

QHOV TSEEM CEEB NTAWM IODIONE THAUM CEV XEEB TUB

KOJ PUAS PAUB?

Iodine yog qhov tseem ceeb rau koj vim tias...

- Thaum cev xeeb tub, peb lub cev xav tau iodine ntau dua 50%.
- Peb lub cev tsis tuaj yeem tsim iodine, peb yuav tsum tau txais los ntawm cov khoom noj.
- Iodine pab lub cev tsim muaj lub zog ntawm cov khoom noj.
- Ntau tus poj niam tsis muaj iodine txaus nyob rau hauv lawv lub cev ua ntej cev xeeb tub.

Thiab rau koj tus me nyuam thiab!

- Iodine yog tus yuam sij tseem ceeb rau me nyuam mos lub hlwb thiab pob txha.
- Cov theem iodine qis tuaj yeem ua rau lub hlwb puas thiab koj tus me nyuam li IQ yuav txo qis.



KOJ XAV TAU IODINE NTAU NPAUM LI CAS?

Qhov Ntau Tsawg
Uas Pom Zoo
RDA^a/AI^b

Kev pub niam
mis ntawm cov
hluas thiab cov
poj niam

290
mcg^a

Cov hluas thiab
poj niam cev
xeeb tub

220
mcg^a

Cov neeg laus
thiab cov hluas
14-18 xyoo

150
mcg^b

Puas yog koj txhawj xeeb txog tias tsis tau txais iodine txaus?

Tham nrog koj tus neeg muab kev pab cuam saib xyuas kev noj qab haus huv txog txaq hauv kev ntxiv cov khoom noj uas muaj iodine ntau dua thiab sib tham seb cov tshuaj ntxiv puas raug rau koj.

COV HAUV KEV LOS UA HAUJ LWM HAUV IODINE NTAU DUA



Ua Kom Muaj Kua Mis: Muab kua mis nyuj nrog cov hmoov cereal los sis oatmeal uas koj nyiam, sib tov kom ua kua nplaum los sis muab tso rau hauv tais pasta los sis kua zaub.



Txaus Siab Rau Kua Mis Nyuj Qaub (Yogurt): Kua mis nyuj qaub (Yogurt) yog tsim los ntawm mis nyuj thiab muaj cov khoom noj los pab tus me nyuam kom loj hlob. Kua mis nyuj qaub (yogurt) uas muaj suab npe uas muaj txiv hmab txiv ntoo, granola los sis txiv ntseej rau plusa tshais los sis khoom noj txom ncauj.



Hais Txog Kua Mis Nyuj Khov: Kua mis nyuj khov yog ib qho kev xaiv uas yooj yim nyob rau hauv tsev los sis thaum taug kev! Muab cov kua mis nyuj khov ua tug los sis ua daim nrog txiv hmab txiv ntoo thiab zaub tso ua ke. Zaub xam lav, kua zaub uas muaj suab npe los sis tais zaub mov uas nyiam nrog kua mis nyuj khov kuam kom mos-mos.



Muab Lub Ge Tso Rau: Qe muaj cov khoom noj tseem ceeb 8 yam xws li iodine, choline, vitamin B12 thiab protein.



Mus Rau Ntses: Ntses thiab nqaij nruab deg tuaj yeem yog qhov peev txheej zoo ntawm iodine, nrog rau cov protein, roj uas ua rau muaj kev noj qab nyob zoo thiab vitamin B12.

Puas yog thev tsis taus rau lactose? Xaiv

Lactose-tsis muaj kua mis nyuj - mis tiag, saj tau qab heev nrog tib yam khoom noj khoom haus muaj txiaj ntsig, tsis muaj lactose

Kua mis nyuj khov Cheddar thiab Swiss muaj lactose qis tshaj plaws.

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OV KHOOM NOJ KHOOM HAUS TWG MUAB IODINE?

KHOOM NOJ KHOOM HAUS	QHOV LOJ ME NTAWM KEV MUAB RAU	MICROGRAMS (MCG) RAU IB QHO KEV MUAB RAU	TUS NQI FEEM PUA TXHUA HNUB (DV)
 Ntse Cod, ci	3 ooj	158	105%
 Kua Mis Nyuj Khov, Greek, li ib txwm muaj, tsis rog	6 ooj	87	58%
 Kua mis nyuj uas tsis rog (1%)	1 khob	87	58%
 cov ntsev muag uas muaj iodine	1/4 tsp	76	51%
 Ntse ua tug	3 tug	58	39%
 Pasta, ua kom siav nrog cov ntsev uas muaj iodine	1 khob	40	27%
 Kua mis nyuj khov Cottage (txo qhov uas rog)	½ khob	39	26%
 Kua mis nyuj khov Swiss	3 daim*	36	24%
 Kab pum, kaum poom thiab ua kom siv	3 ooj	32	21%
 Qe, hau tsis siav zoo	1 lub qe	26	17%
 Kua mi nyuj khov As Mis Kas	3 daim*	18	12%
 Kua mis nyuj khov Cheddar	3 daim*	15	10%
 Koob cws, ua kom siav	3 ooj	13	9%
 Ntse Salmon, ci	3 ooj	14	9%
 Cov dej haus muaj noob taum daj	1 khob	7	5%
 Cov dej haus uas muaj Almond	1 khob	2	1%
 Ntsev hiav txwv uas tsis muaj iodine	1/4 tsp	<1	1%

KOJ PUAS PAUB?

1 khob mis nyuj muaj **ntau tshaj ib nrab** ntawm koj cov kev xav tau iodine txhua hnub!



Mis nyuj yog ib qho peev txheej ntawm iodine thiab lwm yam koom noj tseem ceeb uas muaj tus nqi pheej yig.

TXIV HMAB TXIV NTOO UAS ZOO TSHAJ PLAWS

Cov koom xyaw

- 2/3 khob cov kua mis nyuj qauba li ib txwm los sis tsis rog
- 1//2 khob txiv hmab txiv ntoo uas xaiv (tshiab, khov los sis kaus poom (nqaij))
- Xaiv cov koom tso rau saum toj

Cov tswv yim txiv hmab txiv ntoo: Txiv tsawb, txiv strawberries, txiv blueberries, txiv blackberries, txiv raspberries, txiv ev paum, txiv duaj, txiv pears, txiv hmab txiv ntoo sib xyaw

Cov tswv yim tso rau saum toj: Txiv almond kuam kom mos-mos, granola, paj noob hlis, noob taub dag, noob chia, cov noob hemp los sis flax, cinnamon, nutmeg



Cov lus qhia

Theem kua mis nyuj qauba thiab txiv hmab txiv ntoo.

Muab w xyaw rau saum toj.



*kua mis nyuj khov ua daim loj li daim qhob noom cracker

Cov ntaub ntawv siv: Cov Lus Qhia Txog Khoom Noj Khoom Haus Xyoo 2020, Lub Tsev Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv Hauv Teb Chaws - Cov Ntaub Ntawv Iodine rau Cov Kws Tshaj Lij Fab Kev Noj Qab Haus Huv.