



# MMSD Daim Ntawv Teev Chav Kawm Cov Khoom Txom Ncauj Zoo

Nroog Madison Cheeb Tsam Tsev Kawm Ntawv (MMSD) Daim Ntawv Teev Chav Kawm Cov Khoom Txom Ncauj Zoo tau muab npaj los pab cov niam txiv thiab tsev kawm ntawv cov neeg ua hauj lwm los mus xaiv cov khoom txom ncauj zoo tsis muaj txiv ntseej los yog txiv laum huab xeeb thaum nqa khoom txom ncauj tuaj rau tag nrho cov me nyuam hauv chav kawm noj rau tej lub koob tsheej xws li cov hnuv yug, cov hnuv so hauj lwm, cov kev muab khoom plig, thiab lwm yam. Peb ua tib zoo xyuas meej kom cov me nyuam kawm ntawv txhua tus raug txais tos zoo thiab muaj kev ruaj ntseg nyob hauv chav kawm. Tej yam khoom noj kuj yuav ua tau rau fab/qaug txaus ntshai.

<b>Nutrition Facts</b>	
Servings per container Serving Size	
Amount per serving	
<b>Calories</b>	<b>≤ 200</b>
% Daily Value*	
<b>Total Fat</b> ≤ 12 g	≤ 35% of total calories
Saturated Fat 0 g	< 10% of total calories
<i>Trans Fat</i> 0 g	
<b>Sodium</b> ≤ 200 mg	≤ 13%
<b>Carbohydrates</b>	≤ 35% of total Calories
Dietary Fiber ≥ 3 g	
Added Sugars 0 g	
<b>INGREDIENTS:</b> whole wheat grains, strawberries, kale	

## Cov Kev Cob Qhia Txog Khoom Noj Rau Cov Khoom Txom Ncauj Zoo

Yuav kom tsim nyog muab ua ib yam khoom txom ncauj zoo, cov khoom txom ncauj yuav tsum...

- **Muaj 200 calories los yog tsawg dua hauv ib taig (per serving)**
- **Muaj tsawg dua 2 grams roj ntxaum (saturated fat)**
- **Muaj zero (0) grams roj txuam (trans fat)**
- **Muaj tsawg dau 200 mg ntsev hauv ib taig (per serving)**
- **Muaj zero (0) grams piam thaj muab tov rau**
- **Muaj nplej, txiv, los yog zaub teev tseg rau hauv daim ntawv teev cov khoom txhua yam**

## Kev Xav Kom Npaj Cov Khooj Txom Ncauj

Cov khoom txom ncauj yuav tsum...

- Ntxim qab thiab qab rau cov me nyuam
- Ntxuav huv si thiab muab txiav ntej kom yooj yim muab rau noj (txiv thiab zaub)
- Muab tso rau hauv cov hnab kom yooj yim muab rau noj

Lwm yam yuav pab tau:

- Muab kuab maj naus tsuag rau tej txauj txiv apple thiab pear kom txhob roog, ntsws
- Xa diav/rawg, phaj, & ntawv so tes nrog nej tus me nyuam mus yog tsim nyog

## Cov Kev Cob Qhia Txog Kev Fab/Qaug Khoom Noj

- Nug nej tus xib fwb txog cov me nyuam kawm ntawv muaj fab/qaug khoom noj nyob hauv nej tus me nyuam chav kawm los yog qhov kev kawm ua ntej nqa cov khoom txom ncauj tuaj rau cov me nyuam kawm ntawv noj.
- Xyuas cov nqe lus teev cov khoom txhua yam thiab daim ntawv teev cov khoom noj lo rau cov khoom noj kom paub meej seb cov khoom puas yog cov fab/qaug.
- **Tsis** xav kom muab cov khoom txom ncauj muaj txiv laum huab xeeb, txiv ntseej, los yog muaj noob rau noj.

## Cov Tswv Yim Rau Chav Kawm Tej Khoom Txom Ncauj Zoo

- Dej haus
- Dej haus muaj npuas tawg (Sparkling/ carbonated water), tsis muaj piam thaj
- Cov mis tsis muaj roj / muaj roj tsawg
- Cov txiv zom (txiv zom khov xyaw yogurt)
- Txiv ntoo (tso hauv phaj, xyaw sas lav (salads), los yog chob ua tshais (kabobs))
- Zaub (tso hauv phaj, xyaw sas lav (salads), los yog chob ua tshais (kabobs))
- Yogurt tsis muaj roj los yog muaj roj tsawg (ib yam xwb (alone) / cov ntsu (as dips))
- Cov txiv nyob hauv kaus poom los yog hauv khob tsau dej los yog kua txiv 100%
- Txiv ziab qhua uas tsis muaj piam thaj tov
- Cov ncuav ci (crackers) muab nplej ua
- Cov ncuav nplej ci (rice cakes)
- Cov pretzels
- Cov cheese muaj roj tsawg (daim/tus)
- Cov waffles muab nplej ua tso txiv rau
- Paj kws muaj roj tsawg los yog cov paj kws tsis muaj butter los yog ntsev
- Cov ncuav ci Graham crackers
- Cov ncuav tais jelly (jelly sandwiches) (txiv 100%) rau hauv lub ncuav muab nplej ua
- Cov bagels los yog cov English muffins muab nplej ua nrog cov cream cheese
- Cov pudding tsis muaj roj / muaj roj tsawg
- Cov cereal bars muab nplej ua
- Cov tortilla chips & salsa ci muab nplej ua
- Cov chips ci (noj tsawg me ntsis)

## Cov Tswv Yim Rau Kev Txhawb Siab & Muab Khoom Plig Tsis Muaj Khoom Noj

Peb paub tias cov hnuv yug thiab lwm yam kev txhawb siab tseem ceeb rau txhua tus me nyuam thiab cov me nyuam nyiam los txhawb siab rau lawv cov phooj ywg kawm ua ke. Hauv qab no yog tej lub tswv yim pab rau cov kev txhawb siab thab kev muab khoom plig tsis muaj khoom noj. Xyuas nrog nej tus me nyuam tus xib fwb ua ntej kom paub meej txog cov laj txheej npaj lub koob tsheej hnuv yug haum rau lawv lub caij nyoog kawm.

- Nqa tej yam sawv daws nyiam tuaj rau cov phooj ywg kawm ua ke txhua tus (bouncy balls, erasers, stickers, decorative pencils, bracelets, notepads, whistles, bubbles, washable tattoos, chalk, etc.).
- Yuav tej yam rau chav kawm (ntawv nyeem, board games, suab paj nruag, cuab yeej nrag duab (art supplies), khoom ua si tom tshav puam (playground equipment), nroj/ntoo (plants) los yog paj (flowers), etc.).
- Tham nrog nej tus me nyuam tus xib fwb kom paub txog lwm yam kev txhawb siab los yog kev muab khoom plig uas zoo rau txoj kev noj qab haus huv. Tej lub tswv yim kuj yuav yog xws lub sij hawm mus dhia qoj ib ce thiab lub sij hawm siv ywj siab.

## Nej Puas Paub?



## Laj Khoom Txom Ncauj Tshaj Lij

Mus saib <https://goo.gl/rBicqT> mus xyuas seb nej yam khoom puas duav cov qauv teev txog khoom txom ncauj zoo.



**SMART SNACKS PRODUCT CALCULATOR**

