



Cov Khoom Haus Uas Tsis Yog Mis Uas Ntseeg Siab Tau

(Cov Kua Uas Siv Hloov Kua Mis) (Creditable Non-Dairy Beverages – Hmong)

Cov khoom haus uas tsis yog mis uas ntseeg siab tau uas muaj txiaj ntsig tau raws li los sis ntau tshaj li cov kuab khoom noj muaj nyob hauv ib khob mis nyuj thiab tuaj yeem siv hloov pauv cov kua mis uas ntseeg siab tau hauv Lub Khoos Kas Khoom Noj Txhawm Rau Saib Xyuas Me Nyuam Yaus Thiab Neeg Laus (Child and Adult Care Food Program, CACFP).

Kev Xav Tau Ntawm Kuab Khoom Noj

Cov khoom haus uas tsis yog mis nyuj uas ntseeg siab tau yuav tsum tau ua kom tau raws li qhov xav tau ntawm cov kuab khoom noj muaj nyob hauv lub kem hauv qab no.

- Cov khoom haus uas tsis yog mis nyuj uas ntseeg siab tau tsis tas yuav tsum muaj qhov rog tsawg los sis tsis muaj qhov rog.
- Thaum muab rau cov me nyuam hnuv nyoog li 1-5 xyoos, nws yuav tsum tsis muaj qhov qab.

Cov kuab khoom noj	Qhov ntau tsawg uas xav tau toj ib khob (8 ooj kua.)
Pos Tees (Protein)	8 grams
Kuab Calcium	276 mg
Vib Tas Mees A (Vitamin A)	500 IU los sis 150 mcg
Vib Tas Mees D (Vitamin D)	100 IU los sis 2.5 mcg
Kuab Magnesium	24 mg
Kuab Phosphorus	222 mg
Kuab Potassium	349 mg
Kuab Riboflavin	.44 mg
Vib Tas Mees B-12 (Vitamin B-12)	1.1mcg

Cov khoom haus uas tsis tau raws li qhov xav tau ntawm cov khoom noj khoom haus hauv lub kem saum toj no, piv txwv li txiv almond, cashew, txiv maj phaub, zaub hemp, mov oat, thiab kua mis mov, dej, thiab kua txiv hmab txiv ntoo, tsis tuaj yeem muab hloov kua mis nyuj tau tshwj tsis yog tias muaj daim ntawv kho mob uas siv tau rau kev xiam oob qhab nyob rau hauv cov ntaub ntawv.

Kev thov kom muaj Cov Khoom Haus Uas Tsis Yog Mis Nyuj Uas Ntseeg Siab Tau

Cov khoom haus uas tsis yog mis nyuj uas ntseeg siab tau tuaj yeem muab tau thaum muaj ntawv sau thiab kos npe thov los ntawm cov niam txiv, cov neeg saib xyuas, cov neeg koom nrog uas yog neeg laus los sis cov neeg saib xyuas ntawm ib tus neeg koom nrog uas yog neeg laus, los sis lub koom haum kho mob. Qhov kev thov yuav tsum suav nrog qhov laj thawj ntawm kev hloov pauv. Txhua qhov kev thov uas muaj laj thawj txaus tuaj yeem lees txais tau (piv txwv li, kev tsis haum mis/tsis haum, kev nyiam noj zaub mov, los sis qhov laj thawj fab kev ntseeg, kab lis kev cai, los sis kev coj noj coj ua).

Daim ntawv teev Cov Khoom Haus Uas Tsis Yog Mis Uas Ntseeg Siab Tau

Cov khoom lag luam uas tau teev nyob rau nplooj ntawv nram qab no tau txais kev soj ntsuam los ntawm DPI CNT thiab ua tau raws li los sis ntau dua theem ntawm cov khoom noj raws li 10/10/2023. Cov khoom uas tsis tau txais kev lees paub los ntawm Wisconsin Lub Tsev Hauj Lwm Saib Xyuas Kev Qhia Rau Pej Xeem (Wisconsin Department of Public Instruction, DPI).

Yog tias ua hauj lwm rau cov khoom lag luam uas tsis tau teev tseg, cov khoos kas uas muaj lub luag hauj lwm los xyuas kom ntseeg tau tias nws ua tau raws li los sis ntau tshaj qhov xav tau ntawm cov kuab khoom noj los ntawm kev sib piv cov kuab khoom noj uas tau teev tseg rau ntawm daim ntawv lo rau Cov Ntaub Ntawv Qhia Khoom Noj Khoom Haus rau cov khoom noj uas tau teev tseg saum toj no. Yog tias tus nqi ntawm tag nrho cov kuab khoom noj zoo ib yam los sis ntau dua, cov khoom haus uas ntseeg siab tau.






Daim ntawv teev Cov Khoom Haus Uas Tsis Yog Mis Uas Ntseeg Siab Tau

Cov Kev Xaiv Uas Tsis Muaj Qhov Qab

Hom Uas Muaj Npe/Hom	Daim Duab ntawm Cov Khoom
Sab Av Loj Thib 8 Kua Mis Taum Daj Li Qub Qab (Original Soymilk)	
Great Value Kua Mis Taum Daj Li Qub Qab (Original Soymilk)	
Lub Taub Mis Kikkoman Pearl Organic Smart Kua Mis Taum Daj Li Qub Qab (Organic Smart Original Soymilk) <i>Lub taub ntim 8 ooj NKAUS XWB</i>	
Ripple Cov Khoom Qub Qab Uas Nqa Tau Txhua Qhov Chaw (Lub taub ntawv tim 8 ooj) Lub Txee Rau Khoom Uas Taug Taw Tau Zoo (Lub taub ntim 32 ooj)	
Pacific Taub Mis Ultra Soy Original	
Silk Kua Mis Taum Daj Li Qub Qab (Original Soymilk)	
Sunrich Naturals Taub Mis Taum Daj Li Qub Qab Tsis Muaj Tshuaj Xyaw (Organic Original Soymilk)	
Westsoy Taub Mis Kua Taum Daj Tsuag (Original Plus) Kua Mis Taum Daj Plain	

Cov Kev Xaiv Uas Muaj Qhov Qab

Cov Khoom Haus Uas Tsis Muaj Mis Ua Xyaw tsuas yog muab rau cov me nyuam yaus 6 xyoo nce mus thiab cov laus nkaus xwb

Hom Uas Muaj Npe/Hom	Daim Duab ntawm Cov Khoom
Sab Av Loj Thib 8 Kua Mis Taum Daj Vanilla	
Lub Taub Mis Kikkoman Pearl Organic Smart Kua Dawb Vanilla thiab Kua Mis Taum Daj Chov Kos Lev Kua Dawb <i>Lub taub ntim 8 ooj NKAUS XWB</i>	
Ripple Chov Kos Lev los sis Vanilla Uas Nqa Mus Tau Txhua Qhov Chaw (Lub taub ntawv tim 8 ooj) Lub Txee Rau Chov Kos Lev Uas Ruaj Khov (Lub taub ntim 32 ooj)	
Silk Kua Mis Taum Daj Chov Kos Lev thiab Very Vanilla <i>Lub taub ntim 8 ooj NKAUS XWB</i>	
Sunrich Naturals Kua Mis Taum Daj Organic Vanilla <i>Cov taub ntim 32 ooj thiab 8 ooj</i>	
Westsoy Taub Mis Kua Taum Daj Tsuag (Original Plus) Kua Mis Taum Daj Vanilla	