



## QHIA TXOG COV ROJ

### Vim li cas kuv yuav tsum noj roj?

Roj pab lub cev nqus cov nutrients, ua rau yus muaj zog, tiv thaiv siab ntsws, kom lub cev sov so, muaj cov hormone, pub zaub mov rau cov keeb rau yus lub cev, thiab ua rau yus tsau plab. Txawd li ntawd los, txhua yam roj tsis zoo sib xws.

**Saturated fats** thiab **trans fats** ua tau rau cov cholesterol (LDL) phem siab thiab yuav tsum tsis txhob noj ntau. Cov roj saturated fats ntau zaus muaj nyob rau hauv tej khoom uas los ntawm tsiaj txhu los xws li butter, roj npuas, cov kua thiab zaub mov uas siv cream, cov nqaij rog (bacon, hot dog, hnyuv ntxwm), cov khoom noj mis nyuj uas rog rog, tawv qaib, cov gravy, thiab cov roj (coconut thiab palm oil). Trans fats, ntau zaus muaj nyob rau cov khoom noj uas zom xyaw tej ub tej no, margarine thiab roj zaub nyeem nyeem, tseem haj yam phem tsaj cov saturated fats thiab yuav tsum tsis txhob noj kiag li, yog tias ua tau. Cov khoom noj uas muaj cov “hydrogenated oil” los sis “partially hydrogenated oil” muaj cov roj trans fats.

**Monounsaturated** and **polyunsaturated fats**, also called the “healthy fats” or “unsaturated fats” can help reduce bad cholesterol (LDL) levels in the blood and provide Vitamin E (an antioxidant). Txawm cov roj monounsaturated thiab polyunsaturated fats no yeej pab tau lub cev me ntsis los, yuav tsum tsis txhob noj ntau ntau thiab.

### Cov Omega Fatty Acids nev?

Ib txhia roj polyunsaturated fats muaj omega-6 thiab omega-3 fatty acids. Cov roj no yog tej uas lub cev ua tsis taus tiam sis yuav tsum muaj kom thiaj noj qab haus huv. Tau pom tias cov fatty acids no ua tau kom cov triglyceride hauv cov ntshav qes dua, ua kom cov ntshav siab qes dua thiab kuj pab kom lub plawv thiaj tsis dhia ceev ceev los sis tsis zoo (arrhythmias).

### Cov Roj Unsaturated (zoo) Fats Los Qhov Twg Los:

- Cov nqaij ntses uas muaj muaj Roj (salmon, herring, mackerel, ntses pam thus)
- Tej txiv ntoo qab rog (walnuts, almonds, cashews, pecans, txiv qab rog thiab peanut butter)
- Noob (noob chia, flaxseeds, noob sesame, sunflower seeds)
- Avocado
- Cov roj zaub (olive, canola, safflower, sesame thiab roj flaxseed)
- Taum paj thiab taum