

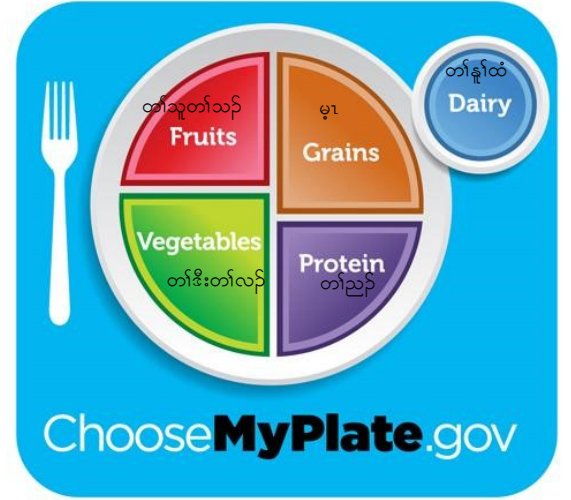
တၢ်အိၣ်န့ၣ်နီၣ်န့ၣ်ဘၢန့ၣ်မ့ၢ်တၢ်မနုၤလဲၣ်

တၢ်အိၣ်န့ၣ်နီၣ်န့ၣ်ဘၢန့ၣ်မ့ၢ်တၢ်မနုၤလဲၣ်တၢ်ဘၢလၢပမိၢ်ပုၤတၢ်ဒိၣ်ထီၣ်လဲၣ်ထီၣ်,တၢ်ဟူးတၢ်စၢၤတဖၣ်န့ၣ်လီၤ.တၢ်အိၣ်န့ၣ်နီၣ်န့ၣ်ဘၢန့ၣ်မ့ၢ်တၢ်လၢအဂ့ၢ်ဒိၣ်လၢပမိၢ်ပုၤကအိၣ်ဆူၣ်အိၣ်ချ့အစီၢ်,လၢပုၤကိးစၢၤ,ကိးကလုၢ်,.

တၢ်အိၣ်န့ၣ်နီၣ်န့ၣ်ဘၢအကျိၤအကျဲတဖၣ်

- ◆ ဇီးန့ၣ်တၢ်မနုၤတၢ်ဘၢ(ကၢဘိၤဟၢဖြး,ဇီးတၢ်သိတဖၣ်)
- ◆ ဇူးအိၣ်ထီၣ်ဖံးညၣ်(တၢ်ညၣ်)
- ◆ မၤဘၣ်လိာ်က့ၢ်တၢ်ဆိတလဲအကျိၤအကျဲ (ဘံၤတၢ်မံၤ,တၢ်အိၣ်လၢတပၣ်ဒီးဒးဘၣ်,ဇီးထံသ့ၣ်တဖၣ်)

တၢ်အိၣ်လီၤခိ



တၢ်လၢအန့ၣ်နီၣ်န့ၣ်ဘၢတဖၣ်

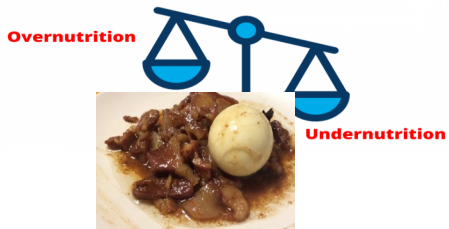
တၢ်လၢအန့ၣ်နီၣ်န့ၣ်ဘၢတဖၣ်:တၢ်ဟ်ယုၣ်ဒီးတၢ်အိၣ်ဒီးတၢ်အိၣ်လၢနအိၣ်အခဲလၢပံးဆံးအါ

- ◆ ကၢဘိၤဟၢဖြး (4kcal/g)
- ◆ တၢ်ဖံးတညၣ်(4kcal/g)
- ◆ တၢ်သိတဖၣ် (9kcal/g)
- ◆ ထံ (0kcal/g)

တၢ်လၢအန့ၣ်နီၣ်န့ၣ်ဘၢလၢပမိၢ်ပုၤလိာ်ဘၣ်ဝဲစ့ၢ်သ့ၣ်တဖၣ်

- ◆ ဘံၣ်တၢ်မံၤ
- ◆ တၢ်အိၣ်လၢအအိၣ်ဒီးတထူးအစိ

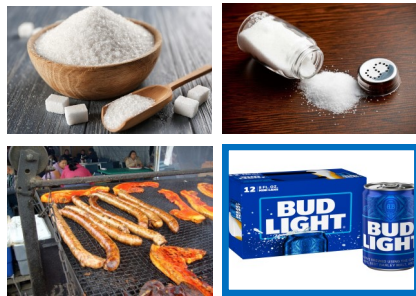
နအိၣ်တၢ်အိၣ်န့ၣ်နီၣ်န့ၣ်ဘၢမ့ၢ်အါတလၢန့ၣ်ကအိၣ်ဝဲအါတလၢနအိၣ်တၢ်အိၣ်န့ၣ်နီၣ်န့ၣ်ဘၢမ့ၢ်တလၢပုၤဘၣ်န့ၣ်နီၣ်န့ၣ်ပုၤအစီၢ်ဘၢတလၢပုၤ



Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3345626/>
<https://www.who.int/health-topics/nutrition>

တၢ်အိၣ်န့ၣ်နီၣ်န့ၣ်ဘၢအကလုာ်တဖၣ်

တၢ်အိၣ်လၢအန့ၣ်နီၣ်န့ၣ်ဘၢတဖၣ်တၢ်လၢအတူၤသ့ၣ်တဖၣ်ကဲထီၣ်ဝဲတၢ်ဆါသ့ၣ်ဒီးဖနအိၣ်အိၣ်မ့ၢ်အါတလၢအခါကဲထီၣ်ဝဲနဖံးဘၣ်ညးကမိထီၣ်သ့ၣ်လီၤ.



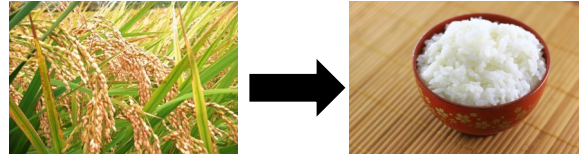
တၢ်အိၣ်လၢအန့ၣ်နီၣ်န့ၣ်ဘၢတဖၣ်မၤစၢၤတြိဆါဝဲတၢ်ဆူးတၢ်ဆါတဖၣ်ဒီးမၤလီၤစ့ၢ်ဝဲတၢ်ဆူးတၢ်တါဆါလၢကယဲဘၣ်န့ၣ်တဖၣ်န့ၣ်လီၤ.



- ◆ တၢ်အိၣ်အကလုာ်(၅)ကလုာ်လၢအမ့ၢ်,တၢ်သူတၢ်သူ,တၢ်ဒီးတၢ်လၢန့ၣ်,မ့ၢ်,တၢ်ညၣ်,တၢ်န့ၣ်ထံတဖၣ်န့ၣ်လီၤ.
- ◆ တၢ်အိၣ်လၢအန့ၣ်နီၣ်န့ၣ်ဘၢဟ်ယုၣ်အကလုာ်ကလုာ်ဒီးကဘၣ်အိၣ်ဖဲအကြးအဘၣ်န့ၣ်လီၤ.

ဟီၣ်ခိၣ်ဒီးဖျၢၣ်တၢ်အိၣ်န့ၣ်နီၣ်န့ၣ်ဘၢအတၢ်ဘၣ်ယိၣ်တဖၣ်

- ◆ တၢ်အိၣ်ဒီးဖျၢၣ်လၢအဘၣ်တၢ်စံၣ်ဘျးအီၤတဖၣ်
- ◆ တၢ်အိၣ်လၢအကလုာ်အါဒီးတၢ်ပၤလုာ်တပူၤဃီ
- ◆ တၢ်အိၣ်လၢအန့ၣ်နီၣ်န့ၣ်ဘၢတၢ်ထီၣ်ကွၢ်ဒူးကွၢ်အီၤ



Source:
<https://www.usda.gov/media/blog/2017/09/26/back-basics-all-about-myplate-food-groups>

တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတဖၣ်

- ◆ အိၣ်တၢ်အိၣ်လၢအအိၣ်ဒီးတၢ်ဆၢ,တၢ်သိဒီးအံၣ်သၣ်တဖၣ်တဘၣ်အိၣ်အါအါဘၣ်.
- ◆ အိၣ်တၢ်အိၣ်လၢအအိၣ်ဒီးတၢ်ဆၢန့ၣ်န့ၣ်ဘိတဖၣ်လၢအစ့ၤလၢနမိၢ်ပုၢ်စီၤ.
- ◆ အိၣ်တၢ်အိၣ်လၢအအိၣ်ဒီးတၢ်ဆၢန့ၣ်န့ၣ်ဘိတဖၣ်လၢအစ့ၤလၢနမိၢ်ပုၢ်စီၤ.
- ◆ အိၣ်တၢ်အိၣ်လၢအအိၣ်ဒီးတၢ်ဆၢန့ၣ်န့ၣ်ဘိတဖၣ်လၢအစ့ၤလၢနမိၢ်ပုၢ်စီၤ.

တၢ်စ့ၤလၢအမ့ၢ်အတီတဖၣ်

- ◆ ဖိသၣ်အစၢ(၁၀)န့ၣ်အိၣ်တၢ်ဒီးတၢ်လၢသ့ၣ်တဖၣ်ထဲၤစ့ၤန့ၣ်တၢ်ဟံးနီၣ်အိၣ်န့ၣ်လီၤ.



- ◆ ဖိသၣ်အစၢ(၁၀)န့ၣ်အိၣ်တၢ်ဒီးတၢ်လၢသ့ၣ်တဖၣ်ထဲၤစ့ၤန့ၣ်တၢ်ဟံးနီၣ်အိၣ်န့ၣ်လီၤ.



Sources: <https://www.cdc.gov/nutrition/about-nutrition/why-it-matters.html>

Resources

Milwaukee Consortium for Hmong Health Inc.

Office: 414-212-8087
 Address: 1802 West Walnut Street
 Milwaukee, WI 53205
 Email: MkeHmongHealth@gmail.com

- ◆ <https://www.myplate.gov/>
- ◆ <https://www.dietaryguidelines.gov/>

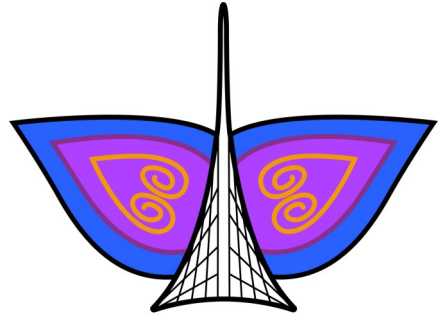
တၢ်သံကွၢ်မ့ၢ်အိၣ်န့ၣ်ဆဲးကျိးပုၤသ့ၣ်တဖၣ်ထဲၤစ့ၤန့ၣ်တၢ်ဟံးနီၣ်အိၣ်န့ၣ်လီၤ.

ပဲပုၤတတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ပုၤမၤတၢ်ဖိတဖၣ်သးခုကမၤစၢၤန့ၣ်မ့ၢ်ယုသ့ၣ်ညါစၢၤလၢပုၤတတၢ်အပူၤန့ၣ်လီၤ.



Picture Sources

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MILWAUKEE CONSORTIUM FOR HMONG HEALTH, INC.

တၢ်အိၣ်န့ၣ်န့ၣ်န့ၣ်ဘိ



မ့ၢ်တၢ်မနုၤလဲၣ်ဒီးမၤဘၣ်ဒိန့ၣ်န့ၣ်လဲၣ်

