

Cov khoom noj los ntawm WIC rau cov Niam uas Xeeb Tub

Cov khoom noj tshiab nyob rau hauv WIC yauv pab koj thiab koj tus menyuam los pab yug lub cev raws li koj tus kws kho mob pom zoo pab koj thaum koj tseem xeeb tub.



Koj Cov Mov Tshiab Hauv WIC



Muaj roj tsawg thiab muaj fiber ntau



Muaj ntau hom xaiv



Pab koj mus cuag lub cev loj xog qhov zoo uas noj qab haus huv



Ua Raws Kev Cai Qhia Noj Mov, MyPyramid, thiab cov qhia menyuam mos liab kev noj mov!

COV NOOB QOOB	COV TXIV thiab ZAUB	COV LOS NTAWM NYUJ	COV MUAJ PROTEIN
<ul style="list-style-type: none"> - Cereal uas yog iron-fortified - Cov mov ci uas yog Whole wheat - Lwm yam khoom noj uas muaj whole grain 	<ul style="list-style-type: none"> - Cov txiv haus muaj Vitamin C ntau - Daim ntawv yuav txiv thiab zaub txog \$8 	<ul style="list-style-type: none"> - Mis nyuj - Lwm yam los ntawm nyuj thiab cov muaj Soy nyob rau 	<ul style="list-style-type: none"> - Qe - Cov noob taum lossis taum uas qhuav lossis nyob rau kos poom - Peanut butter

Noj cov khoom yuav los ntawm WIC thiaj li pab kom koj khov kho thiab kom tau ib tug menyuam uas yuav loj hlob zoo!

"Raws li tsab cai rau hauv tsoom fwm thiab CovTswj hau teb chaw AsMeslivKas Phab saib xyuas qoob loo txoj cai, lub koom haum no tsis pub yuam cai ua phem rau tib neeg vim nws yog lwm haiv neeg, txawv nqaij tawv, nws yog poj niam los txiv neej, txawv hnuv nyoog, lossis nws yog cov tsis taus. Yog xav sau tsab ntawv tsis txaus siab vim muaj kev saib tsis taus, sau rau tus Thawj Tsav Xwm USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 lossis hu xov tooj rau (800) 795-3272 lossis (202)720-6382 (TTY). USDA Muaj faj huam sib luag kev ua haujlwm."