



# Kua Mis Nyuj Nkoog

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- Kua mis nyuj nkoog yog kua mis nyuj (tsis hais cov muaj rog, txo rog, rog tsawg lossis tsis muaj rog tibi) thiab cov rog mis nyuj uas tau muab xwv siv ib co kab zoo uas tsim cov tshuaj hu ua lactic acid.
- Tej yam rau kom qab zab (xws li, piam thaj, zib ntab, aspartame thiab sucralose), tej yam rau kom qab li lwm yam (xws li vanilla thiab kasfes) thiab lwm yam ntxiv ua rau tau.

## Muaj Nqi Licas

- Zoo thoog li lwm yam khoom noj uas muaj kua mis nyuj, kua mis nyuj nkoog muaj protein, calcium, vitamees, thiab lwm cov txo tooj txo hlau uas zoo yug lub cev.
- Cov kua mis nyuj nkoog uas muaj cov kab zoo uas tseem ciaj, pab tau kom lub plab zom tau khoom noj zoo zoo, haj yam pab kom lub cev tiv thaiv tau nws tus kheej thiab ntaus kab mob. Nws kuj pab tiv thaiv mob khees xaws. (Qhov uas cov kab zoo no pab tau licas nyob ntawm seb yog hom kab twg thiab seb cov kab puas ciaj los tsis ciaj. Yog vim li no thiab tseem ceeb heev xaiv cov uas muaj ntawv lo hais tias muaj cov kab uas ciaj (live and active cultures).

## Pab Tau Cov Uas Noj Lactose Tsis Haum Plab

- Ntau yam kua mis nyuj nkoog muaj lactose tsawg dua kua mis nyuj. Thaum tseem tab tom xwv cov kua mis nyuj nkoog, cov lactose (uas yog hom piam thaj nyob rau hauv kua mis nyuj) ib co hloov los ua lactic acid. Tsis tas li ntawd xwb, cov kab zoo nyob hauv kua mis nyuj tej zaum kuj pab tsim tau ib co tshuaj zoo hu ua lactase uas pab lub cev zom tau lactose.
- Qhov uas kua mus nyuj nkoog no nyeem tsawv kuj pab kom haj yam haum plab thiab.



### Saib Seb Kua Mis Nyuj Nkoog Muaj Dabtsi

Khoom Noj: 1khob(8ooj)	Calories (Kcal)	Rog (g)	Protein (g)	Calcium (mg)
<b>Kua Mis Nyuj Nkoog</b>				
Kua Mis Nyuj muaj cov rog tag nrho, tsis rau dabtsi	150	8.0	8.5	296
Muaj Rog Tsawg, tsis rau dabtsi	155	4.0	11	448
Muaj Rog Tsawg, rau vanilla	208	3.0	11	419
Muaj Rog Tsawg, rau txiv hmab txiv ntoo	238	3.0	11	384
Tsis Muaj Rog, tsis rau dabtsi	137	0.4	14	488
<b>Kua Mis Nyuj</b>				
Kua Mis Nyuj muaj cov rog tag nrho	149	8.0	8	276
Kua Mis Nyuj 2%	122	5.0	8	293
Kua Mis Nyuj 1%	102	2.5	8	305
Kua Mis Nyuj tsis muaj rog	83	0	8	299

Tej xov xwm no yog rho los ntawm: USDA Nutrient Database for Standard Reference, 2013

## Yuav Tsum Ua licas thiab Muab Cia Licas

- Yuav ceev tau kua mis nyuj nkoog kom zoo noj ntev, yuav tsum muab ntim hauv ib lub tais muaj hau kaw es tso rau hauv tub yees uas txias li 40 degrees. Feem ntau cov kua mis nyuj yuav zoo noj li ob lub lim tiam, thov saib daim ntawv lo seb nws qhia tias yuav zoo noj txog hnub twg. Tsis zoo muab cov khoom noj kua mis nyuj muaj kab ciaj tso rau hauv freezer.



## Yuav Ua Kua Mis Nyuj Nkoog Licas thiaj Qab!

- Muab mentsis kua mis nyuj nkoog tso rau saum cov txiv hmab txiv ntoo.
- Ntxiv mentsis vanilla thiab txiv kua majnaus rau cov kua mis nyuj nkoog, thiaj zoo ntsws txiv hmab txiv ntoo.
- Thaum muab ntses pasthus, qe, lossis qos yaj ywm ua xaslav, muab kua mis nyuj nkoog muaj rog tsawg los pauv cov kua roj mayonnaise.
- Txawm koj nyiam muab khoom noj ntsws kua dabtsi los, muab kua mis nyuj nkoog los pauv cov kua mis nyuj qaub (sour cream) thaum koj ua, thiaj qab dua thiab zoo dua rau koj lub cev.

# Smoothies



Ua smoothie koj tus kheej. Xaiv ib yam ntawm txhua kab sawv ntsug

½ Khob kua yam uas koj nyiam	½ Khob (4 ooj) yam kua mis nyuj nkoog uas koj nyiam	1 ½ khob txiv khov dej yam uas koj nyiam
Kua txiv kab ntxwv	Cov tsis rau dabtsi, Vanilla, lossis cov qab	Txiv pos nphuab
Kua txiv puv luj	li txiv hmab txiv ntoo	Txiv puv luj
Kua mis nyuj muaj rog tsawg	Tsis muaj rog lossis muaj rog tsawg	Txiv duaj

**Yuav ua licas:** Muab cov kua txiv, kua mis nyuj nkoog, thiab txiv hmab txiv ntoo khov dej tso rau hauv ib lub blender ua ke. Muab lub hau kaw thiab zom ceev li 30 xevkoos (seconds). Muab haus kiag. Ua li no txaus ua ob khob, ib lub khob muaj 8 ooj.

\* Yog koj siv txiv hmab txiv ntoo tshiab los yog ntim hauv kaus poom los ua, ntxiv ob peb lub dej khov.

Yuav kom qab li lub siab nyiam, koj kuj ntxiv tau vanilla lossis coconut (maj phaub) extract, hmoov cocoa zom, kua roj txiv laum huam xeeb, lossis lwm yam uas koj nyiam. Yuav kom smoothie nyeem zog, ntxiv txiv tsawb lossis tej lub dej khov thiab txhob rau kua ntau.

### Smoothie uas Qab li Txiv Puvluj thiab Maj Phaib

- ½ khob kua mis nyuj
- ½ khob kua mis nyuj nkoog uas rau vanilla
- 1 ½ khob khov puv luj chunks
- 1 diav this kua vanilla extract
- 1 diav this kua coconut extract (maj phaib)

**Yuav ua licas:** muab tag nrho tej yam no tso ua ke rau hauv ib lub blender. Muab lub hau kaw thiab zom kom ceev li 30 xevkoos (seconds). Haus kiag tamsid.



### Smoothie uas muaj txiv tsawb thiab txiv pos nphuab

- ½ khob kua mis nyuj
- ½ khob kua mis nyuj nkoog uas rau vanilla
- 1 khob txiv pos nphuab khov dej
- 2 txiv tsawb hlais uas tej daim

**Yuav ua licas:** muab tag nrho tej yam no tso ua ke rau hauv ib lub blender. Muab lub hau kaw thiab zom kom ceev li 30 xevkoos (seconds). Haus kiag tamsid.

Missouri Department of Health and Senior Services • WIC and Nutrition Services • [health.mo.gov/wic](http://health.mo.gov/wic)

Tej xov xwm hauv cov ntau ntawm no ib co yog rho los ntawm St. Louis District Dairy Council's Yogurt Product Information Sheet uas lawv tso cai rau.

DHSS yog lb lub koom haum ntiav neeg muab cib fim kom sib npaug zos/Pab neeg kheev raug kev xaiv ntsej muag tau haujlwm. Thaum muab kev pab los kuj tsis xaiv ntsej muag li.

Yuav tau cov ntau ntawm no ua yam ua haum tau neeg cev xeeb tsis meej lossis ua tsis taus, thov tiv tauj rau Missouri Department of Health

and Senior Services rau ntawm 573-751-6204. Cov neeg tsis hnov lus thiab cov hais tsis taus lus yuav

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