



# Qoob Sau

ntawm lub

# Hlis®

Ob Hlis Ntuj

## Kev Nyob Dawb Huv thiab Kev Vam Meej Kev Kawm Mus Ua Ke Nraim

Kev noj dawb huv yuav ua tau ib qho kev txawv txav loj heev rau hauv koj tus me nyuam txoj kev muaj peev xwm los tig saib ntsoov, to taub, thiab ua tiav tej ntaub ntawv kawm hauv tsev kawm ntawv. **Qoob Sau ntawm lub Hlis** yuav pab koj tsev neeg ntsuam xyuas, saj, thiab kawm txog qhov tseem ceeb ntawm kev noj txiv hmab txiv ntoo thiab zaub ntau ntxiv kom nyob nquag plias txhua hnub.

**Qoob Sau ntawm lub Hlis** hom zaub raug nthuav txog yog

## broccoli



## Cia Li Ua Kom Ib Ce Khov Kho!

- Nws yog lub Hlis Tig Xyuas Plawv American. Muab yam tsawg ib xuaj moo ntawm kev ua kom ib ce khov kho txhua hnub. Mus xyuas [www.americanheart.org](http://www.americanheart.org) rau lus qhia ntxiv.
- Pib ib qho kev mus taug kev nraim txhua lim tiam nrog koj tus me nyuam. Caw koj tej neeg nyob sib ze los yog me nyuam tej phooj ywg kom koom neb.
- Thaum saib TV, twv koj tus me nyuam kom ua ib qho kev sib tw “push-up” los yog “sit-up” hauv cov sij hawm nthuav lag luam.
- Rau tej tswv yim ua kom ib ce khov kho ntxiv, mus xyuas: [www.kidnetic.com](http://www.kidnetic.com) [www.verbnow.com](http://www.verbnow.com)

## ITALIAN BROCCOLI THIAB PASTA

Khoom Sib Tov:

(Ua 4 qho qee noj ntawm 1<sup>1/4</sup> khob ib qho)

**2 khob fawm fettuccine tsis tau hau siav**

**Khoom txau ua zaub tsis khub**

**3 maum diav nplooj dos tsuav**

**2 khob paj broccoli**

1/2 me nyuam diav txuj lom thyme qhuav

1/2 me nyuam diav txuj lom oregano qhuav

los yog 1<sup>1/2</sup> me nyuam diav txuj lom oregano nyoos

1/2 me nyuam diav fwj txob zom

**1 kaus poom (14<sup>1/2</sup>-ounce) txiv lws suav tsaws, tsis tau tsi kua**

**2 me nyuam diav parmesan cheese txhuam**

1. Ua kom cov fawm fettuccine siav raws li pob khoom qhia ua.
2. Txau ib lub yias loj pes nrab nrog khoom txau ua zaub tsis khub. Kib-do cov dos thiab broccoli li 3 feeb saum qhov cub kub tsim tsawv.
3. Rau cov txuj lom thiab txiv lws suav. Ncu kom kub lug.
4. Xuas diav daus cov kua zaub sib tov sov so rau saum cov fawm fettuccine thiab w cheese tshooj saum toj.

Sau dua los ntawm: *Discover the Secret to Healthy Living, Public Health Institute, 2004.*

## Tswv Yim Ceev Txhiam Laj Txhiam Xws

- Tso zaub broccoli tsis tau ntxuav ntim hauv ib lub hnab yas qhib hau rau hauv tshuab txias (refrigerator).
- Ua zaub broccoli kom siav los ntawm kev cub, kev ncu hauv tshuab kub (microwave), los yog kev kib. Kev hau yuav ua rau qee yam ntawm tej vitamins thiab minerals ploj lawm.

## Nutrition Facts

Serving Size		1 cup, chopped (91g)	
Amount per Serving			
Calories 31		Calories from Fat 3	
% Daily Value			
Total Fat	0g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	30mg		1%
Total Carbohydrate	6g		2%
Dietary Fiber	2g		9%
Sugars	2g		
Protein	3g		
Vitamin A 11%		Calcium 4%	
Vitamin C 135%		Iron 4%	

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

## Kev Pab Ua Kom Nyob Dawb Huv

- Coj koj tus me nyuam nrog koj mus hauv kiab khw muag khoom noj. Thov koj tus me nyuam pab koj xaiv ib co txiv hmab txiv ntoo thiab zaub “ntau yam ntau tsav”.
- Txhawb koj tus me nyuam kom noj tsev kawm ntawv tej puas noj. Nug koj tus me nyuam tus xib fwb los yog hu rau cheeb tsam koom tsev kawm ntawv lub chaw khiav dej num loj rau lus qhia ntxiv.
- Yog tias koj tus me nyuam ntim su, ntim tej kua txiv 100%, txiv hmab txiv ntoo qhuav, los yog zaub hlais ua ntej lawm rau kev txom ncauj los yog ua puas su.
- Nug tej nqe lus nug txog qhov koj tus me nyuam kawm tau dab tsi hauv tsev kawm ntawv txog broccoli. Ces nug saib laww ho ua tej hom kev ua twg hauv chav kawm.

## Kev Pab Koj Cov Me Nyuam Noj Kom Dawb Huv

- Suam thiab w broccoli nyoos rau hauv ib qho zaub sib tov.
- Hliv kua maj nos los yog tsev parmesan cheese muaj roj tsawg tshooj saum toj cov broccoli cub los txhab thiab ua kom txawv rau qhov kev qab.
- Ua ib qho kev txom ncauj dawb huv, txhoov broccoli nyoos ua tej txauj thiab qee noj nrog ib hom kua ntsaw zaub tsis muaj roj twg. Tej kua ntsaw zaub raug nrhiav tau hauv tej kiab khw muag khoom noj feem ntau. Los yog koj muaj peev xwm ua tau koj hom kua ntsaw zaub ntiag tug nrog sour cream tsis muaj roj thiab ib pob khoom tov txuj lom.
- Ntxiv broccoli thiab lwm yam zaub rau tej tais khoom noj ntse kua sab, ntse kua nyem, nthee qe xyaw, thiab nqaj tsaws. Rau lus qhia tswv yim ntxiv, mus xyuas: [www.harvestofthemonth.com](http://www.harvestofthemonth.com)

