



### **Cut Down on Fat – Not on Taste!**

Protect your family’s heart health by serving foods low in fat and saturated fat.

Foods such as tofu, vegetables like green beans and squash, fruits, and rice are all part of a healthy diet.

Prepare them in a heart healthy way for you and your family. Help your family to eat less fat and saturated fat.

### **Buy lower fat foods:**

- Skim or 1% milk.
- Low fat or fat free cheeses, sour cream, salad dressing, and mayonnaise
- Chicken or turkey without the skin
- Lean cuts of meat instead of fatty meats
- Fish

### **Txu Tej kev noj Rog!—Txhob Saj!**

Tiv thaiv koj tsev neeg kuam tsi txhob muaj mob plawv hab nrhav tej yaam khoom noj kws muaj roj tsawg xwb.

Khoom noj xws le taum paaj, zaub xws le taum ntsuab hab xwb kuab, txiv maab txiv ntoo, hab mov puav leej yog khoom noj zoo tsi muaj rog.

Npaaj tej khoom noj kuam zoo moog tsua koj hab koj tsev neeg lub plawv. Nws yuav paab kuam koj tsev neeg noj tej khoom muaj roj tsawg hab lim roj yaaj zoo.

### **Yuav khoom noj kws muaj roj tsawg:**

- Haus cov mig nyuj “skim” los yog mig nyuj 1% xwb.
- Moog yuav tej cheese, sour cream, zaub xam lav hab mayonnaise kws tsis muaj rog los yog muaj roj tsawg tsawg xwb
- Qab los yog qab cov txwv kws dlaim tawv tsis rog
- Nqaj ntshiv hab cov nqaj kws tsis muaj paav yw
- Ntseg

### **Txo Tej kev noj Rog!—Txhob Saj!**

Tiv thaiv koj tsev neeg kom tsis txhob muaj mob plawv thiab nrhav tej yam khoom noj uas muaj roj tsawg xwb.

Khoom noj xws li taum paj, zaub xws li taum ntsuab thiab xwb kuab, txiv hmab txiv ntoo, thiab mov puav leej yog khoom noj zoo tsis muaj rog.

Npaj tej khoom noj kom zoo mus rau koj thiab koj tsev neeg lub plawv. Nws yuav kom koj tsev neeg noj tej khoom muaj roj tsawg thiab lim roj yaj zoo.

### **Yuav yam khoom noj uas muaj roj tsawg.**

- Haus cov mis nyuj “skim” los yog mis nyuj 1% xwb.
- Mus yuav tej cheese, sour cream, zaub xam lav thiab mayonnaise uas tsis muaj roj los yog muaj roj tsawg tsawg xwb.
- Qaib los yog qaib ntshw qaib cov txwv uas dlaim tawv tsis rog
- Nqaj ntshiv thiab cov nqaj uas tsis muaj pav ywj
- Ntses

**A collaborative Hmonghealth.org and Healthy Roads Media [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org) project**

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Before fishing, check to see which fish are safe to eat.

- Contact your local health department or natural resources agency for current information on mercury and other problems in your area.

Search for fishing information on [Hmonghealth.org](http://Hmonghealth.org)

- Fruits, vegetables, tofu, and grains like beans, rice, corn, and noodles

### **Cook with less fat.**

- Bake, broil, or boil instead of frying.
- Use a nonstick pan with cooking oil spray.
- Use only a little bit of vegetable oil or margarine **instead** of lard, shortening, or butter.

### **When you cook:**

Cook **without** lard, bacon, or other fatty meats.

### **Throw the fat away.**

- Cut the fat off beef and pork before you cook.
- Remove the skin from the chicken and turkey before you eat.
- Drain the fat from meats after you cook.
- Cool soups and gravies and skim the fat off with a spoon before you reheat them.

Ua ntej moog nuv ntseg, saib seb yaam ntseg twg txha le zoo noj.

- Hu moog tsua koj lub koom huv saib kev noj qaab haus huv (local health department) los yog natural resources agency kuam puab qha koj txug tej yaam tshuaj mercury hab lwm yaam teebmeem nyob ntawm koj lub nroog.

Moog nrhav kev nuv ntseg ntawm [Hmonghealth.org](http://Hmonghealth.org).

- Txiv maab txiv ntoo, zaub ntsuab, taum paaj, taum ntsuab, mov, pob kws, hab fawm

### **Ua zaub mov noj siv roj kuam tsawg.**

- Ci, hau, lossis hau kws tsi txhob kib
- Siv cov yag tsi lu roj lug kib es muab roj pleev tsua xwb
- Siv roj zaub roj pob kws mi ntsis xwb **txhob** siv roj tshaj coj lug ua noj lossis siv nqaj ntshiv tsi txhob siv paav ywj, nqaj rog, los yog butter lug kib.

### **Thaum koj ua noj:**

Txob siv paav ywj, nqaj muaj rog nrug, los yog nqaj rog lug kib.

### **Txav cov rog pov tseg.**

- Tshem cov nqaj nyuj rog hab npua rog pov tsheg ua ntej koj ua noj.
- Tshem tawm tej tawv qab hab tawv qab cov txwv pov tseg ua ntej noj.
- Tsu tawm cov roj ua ntej koj coj moog ua noj.
- Siv dlav yim cov kua roj ntab ntawd pov tseg ua ntej yuav muab rhaub noj.

Ua ntej mus nuv ntses, saib seb ya ntses twg thiaj li zoo noj.

- Hu mus rau koj lub koom huv saib kev noj qab haus huv (local health department) los yog natural resources agancey kom lawm qhia koj txog tej yam tshuaj mercury thiab lwm yam teebmeem nyob ntawm koj lub nroog.

Mus nrhiav kev nuv ntses ntawm [Hmonghealth.org](http://Hmonghealth.org).

- Txiv hmab txiv ntoo, zaub ntsuab, taum paj, taum ntsuab, mov, pob kws, thiab fawm

### **Ua Zaub mov noj siv roj kom tsawg.**

- Ci, hau, lossis hau xwb tsis txhob kib
- Siv cov yias kib qaib thiab zaub uas tsis nplaum coj los ua noj es mam li npleev me me roj rau xwb.
- Tsuas siv roj zaub roj pob kws me ntsis xwb **txhob** siv roj tshaj coj los ua noj los yog siv nqaj ntshiv tsi txhob siv pav ywj, nqaj rog, los yog butter los kib.

### **Thaum koj ua noj:**

Txhob siv pav ywj, nqaj muaj rog nrug, los yog nqaj rog los kib.

### **Txiav cov rog pov tseg.**

- Tshem cov nqaj nyuj rog thiab npua rog pov tsheg ua ntej koj ua noj.
- Tshem tawm tej tawv qaib thiab tawv qaib cov txwv pov tseg ua ntej muab noj.
- Lim tawm cov roj ua ntej koj coj mus ua noj.
- Siv diav los yim cov kua roj ntab pov tseg ua ntej yuav muab rhaub noj dua.

### **A collaborative [Hmonghealth.org](http://Hmonghealth.org) and [Healthy Roads Media](http://HealthyRoadsMedia.org) [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org) project**

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**You can make changes little by little.**

**Check how you will try to eat less fat.**

- Eat fruit instead of fatty desserts such as custard, ice cream, or cakes.
- Drink skim or 1% milk.
- Bake, broil, or boil chicken instead of frying it.
- Remove the skin from chicken.
- Buy cheeses marked “low fat” or “fat free.”

**Eat foods low in fat and saturated fat, and you will live a long and happy life!**

**Credits:** Adapted from the National Heart, Lung and Blood Institute Easy-to-Read Heart Health series. Translation in Green and White Hmong by Wausau Area Hmong Mutual Association with audio in Green Hmong. Produced for web by Healthy Roads Media. ©2008. Available for use as a public service at [www.hmonghealth.org](http://www.hmonghealth.org) and [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org). May be copied for non-profit educational use.

**Koj muaj peev xwm pauv tau miv ntsiv ib qho zuj zug.**

**Noj cov khoom kom tsis muaj roj.**

- Noj txiv maab txiv ntoo ua khoom txom ncauj zoo dlua le noj khoom qab zib xws le custard, ice cream los ncuav qab zib.
- Haus cov mig nyuj “skim” los yog mis nyuj 1% xwb.
- Ci, hau los yog hau nqaj qab xwb, tsis txhob kib.
- Tshem cov tawv qab pov tseg.
- Moog yuav yaam cheese kws muaj lub npe hu tas “muaj roj tsawg ” los yog “tsis muaj roj ” nuav xwb.

**Noj cov khoom noj tsi muaj roj ntau hab cov khoom kws yuav tsi ua koj roj, koj ha le yuav ua neej nyob ntev moog hab kaaj sab lug!**

**Cov Txaj ntsig:** Txais yuav lug ntawm National Heart, Lung hab Blood Institute Easy-to-Read Heart Health. Tau muab txhais ua ntawv Moob Ntsuab hab Moob Dlawb lug ntawm Koomhum Moob Wausau. Tsim rua web lug ntawm Healthy Roads Media. ©2008. Muaj rua suav dlawg siv nyob huv [www.hmonghealth.org](http://www.hmonghealth.org) hab [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org). Pub luam coj moog siv qha dlawb rua lwm tug tau.

**Koj muaj peev xwm pauv tau me ntsis ib qho zuj zus.**

**Noj cov khoom kom tsis muaj roj.**

- Noj txiv hmab txiv ntoo ua khoom txom ncauj zoo dua li noj khoom qab zib xws li custard, ice cream los yog ncuav qab zib.
- Haus cov mis nyuj “skim” los yog mis nyuj 1% xwb.
- Ci, hau los yog hau nqaj qab xwb, tsis txhob kib.
- Tshem cov tawv qab pov tseg.
- Mus yuav yam cheese uas muaj lub npe hu tias “muaj roj tsawg ” los yog “tsis muaj roj ” no xwb.

**Noj cov khoom noj tsis muaj roj ntau thiab cov khoom uas yuav tsis ua koj roj, koj thiaj yuav ua neej nyob ntev mus thiab kaj siab lug!**

**Cov txiaj ntsim:** Txais yuav los ntawm National Heart, Lung thiab Blood Institute Easy-to-Read Heart Health. Tau muab txhais ua ntawv Hmoob Ntsuab thiab Hmoob Dawb los ntawm Kooshaum Hmoob Wausau. Tsim rau web los ntawm Healthy Roads Media. ©2008. Muaj rau sawv daws siv nyob hauv [www.hmonghealth.org](http://www.hmonghealth.org) thiab [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org). Pub luam coj mus siv qhia dawb rau lwm tus tau.

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