

Nqaij npuas hau xyaw zaub ntsuab nrog mov thiab kua txob ntsw

Pork and mustard greens soup with pepper sauce and white rice

Txiv hmab txiv ntoo Fruits

Txiv kuav txob daj (maj naus) Lime

Zaub (Starchy) thiab mov nplej Grains and starchy vegetables

Mov dawb (siav) Rice (cooked)

Ntau npaum cas Amount

Luaj lub nrig Fist

Ib khob 1 cup

Zaub Non-starchy vegetables

Zaub ntsuab Mustard greens

Txiv lws suav Tomato

Dos Green onions



Nqaij thiab taum Protein

Nqaij npuas Pork

Txuj lom Herbs and spices

Qhiav Ginger

Kua txob quav tsuag Thai chili pepper

Qij Garlic

Zaub txhwb Cilantro

Roj Fats and oils

Roj canola Canola oil

Zaub mov uas pab kuv noj qab haus huv

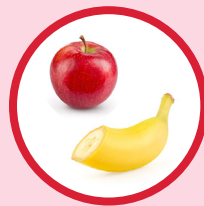
Healthy Eating with My Meal

Nqaij npuas hau xyaw zaub ntsuab nrog mov thiab kua txob ntsw



Txiv hmab txiv ntoo

Fruits



**Txiv av paum,
Txiv tsawb**
Apple, banana



Txiv hmab (grapes)
Grapes



Txiv taub ntoos
Green papaya



Txiv cuab thoj
Guava



Txiv maj yeeb yais
Longan



Txiv nkhaus taw
Mango



Txiv kuav txob daj (maj naus) txiv kab ntxwv
Lemon, lime, orange



Txiv mav coo
Persimmon

Roj Fats and oils



Roj canola
Canola oil



Roj mauj phaib
Coconut oil

Non-starchy vegetables

Zaub



Taum ntsuab
Green beans



Taub maum
Chayote



Zaub ntsuab
Mustard greens



Hauv paus dos loj
Onion



Txiv lws suav Tomato



Dos Green onions



Lws liab
Chinese eggplant



Zaub ntug Carrots



Zaub qhwv
Cabbage

Grains and starchy vegetables

Zaub (Starchy) thiab mov nplej



Cab npleg
Noodles



Pob kws
Corn



Nqaij nyuj, nqaij npuas
Beef, pork



Ntses, nqaij nruab dej
Fish, seafood



Mov liab Purple rice



Qos liab
Sweet potato



Mov dawb, mov nplaum
White rice, sticky rice



Qe
Eggs



Taum hww
Tofu



Nqaij qaib
Chicken



Taum hww
Tofu

Nqaij thiab taum

Protein

Mis nyuj

Dairy and dairy alternatives



Mis nyuj 2%
Reduced-fat
(2% or less) milk



Kua taum
Soy milk

Txuj lom

Herbs and spices



Zaub txig
Basil



Tauj dub
Lemongrass



Qhiav
Ginger



Hwj txob
Black pepper



Zaub txhwb
Cilantro



Pum hub
Mint



Qij
Garlic



Kua txob quav tsuag
Thai chili pepper