

# Kev Noj Zaub Mov Los Mus Tiv Thaiv Me Nyuam Ntawm Kuab Txhuas

Kuab txhuas nkag tau rau hauv koj tus me nyuam cov roj ntsha thiab pob txha yooj yim heev. Cov zaub mov zoo muaj peem xwm los mus tiv thaiv me nyuam, tsis pub kuab txhuas nkag rau hauv cov hlab ntshav thiab pob txha. Pab koj tus me nyuam noj zaub mov zoo xws li:

- Zaub ntsuab
- Ntau yam xim txiv hmab txiv ntoo thiab zaub
- Cov mis nyuj thiab khoom noj los ntawm mis nyuj
- Cov khoom noj uas muaj protein xws li noob txiv, taum liab, taum paum, nqaij ntses, nqaij qaij thiab nqaij nyuj



Hu rau peb tus xov tooj: 651-201-4620

Yog xav paub ntxiv, mus xyuas hauv: [www.health.state.mn.us/lead](http://www.health.state.mn.us/lead)

Hmong  
8/2020

**mn**  
DEPARTMENT  
OF HEALTH



# Muab zaub mov zoo rau me nyuam noj txhua hnuab

Mis nyuj



Txiv hmab txiv ntoo



Txhuv thiab noob npleg



Zaub



Khoom noj uas muaj protein



Yog xav paub ntxiv, muaj ntaub ntawv qhia txhog  
khoom noj khoom haus thiab MyPlate ntawm:  
[www.myplate.gov](http://www.myplate.gov)