



NYEEM DAIM LABEL

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ua tib zoo saib seb **ib zaug noj npaum cas**. Tej pob txaus noj ob peb zaus. Tej uas qhia txog cov zaub mov hauv no yog hais txog qhov uas txaus noj ib zaug xwb.

% Daily Value (uas muab sau tias % ntwm ib sab) yog raws li qhov uas noj 2,000 calorie rau ib hnuv xwb. Tej zaum koj yuav tau noj calorie ntau dua los sis tsawg dua. Nrog ib tus Kws Paub Txog Zaub Mov tham kom paub ntxiv.

Saib hauv qab qhov Roj **Total Fat** kom thiaj paub tias muaj cov roj saturated fat thiab trans fat no npaum li cas. Xaiv cov zaub mov uas tsis tshua muaj cov roj saturated thiab trans fat. Cov zaub mov zoo rau-lub plawv muaj cov roj saturated fat 3g los sis tsawg dua rau ib zaug.

Npaj kom noj tsawg tshaj 2,000 mg **sodium** (los sis ntsev) rau ib hnuv xwb. Qhov uas noj ntsev 5% DV los sis tsawg dua rau ib zaug no ces yog noj ntsev tsis ntau, thiab qhov uas noj 20% DV ntsev los sis ntau dua rau ib zaug ces xam tias noj ntsev ntau dhau lawm.

Nrhiav cov zaub mov uas muaj **fiber** ntau (3 g los yog ntau dua rau ib zaug).

Lwm Yam Ntxiv uas Yuav Tau Xam Txog:

- Tseem ceeb rau koj nyeem seb muaj dab tsi (Ingredients) nyob rau hauv kom thiaj paub tias siv dab tsi thiab dab tsi los ua.
- Cov piam thaj Total Sugars muaj cov piam thaj twb muaj nyob rau hauv lawm (natural) thiab cov piam thaj uas tau ntxiv rau (Added Sugars). Cov piam thaj uas twb muaj nyob rau hauv lawm yog tej yam uas twb nyob rau hauv tej zaub mov uas nyoos, xws li txiv hmab txiv ntoo, thiab muaj tej yam zoo xws li fiber thiab antioxidants. Cov piam thaj uas tau muab ntxiv rau tej zaub mov ces yeej tsis zoo dab tsi li (tsuas ntxiv calorie xwb). Nrhiav cov zaub mov uas tsis “Ntxiv Piam Thaj” ntau ntau rau.
- Txawm tias daim label uas qhia txog seb muaj dab tsi nyob rau hauv (Nutrition Facts) tsuas qhia tias muaj “0 g” trans fat xwb, tiam sis muaj qhov “partially hydrogenated oil” nyob rau hauv: ces cov zaub mov tseem muaj ib txhia trans fat (tsawg tshaj 0.5 g rau ib zaug). Yog tias koj noj ntau dua qhov uas noj ib zaug, ces koj kuj yuav noj tau cov trans fat ntau dhau lawm.

Yog tias xav paub ntxiv, ces mus rau ntwm lub American Heart Association lub vej xaij (heart.org)