

Nqaij npuas hau xyaw zaub ntsuab nrog mov thiab kua txob ntsw

Pork and mustard greens soup with pepper sauce and white rice

**Txiv hmab txiv ntoo** Fruits

**Txiv kuav txob daj (maj naus)** Lime

**Zaub (Starchy) thiab mov nplej** Grains and starchy vegetables

**Mov dawb (siav)** Rice (cooked)

**Ntau npaum cas** Amount

**Luaj lub nrig** Fist

**Ib khob** 1 cup

**Zaub** Non-starchy vegetables

**Zaub ntsuab** Mustard greens

**Txiv lws suav** Tomato

**Dos** Green onions



**Nqaij thiab taum** Protein

**Nqaij npuas** Pork

**Txuj lom** Herbs and spices

**Qhiav** Ginger

**Kua txob quav tsuag** Thai chili pepper

**Qij** Garlic

**Zaub txhwb** Cilantro

**Roj** Fats and oils

**Roj canola** Canola oil



Zaub mov uas pab kuv noj qab haus huv

Healthy Eating with My Meal

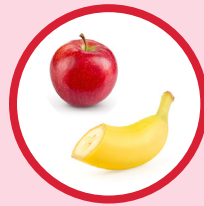
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## Txiv hmab txiv ntoo

Fruits



**Txiv av paum,  
Txiv tsawb**  
Apple, banana



**Txiv hmab (grapes)**  
Grapes



**Txiv taub ntoos**  
Green papaya



**Txiv cuab thoj**  
Guava



**Txiv maj yeeb yais**  
Longan



**Txiv nkhaus taw**  
Mango



**Txiv kuav txob daj  
(maj naus) txiv kab  
ntxwv**  
Lemon, lime, orange



**Txiv mav coom**  
Persimmon

## Roj Fats and oils



**Roj canola**  
Canola oil



**Roj mauj phaub**  
Coconut oil

## Non-starchy vegetables

### Zaub



**Taum ntsuab**  
Green beans



**Txiv lws suav** Tomato



**Dos** Green onions



**Taub maum**  
Chayote



**Lws liab**  
Chinese eggplant



**Zaub ntsuab**  
Mustard greens



**Zaub ntug** Carrots



**Hauv paus  
dos loj**  
Onion



**Zaub qhwv**  
Cabbage

## Grains and starchy vegetables

### Zaub (Starchy) thiab mov nplej



**Cab npleg**  
Noodles



**Mov dub**  
Purple rice



**Qos liab**  
Sweet potato



**Mov dawb,  
mov nplaum**  
White rice, sticky rice



**Nqaij nyuj,  
nqaij npuas**  
Beef, pork



**Qe**  
Eggs



**Nqaij qaib**  
Chicken



**Ntses, nqaij  
nruab dej**  
Fish, seafood



**Taum hww**  
Tofu

## Nqaij thiab taum

Protein

## Mis nyuj

Dairy and dairy alternatives



**Mis nyuj 2%**  
Reduced-fat  
(2% or less) milk



**Kua taum**  
Soy milk

## Txuj lom

Herbs and spices



**Zaub txig**  
Basil



**Zaub txhwb**  
Cilantro



**Tauj dub**  
Lemongrass



**Pum hub**  
Mint



**Qhiav**  
Ginger



**Qij**  
Garlic



**Hwj txob**  
Black pepper



**Kua txob quav  
tsuag**  
Thai chili pepper