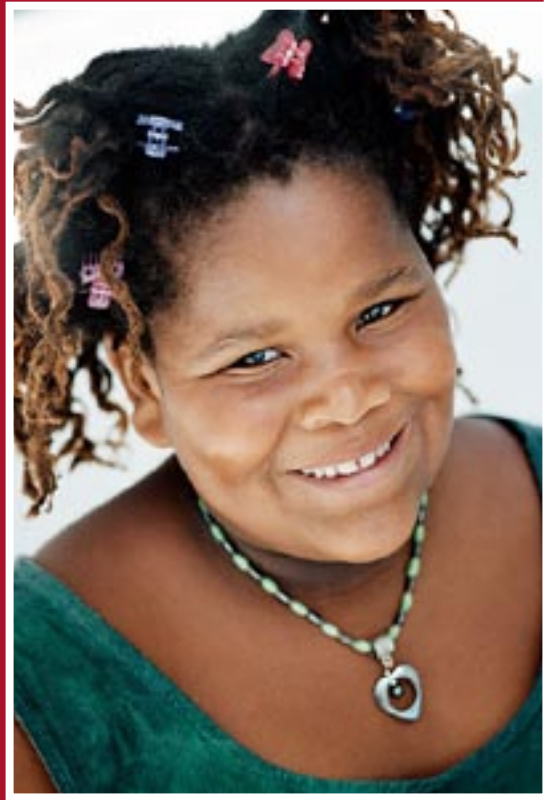
The Centers for Disease Control and Prevention (CDC)

Georgia State University, Department of Geography and Anthropology

American Heart Association

American Obesity Association

Phau ntawv qhia no tau tsim los ntawm ib cov nyiaj ntawm lub Koos Haum the Department of Health and Human Services Office of Refugee Resettlement



Pham (Rog) thaum yau (Childhood Obesity)

(Hmong)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
USCRI

www.refugees.org
Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911

NOJ QAB HAUS HUV

Txoj kev pham yog thaum ib tug neeg muaj rog ntau dhau heev lawm. Kev pham ntawm cov menyuam thiab cov hluas yog ib qho teebmeem loj heev. Kev pham muaj cuab kav ua rau ib tug neeg muaj mob mus tag ib sim neej. Kev pham thaum yau muaj cuab kav ua rau ib tug neeg muaj ntshav siab, ua kom leeg paj hlwb tu (mob stroke), los yog ua kom lub plawv nres.

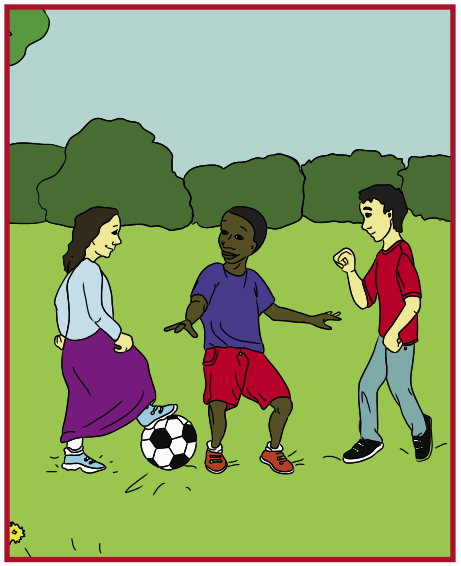
YOG VIM LI CAS COV MENYUAM THIAJ LI PHAM LOSSIS ROG THAUM YAU?

Tej yam uas ua kom cov menyuam pham yog:

- Khiav thiab dhia exercise tsis txaus
- Pheej nyob dawb (xws li pheej saib TV xwb)
- Pheej noj tej yam khoom uas tsis zoo rau lub cev
- Tej niam thiab txiv pheej yuam cov menyuam kom noj mov ntau dhau lawm

KOJ YUAV PAB TAU KOJ TUS MENYUAM KOM NWS TSIS TXHOB PHAM PHAM LI CAS?

Qhia koj tus menyuam txog txoj kev noj tej yam uas zoo rau lub cev thiab qhia kom nws mus khiav thiab dhia exercise thaum nws tseem hluas. Muab txoj kev noj tej yam zoo rau lub cev thiab txoj kev khiav thiab dhia exercise los



ua ib qho tseem ceeb nyob rau hauv koj tsev neeg. Tej txog kev uas yuav pab txhawb nqa lub tswv yim kom noj zoo mov rau lub cev, kev coj lub neej kom txhob nyob dawb, muaj raws li nram qab no.

Nyob rau tej qho chaws uas yuav tsis ua kom kom nyob dawb xwb:

- Nrhiav ib lub sijhawm rau koj tsev neeg kom sawvdaws los sib koom khiav thiab ua si ua ke, xws li mus taug kev, ncaws npas ua ke (los yog pov lub football), lossis mus seev cev ua ke.
- Cia koj cov menyuam mus dhia thiab ua si.
- Koom nrog lwm tsev neeg lossis lwm pab pawg ncaws npas, txawb npas hauv pob tawb, lossis ua si tag.
- Txib kom sawvdaws hauv koj tsev neeg nyias muaj nyias haujlwm xws li cheb tsev lossis txiav nyom.
- Txhawb kom koj tus menyuam sim ua si ib yam sport tshiab pem tsev kawm ntawv lossis hauv koj lub zej zog.
- Hais kom koj tsev neeg tsis txhob saib TV heev heev.
- Ua ib tug qauv zoo rau koj cov menyuam thaum koj kho koj lub neej kom nws pom tias koj yeej ua tej yam li no thiab kom koj thiaj li tsis nyob dawb.

Tsuas yuav cov khoom noj uas zoo rau lub cev los rau hauv lub tsev xwb:

- Tsuas ua tej pluag zoo noj kom muaj txiv hmab txiv ntoo, zaub, thiab nplej.
- Npaj pluas mov ua ke. Tej menyuam yeej zoo siab pab thiab kawm txog txoj kev ua zaub mov uas zoo noj rau hauv lub cev.
- Nrhiav tej sijhawm los noj hmo ua ke.
- Hais kom koj cov menyuam maj mam noj kom lawv lub plab thiaj li muaj sijhawm paub tias nws tsau lawm.
- Tsis txhob ua lwm yam thaum nej tabtom noj mov, xws li saib TV.

- Txhob noj tej yam uas muaj calorie ntau ntau, lossis muaj muaj roj lossis qab qab zib heev xws li qhaub noom, dej qab zib, lossis chips.
- Tsis txhob yuam kom koj cov menyuam noj yog tias nws tsis tshaib plab. Yog tias koj tus menyuam pheej tsis kam noj mov, ces coj nws mus xyuas ib tug kws kho mob.
- Tsis txhob mus noj pem khw ua mov noj tshaj ib zaug ib vas nthiv.
- Tsis txhob muab khoom noj los ua ib yam rau txim lossis ib yam khoom plig rau koj cov menyuam.
- Tsuas muab khoom qab zib mentsis xwb, tsis txhob niaj hnub muab.

Noj tej yam khoom ua zoo rau lub cev:

- Noj ntau yam khoom uas muaj txiv hmab txiv ntoo thiab zaub.
- Sim tsis txhob noj lossis noj kom tsawg dua ntawm cov khoom li nram no: chips, cookies, khoom qab zib, qhaub noom, roj qab rog butter, roj qab rog margarine, roj