

# COV TSOS MOB NTAWM LACTOSE INTOLERANCE

Xov xwm zoo! Yog tias koj muaj cov tsos mob ntawm lactose intolerance, koj tsis tas yuav tsum tsis txhob noj cov mis nyuj uas koj nyiam! Ntau tus neeg uas muaj cov tsos mob ntawm lactose intolerance tuaj yeem noj cov mis nyuj. Nws yog hais txog koj txoj kev nkag siab txog ntau npaum li cas lactose nyob rau hauv cov zaub mov koj nyiam thiab ntau npaum li cas koj tuaj yeem noj ib zaug.

## COV TSOS MOB NTAWM LACTOSE INTOLERANCE VS. UA XUA RAU MIS

Cov neeg feem ntau tsis meej pem cov tsos mob ntawm lactose intolerance nrog ua xua rau mis.

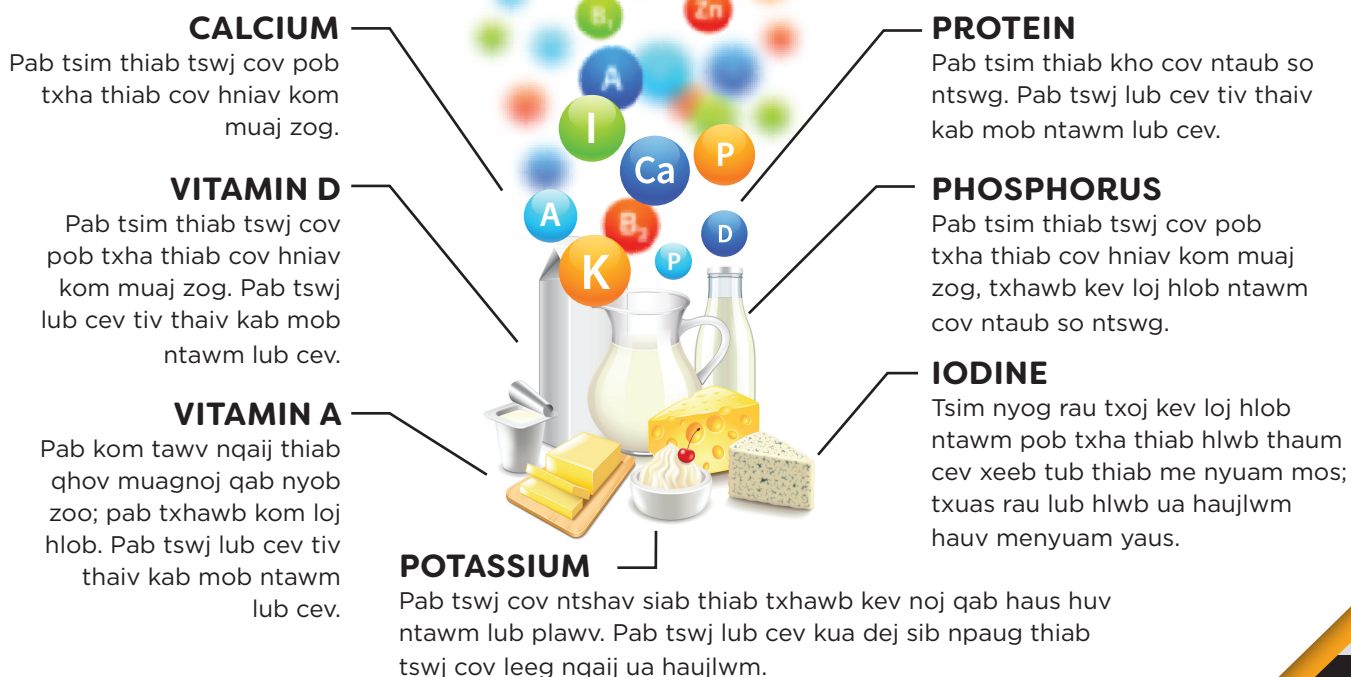
**Cov tsos mob ntawm lactose intolerance:** Kev tsis muaj peev xwm ua rau tsis muaj lactose (ib txwm muaj suab thaj hauv cov mis nyuj) thiab ua rau tsis xis nyob ib ntus xws li mob plab, tsam plab, roj, thiab/lossis raws plab.

**Ua xua rau mis:** Kev tiv thaiv kab mob rau cov protein hauv cov mis nyuj thiab ua rau cov tsos mob xws li hawb pob, pob khaus, mob plab, khaus lossis khaus qhov ntswg, txham, khaus khaus qhov muag, thiab/lossis yog kev tsis haum tshuaj hnyav.

**Yog tias koj xav tias koj muaj cov tsos mob ntawm lactose intolerance lossis ua xua rau mis, mus ntsib koj tus kws kho mob.**

Los ntawm kev txhawb nqa kev loj hlob thiab kev loj hlob ntawm cov menyuum yaus mus rau kev laus hauv cov neeg laus,

## MIS NYUJ MUAB COV KHOOM NOJ TSEEM CEEB PIV TXWV:



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*Siv lub rooj no los pab koj nrhiav txoj hauv kev kom txaus siab rau koj cov khoom noj mis nyuj uas koj nyiam thiab tag nrho cov txiaj ntsig kev noj qab haus huv uas tuaj nrog cov khoom mis nyuj.*

MIS NYUJ RAWS LI NYUJ COV KUA MIS	XAM QHOV NTIM	LACTOSE GRAMS(g)*
 <b>Tsis muaj lactose:</b>		0 g
<b>Nyuj tej</b>	1 khob	
<b>Yogurt</b>	$\frac{3}{4}$ khob	
<b>Greek Yogurt</b>	$\frac{3}{4}$ khob	
<b>Ice Cream</b>	$\frac{2}{3}$ khob	
 <b>Butter</b>	1 tbsp.	< 1 g
 <b>Cream (ua kua) thiab Cream Cheese (lub teeb los yog hnyav)</b>	1 tbsp.	< 1 g
 <b>Ntuj cheese, piv txwv: Cheddar, Swiss, Mozzarella, Gouda, Colby, Monterey Jack, Provolone, Brie, Blue, Parmesan</b>	1.5 oz.	< 1 g
 <b>Queso Fresco</b>	1 oz.	< 1 g
 <b>Queso Blanco</b>	1 oz.	< 1-2 g
 <b>Paneer</b>	1 oz.	1 g
 <b>American Cheese</b>	1 daim	1,2 g
 <b>Ricotta Cheese</b>	$\frac{1}{4}$ khob	1,9 g
 <b>Cottage Cheese</b>	$\frac{1}{2}$ khob	3,2 g
 <b>Ice Cream</b>	$\frac{2}{3}$ khob	3,9 g
 <b>Greek Yogurt (Tsawg rog, Tus nqi ntawm cov rog nyob rau theem li qub)</b>	$\frac{3}{4}$ khob	4,2 g
 <b>Yogurt (Tsawg rog, Tus nqi ntawm cov rog nyob rau theem li qub)</b>	$\frac{3}{4}$ khob	5,7 g
 <b>Mis Gaub</b>	1 khob	8,5 g
 <b>Nyuj tej</b>	1 khob	12 g

\* Xyuas koj nyiam brands raws li tus nqi ntawm lactose tuaj yeem txawv nyob rau hauv brand. Qhov chaw ntawm cov ntaub ntawv: U.S. Department of Agriculture, FoodData Central, <https://fdc.nal.usda.gov/index.html>, Accessed October 12, 2022.

## COV TSOS MOB NTAWM LACTOSE INTOLERANCE?

### Sim cov lus ghia no:



- **Haus mis nyuj me me** – Pib me ntsis thiab haus cov mis nyuj maj mam.

- **Sim haus mis nyuj** – Xaiv mis nyuj tsis muaj lactose thiab mis nyuj. Cov no yog cov khoom noj mis nyuj tiag tiag, tsuas yog tsis muaj lactose, thiab muab cov khoom noj zoo tib yam li cov khoom noj siv mis.

- **Do cov mis nyuj** – Muab mis nyuj nrog zaub mov lossis sib tov nrog lwm cov khoom noj kom maj mam haus cov lactose.



- **Muab cov mis nyuj** – Xaiv cov cheeses ntuj, xws li Cheddar, Colby lossis Swiss.



- **Shred nws** – Ntxiv cheeses xws li Parmesan los yog Mozzarella rau zaub mov.



- **Siv diav rau mis nyuj** – Kev coj noj ua ntawm kev noj yogurt pab zom cov lactose.



Luam theej duab saib cov yeeb yaj kiab luv luv ntawm cov tsos mob ntawm lactose intolerance.