

# Nyeem Daim Ntawv Qhia Txog Khoom Noj

Kev muab luam tawm muaj qhov zoo uas tseem ceeb rau cov neeg mob ntshav qab zib.



Yuav luag tag nrho cov khoom noj uas ntim rau hauv pob khoom muaj daim ntawv lo qhia txog cov khoom noj. Cov ntawv no qhia koj txog txhua yam koj xav paub kom xaiv zaub mov noj zoo rau lub cev. Qhov no yog kev qhia nyeem txog cov khoom noj.

## Pib qhov no

Yam koj noj yog qhov tseem ceeb. Tab sis yog li ntawv koj noj ntau npaum li cas. Koj yuav pom tias qhov kev nqa zaub mov no yog 2/3 cob. Daim ntawv qhia cov khoom noj thiab cov calories uas koj yuav tau txais rau txhua 2/3 ntawm lub cob noj. Muaj 8 noj pluag noj nyob rau hauv lub cob no. Yog tias koj noj tag nrho cov nyob hauv thawv thiab, koj yuav tau txais 8 zaug ntawm cov pav ywj (calories), roj, thiab khoom noj lwm yam pom ntawm daim ntawv lo! Tham nrog koj pab neeg saib xyuas mob ntshav qab zib txog ntawm cov khoom noj ntau npaum li cas uas koj yuav xav tau txhua hnuv.

## Cov Pav Ywj (Calories)

Thaum uas koj saib xyuas lub ces lossis ua kom yuag, cov calories npaum cas uas koj noj yuav suav. Nrog koj pab neeg saib xyuas mob ntshav qab zib tham txog ntawm cov calories ntau npaum li cas koj xav tau txhua hnuv. Siv cov kab no los saib seb qhov kev xaiv zaub mov no puas haum rau koj txoj kev npaj. Nyeem Cov Lus Qhia Txog Khoom Noj mus sib piv cov calorie suav ntawm cov zaub mov kom pom kev xaiv cov roj (calorie) tsawg tshaj plaws.

## Tag nrho Cov Roj (Fat)

Kab no qhia rau koj tias muaj roj ntau npaum li cas hauv cov zaub mov no. Nws muaj roj uas yog qhov zoo rau koj, xws li cov mono- (rau ib khub) thiab cov roj polyunsaturated (roj ob khub) Tsis tas li ntawv kuj muaj cov roj uas tsis zoo rau koj, xws li:

- Roj Rau Plab (Saturated fats)
- Roj Tsi Rau Plab (Trans fats)

Noj cov zaub mov muaj roj tsawg mus tas li tuaj yeem pab tswj cov calories thiab ua kom lub cev muaj zog. Cov zaub mov muaj roj tsawg xws li 3 grams lossis roj tsawg heev rau ntawm lb pluag.

## Ntsev (Sodium)

Sodium tsis muaj kev cuam tshuam txog rau koj cov ntsav qab zib (ntshav qab zib). Tiam sis ntau leej noj sodium ntau tshaj lawv xav tau. Kev noj tsis pub ntau tshaj 2300 milligrams (1 diav kas fes) rau ib hnuv feem ntau tib neeg mob ntshav qab zib thiab prediabetes.<sup>1</sup> Thaum peb xav txog cov khoom siv sodium, feem ntau peb xav txog ntawm cov ntsev. Tab sis ntau yam khoom noj uas peb noj muaj sodium. Kev nyeem ntawv tuaj yeem pab koj sib piv cov sodium hauv cov zaub mov kom koj tuaj yeem xaiv cov muaj sodium qis dua.

## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Nrog koj pab neeg saib xyuas mob ntshav qab zib tham txog yam uas muaj xws li nyob rau ntawm koj txoj kev npaj zaub mov.



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## Tag nrho cov roj (carbohydrate)

Yog tias koj suav cov roj (carbs), qhov no yog qhov chaw tseem ceeb heev nyob rau kev mus saib. "Tag nrho cov carbohydrate" muaj xws li piam thaj, cov ua hmoov (starches), thiab cov txiv hmab txiv ntoo.

## Cov txiv hmab txiv ntoo

cov txiv hmab txiv ntoo yog ib feem ntawm cov khoom noj uas cog qoob loo uas rau lub cev tsis zom. Cov neeg laus yuav tsum tau noj 25 mus rau 30 grams ntawm cov txiv hmab txiv ntoo nyob rau hauv ib hnuv.

## Cov piam thaj

Cov piam thaj nce ntshav qab zib sai. Yog li ntawv yog ib qho tseem ceeb kom paub txog cov khoom noj uas muaj piam thaj ntau. Tsis txob noj cov zaub mov uas rau piam thaj ntxiv. Rau piam thaj ntxiv yog piam thaj uas tau muab rau ntxiv nyob rau txoj hau kev (xws li nyob rau ntawm cov soda lossis ua zaub mov noj) Nov yog ib qho txawv ntawm cov piam thaj uas muaj nyob rau hauv cov zaub mov ib txwm (xws li hauv cov txiv hmab txiv ntoo).

## Protein

Protein yog yam uas lub cev xav tau heev. Protein pab ua rau koj hnov tias muaj kev sov siab, tiam sis tsis ua rau muaj ntshav qab zib nce. Cov neeg feem ntau tsis tau txais protein txaus.

## % Qhov txiaj ntsig txhua hnuv

- 5% ntawm qhov txiaj ntsig txhua hnuv lossis tsawg dua txhais tau hais tias cov zaub mov muaj cov khoom zoo noj (nutrient) tsawg
- 20% ntawm qhov txiaj ntsig txhua hnuv lossis ntau dua txhais tau hais tias cov zaub mov muaj cov khoom zoo noj (nutrient) ntau

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**Calories**

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% Daily Value\*

**Total Fat** 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

**Protein** 3g

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Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

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## Khaws qhov sib npaug ntawm cov khoom zoo noj kom tsim nyog:

- Noj cov no kom tsawg: cov roj saturated fats, trans fats, cholesterol, thiab sodium
- Tau txais cov khoom no txaus: potassium, fiber, vitamins A, D, thiab C, calcium, thiab iron

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Tshuaj xyuas kuv tau!

**Qhov uas lav :** 1. American Diabetes Association. Standards of medical care in diabetes—2022. Diabetes Care. 2022;45(suppl 1):S1-S270.

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