

HEALTHY KIDS COV NTAUB NTAWV QHIA KOM
PAUB TXOG COV HMOOV HLAU/TXHUAS

Metals / Cov Hlau

Vim li cas peb thiaj li ntsuas cov hmoov hlau/txhuas ntawm cov menyuam yaus?

Hlau/txhuas yeej ib txwm muaj nyob rau hauv lub ntiaj teb thiab feem ntau nrhiav pom nyob hauv dej, zaub mov thiab huab cua. Hlau/txhuas kuj siv hauv cov chaw ua hauj lwm, cov khoom neej yuav muss iv thiab siv ua liaj ua teb. Qee hom hlau/txhuas, xws li manganese thiab chromium, yog ib co khoom noj zoo rau lub cev yog tias muaj me me xwb. Yog tias cov menyuam yaus los yog cov menyuam es tab tom loj hlob chwv tau ntau heev ntawm cov hlau/txhuas no, nws kuj yuav ua rau muaj kev pom sij cuam tshuam rau kev noj qab hauv huv ntawm lub cev. Cov kev cuam tshuam no muaj xws li muaj teeb meem rau kev kawm ntawv thiab kev tswj kom tau tus cwj pwm, teem meem rau kev noj txhaum es fab rau lub cev, kev puas tsuaj rau lub plawv thiab lub raum, thiab mob khees xaws.

Muaj ntau hom hlau/txhuas. Lub chaw Healthy Kids ntsuas tsib qhov: **ARSENIC, CHROMIUM, COBALT, MANGANESE, NICKEL**

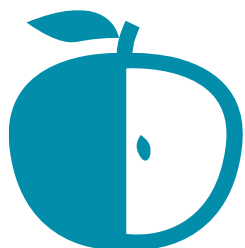
Ua li cov menyuam yaus ho nqus tau cov pa Hmoov hlau/txhuas tsis huv tau li cas ntawm Healthy Kids?

Koj yuav tiv thaiv tau lawv li cas?

YUAV UA LI CAS: Noj tej hom zaub mov

HOM HLAU/TXHUAS TWG: Tag nrho 5 hom hlau/txhuas, tshwj xeeb yogh om arsenic

QHOV KOJ YUAV UA TAU:



- Kom muaj ntau hom zaub mov rau koj tus menyuam noj kom sib npaug zos kom lawv thiaj li tsis txhob noj tib hom zaub mov txhua txhua hnuv.
- Mov yog ib yam khoom noj es muaj cov arsenic nyob rau hauv. Yog tias koj tus menyuam noj mov ntau zaus tauj ib asthiv:
 - Muab cov khoom noj kom muaj ntau hom (whold grains) xws li nplem wheat, quinoa, pob kws, thiab oats.
 - Muab cov txhuv zawv dej kom huv ua ntej muab ncu.
 - Txo kom txhob noj lwm hom mov kom ntau xws li mov brown rice syrup, ncuav rice cakes, mov rice milk, mov rice cereals, mov rice pasta.
 - Muab hom mov kom sib txawv rau noj. Qee hom mov muaj cov hlau/txhuas arsenic ntau dua.
 - Kom paub ntau dua txog arsenic thiab mov: <https://bit.ly/1QmZeEF>

- Muab ntau hom kua txiv hmab txiv ntoo rau koj tus menyuum haus, thiab xum muab dej rau haus kom thiaj li txo tau qhov haus dej qab zib. Tej co kua txiv apple, txiv pear, thiab txiv grape muaj arsenic.
- Kawm kom paub tias ntawm koj tog vaj tog tsev thaum ub lawv siv ua dabtsi ua ntej koj cog zaub noj. Mus siab ntawm qhov link nov kom paub txog tej co tswv yim: <https://bit.ly/2NvumJ9>

YUAV UA LI CAS: **Nqus cov pa luam yeeb thaum nyob ze tus neeg haus luam yeeb**

HOM HLAU/TXHUAS TWG: Tag nrho 5 hom hlau/txhuas

- QHOV KOJ YUAV UA TAU:**
- Yog tias koj haus luam yeeb, mus hauv nraum zoov los yog sab nraum lub tsheb kom deb ntawm koj tus menyuum. Nrog koj tus kws kho mob tham txog qhov es txiav luam yeej thiab nrhiav qhov kev pab kom yog es pab tau koj txiav luam yeeb kiag. Kom nrhiav tau kev pab pub dawb hu rau 888-354-7526 los yog mus saib hauv www.quitplan.com or <https://bit.ly/2VguYoy>
 - Tsis txhob mus rau tej qhov chaw es tsam koj tus menyuum nqus tau cov pa luam yeeb. Kom muaj cov ntaub ntawv qhia txog cov tsev nyob hauv lub xeev Minnesota es tsis pub haus luam yeem ces mus saib hauv <https://bit.ly/2g7H9zS>

YUAV UA LI CAS: **Dej Haus**

HOM HLA/TXHUAS TWG: Arsenic, manganese, chromium

QHOV KOJ YUAV UA TAU: Yog tias koj haus dej los ntawm cov dej xa tawm tuaj rau pej xeeb haus, xws; xws li hauv lub zos



- Koj cov dej mas yeej raug kuaj tas mus li thiab tua kom txhob muaj cov hlau/txhuas arsenic thiab chromium kom cov dej thiaj li zoo siv raws li U.S. Environmental Protection Agency standards.
- Qee cov dej rau cov pej xeeb siv yeej raug kuaj seb puas muaj cov hlau/txhuas manganese, tabsis tsis tas kom yuav tsum kuaj los tau. Lub xeev Minnesota muaj cov kev cob qhia kom paub txog cov hlau/txhuas manganese nyob hauv cov dej haus. Kawm kom paub ntau dua: <https://bit.ly/2T3U65c>
- Kuaj kom paub tias cov dej nyob ib puag ncig ntawm koj nyob zoo li cas: <https://bit.ly/2T3U65c>

Yog tias koj tau dej haus los ntawm ib lub qhov dej es koj khawb ntawm koj ntiag tug

- Lub tuam tsev MDH xav qhia kom kuaj cov dej hauv lub qhov dej txog tsib hom es tsuas rau cov dej, nrog rau hom manganese (ua ntej muab cov dej rau ib tug menyuum mos liab haus) thiab hom arsenic: <https://bit.ly/2TgoSau>. Tiv tauj ib tug kws es paub txog kev kuaj dej los yog nug koj lub zos county seb lawv puas muaj neeg kuaj dej: <https://bit.ly/2SqxE0x>

- Lub tuam tsev MDH xav qhia kom koj tso tshuaj rau cov dej kom siv tau yog tias muaj hom hlau/txhuas arenic siab tshaj 10 micrograms tauj ib liter ($\mu\text{g/L}$) los yog nrhiav kom tau dej siv los ntawm lwm qhov chaw: <https://bit.ly/2TjfH95>. Txawm tias muaj hom hlau/txhuas arsenic qis tshaj 10 $\mu\text{g/L}$ los yeej tseem muaj kev phom sij.
- Tsis txhob muab dej rau ib tug menyuam mos liab los yog siv cov dej los tov mis rau lawv hais yog tias cov dej muaj hlau/txhuas manganese es siab tshaj 100 $\mu\text{g/L}$: <https://bit.ly/2T3U65c>
- Yog tias txhua tus neeg nyob hauv koj tsev neeg muaj hnuv nyoob tshaj ib lub xyoos lawm, yuav kom puaj phais rau lawv haus cov dej mas hom manganese es muaj nyob rau hauv cov dej yuav tsum yog muaj txog 300 $\mu\text{g/L}$ los yog qis dua.

YUAV UA LI CAS: Coj menyuam yaus tej co saw thiab nplhiab

HOM HLAU/TXHUAS TWG: Nickel

QHOV KOJ YUAV UA TAU:

- Ceev tej saw thiab nplhaib kom cov menyuam yaus tsis txhob kov tau. Tsis txhob cia koj tus menyuam npuav, xo los yog nqos cov saw thiab nplaib rau menyuam yaus.
- Cov khoom es muaj daim ntawv lo qhia tias tsim tawm nyob rau teb chaws U.S. mas feem ntau yog cov es tsis tshuaj cov hlau/txhuas nyob rau qhov khoom ntawd kom siab txog qhov yuav phom sij. Kawm kom paub ntau dua: <https://bit.ly/2Xr5VkB>



YUAV UA LI CAS: Cov hlau/txhuas nyob hauv thiab nyob ib puag ncig ntawm lub tsev

HOM HLAU/TXHUAS TWG: Arsenic

QHOV KOJ YUAV UA TAU:

- Hle koj nkawm khau ua ntej koj nkag los hauv tsev, so hmoov av thiab siv dej txhuam tsev tas mus li, thiab hais kom koj cov menyuam ntxuav tes ua ntej noj mov. Cov hlau/txhuas yeej nrhiav tau ntawm cov tsev es muaj av thiab muaj hmoov av.
- Tej co lawj thiab cov chaw ua si es sib ntoo txhua nrob rau nraum zoo tej zaum kuj siv cov arsenic txuag kom txhob lwj yog tias lawm twb tau txua ua ntej xyoo 2004 thiab cov ntoo tsis yog hom ntau cedar los yog redwood. Cov menyuam yaus kuj yuav kov tau hom hlau/txhuas arsenic thaum lawv uasi ze ntawm cov ntoo es txheem cov chaw uasi nov. Kawm kom paub ntau dua: <https://bit.ly/2RX6TVK>