

Nkag Siab Txog Koj Cov Nyiaj WIC Yuav Khoom Noj -Khoom Noj Raws Ooj

Yuav cov khoom noj uas koj yuav noj thaum koj mus yuav khoom txhua txhua ib zaug twg. Siv phab ntawm ntawm noj los xyuas kom meej hais tias koj yeej siv tau koj cov nyiaj kom muaj txiaj ntsim tshaj rau koj ua ntej dhau sij hawm.



Yugurt

32 oz



32 oz

64 oz



32 oz 32 oz

96 oz



32 oz 32 oz 32 oz



Tshij (Cheese) los sis Kua Taum Paj (Tofu)

16 oz



16 oz

32 oz



16 oz 16 oz

48 oz



16 oz 16 oz 16 oz



Cov Cereal Rau Mos Ab Noj

8 oz



8 oz

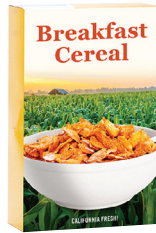
16 oz



16 oz



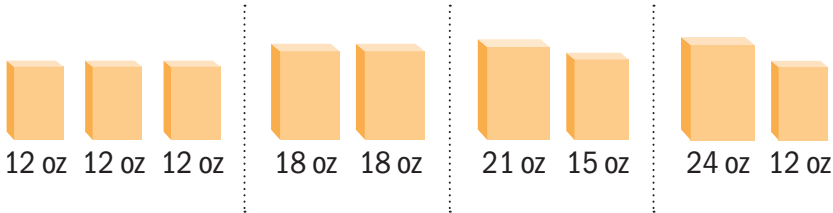
8 oz 8 oz



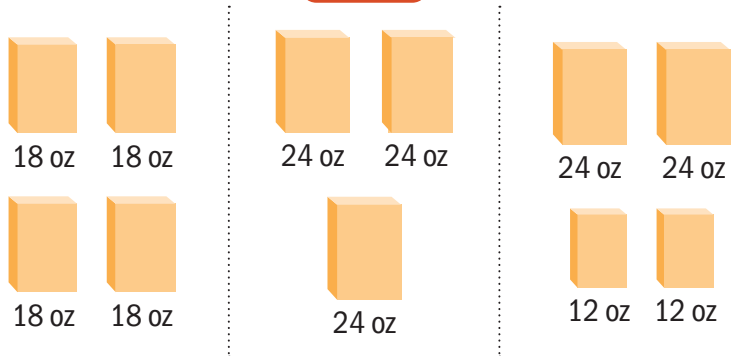
Cov Cereal Noj Ua Tshais

(Mus saib cov lus qhia ntxiv nyob hauv qab no)

36 oz



72 oz



108 oz

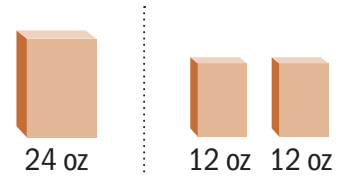


Lus Qhia Ntxiv: Siv txoj kev xaiv cov pob khoom uas loj thiab me saum no coj los xaiv cov khoom koj yuav kom koj siv koj cov nyiaj tau rau qhov uas yuav muaj txiaj ntsim tshaj rau koj. Yog koj tsis xaiv cov pob khoom zoo li saum no, koj yuav siv tsis tag cov khoom suav raws ooj uas koj yuav xaiv tau.

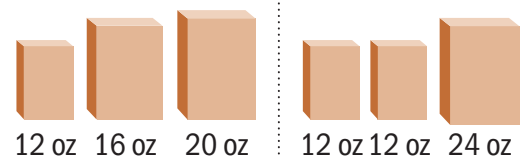
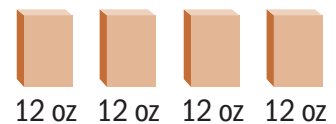
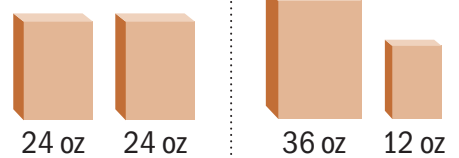
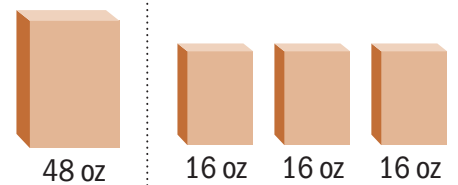


Cov Khoom Noj Uas Siv Tag Nrho Lub Noob Coj Los Ua (Whole Grains)

24 oz



48 oz





Kua Txiv Hmab Txiv Ntoo

Cov khoom noj ntim ua tej pob rau leej niam thiab tus me nyuam yeej tau \$3 ntxiv rau txiv hmab txiv ntoo thiab zaub. Yog koj xav tau kua txiv hmab txiv ntoo no, hais rau WIC tus neeg ua hauj lwm paub thaum koj mus ntsib lawv zaum tom ntej no.

Tom qab muab koj cov khoom noj uas ntim ua tej pob pauv tag lawm, koj Cov Nyiaj WIC Yuav Khoom Noj yeej qhia qhov nyiaj uas koj yuav muab siv tau coj mus yuav kua txiv hmab txiv ntoo. Rau cov kua txiv hmab txiv ntoo uas haus tau lawm (RTD), qhov ntau thiab tsawg yeej yog ooj zoo ib yam li lub taub uas ntim cov kua txiv hmab txiv ntoo.

Rau cov kua txiv hmab txiv ntoo uas yuav tau muab dej tov (C), qhov ntau thiab tsawg yeej yog qhov ooj tom qab muab dej tov tag rau lawm.

$$\text{C} + 3 \text{ poj dej} = 64 \text{ oz}$$

16 oz 3 poj dej

$$\text{C} + 3 \text{ poj dej} = 48 \text{ oz}$$

12 oz 3 poj dej

64 oz



64 oz



16 oz

Yog koj yuav ib taub 12 oz los sis 11.5 oz uas yuav tau muab dej tov, nws txhais hais tias koj yeej yuav tau tag nrho cov kua txiv hmab txiv ntoo raws ooj uas pub koj yuav



64 oz



64 oz

128 oz



16 oz



16 oz



64 oz



16 oz

192 oz



64 oz



64 oz



64 oz



16 oz



16 oz



16 oz



12 oz



12 oz



12 oz



12 oz





Cov mis uas tsis muaj cov piam thaj hu ua lactose

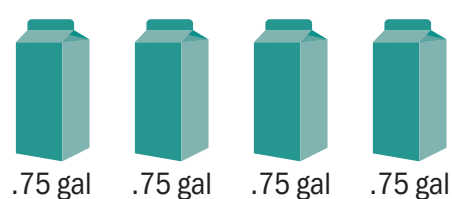
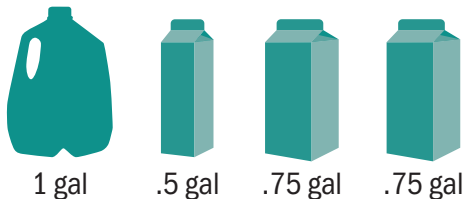


Yog koj xav tau cov mis uas tsis muaj lactose, hais rau WIC tus neeg ua hauj lwm paub thaum koj mus ntsib lawv zaum tom ntej no.

Cov mis uas tsis muaj cov piam thaj hu ua lactose yeej muaj cov li ib nrab nkas loos, .75 nkas loos, thiab ib nkas loos. **Yog koj xaiv cov uas muaj .75 nkas loos, yuav ob taub ua ke sub koj thiaj li siv tag nrho qhov mis uas pub koj yuav.**

Piv txwv:
WIC Cov Nyiaj Yuav
Khoom Noj muab
3 nkas loos cov mis
uas tsis muaj lactose

3 GAL



Yog xav paub ntau tshaj qhov no, mus xyuas ntawm **MyFamily.WIC.ca.gov**, mus saib phab ntawv hu ua California WIC Phau Ntawv Qhia Neeg Yuav Khoom, los sis siv koj qhov California WIC App.