

Cov mis nyuj uas muaj roj tsawg yog ib qhov
yus haus zoo rau lub cev
rau koj
thiab koj lub
tsev neeg.

Low fat milk is a
healthy choice
for you and your
family.

Language: Hmong

Txhua hom Mis nyuj muaj:

- ✓ Calcium thiab vitamin D pab kom kaus hniav thiab pob txha muaj zog
- ✓ Protein kom cov nqaij muaj zog
- ✓ Calcium, potassium thiab magnesium kom cov nsthav khia zoo



Cov Mis Nyuj Uas Muaj Roj Tsawg:

- ✓ Muaj calcium thiab vitamin D tib yam
- ✓ Muaj protein tib yam
- ✓ Muaj minerals thiab vitamins tib yam
- ✓ Muaj roj tsawg zog
- ✓ Muaj calories tsawg zog

**Pib haus ib khob mis nyuj uas zoo rau lub cev thiab
plawv hnuv no!**



Yuav hloov rau cov mis nyuj muaj roj tswag zog? *Maj mam hloov...*

- ✓ **Kauj ruam 1:** tov cov mis lub taub xim liab thiab cov taub xim xiav (2%) haus li ntawd rau ob peb hnuv
- ✓ **Kauj ruam 2:** tov cov mis nyuj lub hau xim xiav (2%) thiab cov hau xim ntsuab (1%) haus li ntawd rau ob peb hnuv
- ✓ **Kauj ruam 3:** haus twj ywm cov mis lub hau xim ntsuab (1%) yog koj nyiam haus lossis sim haus cov lub hau xim liab uas tsis muaj roj nyob rau hauv kiag li (skim)
- ✓ **Kauj ruam 4:** _____

*Yog tau cai los ntawm National Dairy Council thiaj li
hloov tau cov lus no xwb*

"Raws li tsab cai rau hauv tsoom fww thiab CovTswj hau teb chaw AsMeslivKas Phab saib xyuas qoob loo txoj cai, lub koom haum no tsis pub yuam cai ua phem rau tib neeg vim nws yog lwm haiv neeg, txawv nqaij tawv, nws yog poj niam los txiv neej, txawv hnuv nyoog, lossis nws yog cov tsis taus. Yog xav sau tsab ntawv tsis txaus siab vim muaj kev saib tsis taus, sau rau tus Thawj Tsav Xwm USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 lossis hu xov tooj rau (800) 795-3272 lossis (202)720-6382 (TTY). USDA Muaj faj huam sib luag kev ua haujlawm."