



Qoob Sau

ntawm lub

Hlis®

Peb Hlis Ntuj

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

Hauv Peb Hlis Ntuj peb ua koob tsheej hauv Hli Teb Chaw Saib Khoom Noj Muaj Kuab thiab Lim Tiam Teb Chaws Saib Pluas Tshais Noj Kawm Ntawv tib si. Kev tshawb nrhiav tau nthuav tawm tias cov me nyuam uas noj tshais kawm tau zoo dua hauv tsev kawm ntawv. Vim kev xeem ntaub ntawv thaum caij nplooj hlaw twb los ze heev lawm, nws tseem ceeb kom koj tus me nyuam noj dawb huv thiab muaj kev ua kom ib ce khov kho ua ntu zus. Ntsuam xyuas, saj, thiab kawm txog kev noj txiv hmab txiv ntoo thiab zaub ntau ntiv kom nyob nquag plias txhua hnub.

Qoob Sau ntawm lub Hlis hom zaub raug nthuav txog yog

spinach



Tswv Yim Ceev Txhiam Laj Txhiam Xws

- Cov zaub spinach tshiab khiv hom kheev raug pom tso nyob xooob thuav los yog ntim hnab. Nws kuj raug ntim hauv kaus poom los yog tso khov cua txias tib yam nkaus.
- Xaiv tej nplooj zaub uas ntsuab xiab thiab nkig nkuav. Zam tej nplooj zaub uas muag mev, raug ntsoog, los yog txaij zeas lawm.
- Tej nplooj zaub yuav tsum raug ntxuav huv si, nchos qhuav qhawv, ces tso nyob xooob thuav hauv ib lub hnab qhib ncauj rau hauv tshuab txias (refrigerator) lub txee tso zaub (thaj tsum li 40° F).
- Yog tias khaws tseg yam tsim nyog, cov spinach tshiab khiv yuav kav peb los yog plaub hnub nyob rau hauv tshuab txias.

KUA NTSW ZAUB SPINACH

Khoom Sib Tov:

(Ua 10 qhov qee noj ntawm 1/4 khob ib qho)

1 pob (10-ounce) spinach txhoov khov cua txias, yaj lawm

1/2 khob dos lub dawb, txhoov mos nyoos

2 nplai qij, txhoov mos nyoos

1 khob kua txob liab nyoos, txhoov mos nyoos

1/2 khob sour cream muaj roj tsawg

1/2 khob mayonnaise muaj roj tsawg

1/2 me nyuam diav ntsev

5 khob zaub nyoos ntau yam sib xyaws, muaj xim zoo nkauj rau kev ntsw noj

1. Tso kua tawm ntawm cov spinach.
2. Hliv rau hauv ib lub tais tov zaub thiab txhab tag nrho tej khoom sib tov rau hauv.
3. Cia cov kua ntsw zaub txawb twj ywm rau chaw txias to li ib nrab xuaj moo los cia cov kuab qab ncauj sib tov.
4. Do ib zaug ntxiv ua ntej qee noj. Qhov kua ntsw zaub no yuav zoo noj txog ib lim tiam yog tias npog thiab ceev tseg hauv tshuab txias (refrigerator).

Sau dua los ntawm: www.dole5aday.com.

Cia Li Ua Kom Ib Ce Khov Kho!

- Coj koj tus me nyuam mus hauv Park. Tso ib tug vauj ya, ncaws ib lub pob roj hmab, los yog ua ib qho kev sib tw kev caum kov (tag).
 - Txhawb kom koj tus me nyuam cab aub (los yog koj tus neeg nyob ze tus aub) taug kev txhua hnub tom qab lawb ntawv. Muab qhov no ua ib qho kev ua nraim los ua ua ke.
 - Thov koj tus me nyuam pab koj tu tsev. Tso suab paj nruag thiab seev cev thaum neb cheb, nplawm pluas plav, los yog nqus tsev. Rau tej tswv yim ua kom ib ce khov kho ntxiv, mus xyuas:
- www.kidnetic.com
www.verbnow.com

Nutrition Facts

Serving Size	1 cup, raw/leaves	
	(30g)	
Amount per Serving		
Calories 7	Calories from Fat 1	
		% Daily Value
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	24mg	1%
Total Carbohydrate	1g	0%
Dietary Fiber	1g	3%
Sugars	0g	
Protein	1g	
Vitamin A	56%	Calcium 3%
Vitamin C	14%	Iron 5%
Source: www.nutritiondata.com		

Kev Pab Ua Kom Nyob Dawb Huv

- Lim Tiam Teb Chaws Saib Pluas Tshais Noj Kawm Ntawv tshwm sim hauv Peb Hlis Ntuj. Pluas tshais yog pluas noj tseem ceeb tshaj plaws ntawm hnub. Nws ua rau lub nrog cev thiab lub hlwb tau tej kuab zaub mov thiab dag zog yuav tsum tau.
- Pab koj tus me nyuam thaum xeem ntawv hauv caij nplooj hlaw los ntawm kev npaj muaj pluas tshais dawb huv. Nug koj tus me nyuam tus xib fwb txog tej dej num ua hauv Lim Tiam Teb Chaws Saib Pluas Tshais Noj Kawm Ntawv los yog hu lub tsev kawm ntawv rau lus qhia kom ntxaws ntso.
- Pib hnub nrog ib khob kua txiv hmab txiv ntoo los yog zaub 100 feem pua. Suam tej txauj txiv tsawb ntsu kuab potassium tshooj saum cov cereal los yog w ib co raisins tshooj saum cov oatmeal muaj kuab fiber.

Kev Pab Koj Cov Me Nyuam Noj Kom Dawb Huv

- Siv cov zaub spinach tshiab khiv los ua ib qho zaub sib tov qab kawg nkaus.
 - Txhab zaub spinach txhoov rau lasagna thiab tais zaub ua kua.
 - Kib-do zaub spinach. Rau qij, dos, thiab kua txob phawv liab txhoov ua ib taig zaub muaj xim zoo nkauj kawg.
 - Rau zaub spinach nyoos, ib qho kev qee noj yog ib khob rau me nyuam yaus thiab ob khob rau neeg laus.
 - Rau zaub spinach siav, ib qho kev qee noj yog ib nrab khob rau me nyuam yaus thiab ib khob rau neeg laus. (Thaum ua siav lawm, spinach sem ntau heev.)
- Rau lus qhia tswv yim ntxiv, mus xyuas:
www.cachampionsforchange.net
www.leafy-greens.org

