

Kej Noj Cov Khoom Muaj Fiber Tsawg

Kej noj cov khoom muaj fiber tsawg yog rau cov neeg uas lawv yuav tau so lawv txoj nyhuv mos. Ib qho kev noj cov khoom muaj fiber tsawg txo tau cov khoom noj uas seem uas yuav tau txav mus rau txoj hnyuv loj.

Cov Khoom Uas Xav Kom Noj	Cov Khoom Uas Xav Kom Txhob Noj
<p>Nplev, Khaub Noom Ntse Mis, Mov thiab Pasta:</p> <ul style="list-style-type: none"> • Nplev dawb, nplev ua ib lub, biscuits, thiab croissant, nplev melba • Waffles, French toast, thiab pancakes • Mov dawb, fawm, pasta, macaroni thiab cov qos yaj ywm siav uas tev lawm • Cov crackers tsuag, Saltines • Cov khaub noom ntse mis uas siav: farina, Kua Dis • Cov khaub noom ntse mis txias: Puffed Rice, Rice Krispies, Corn Flakes, thiab Special K 	<p>Nplev, Khaub Noom Ntse Mis, Mov thiab Pasta:</p> <ul style="list-style-type: none"> • Cov nplev los sis cov nplev ua ib lub uas muaj noob, noob los sis txiv hmab txiv ntoo • Whole wheat, pumpernickel, rye breads thiab cov nplev uas siv pob kws ua (cornbread) • Qos yaj ywm uas muaj tawv, mov dub los sis mov nplej, thiab kasha (buckwheat)
<p>Zaub:</p> <ul style="list-style-type: none"> • Cov zaub siav uas muag thiab cov zaub nyob hauv kaus poom uas tsis muaj noob: zaub ntug hauv paus (Carrot), cov ntsis zaub asparagus, cov taum ntsuab los sis nplaum, taub dag, zaub spinach, noob taum lima 	<p>Zaub:</p> <ul style="list-style-type: none"> • Zaub nyoos los sis ncu • Cov zaub muaj noob • Sauerkraut • Xwb kuab, taum mog, zaub ntswj, Brussels sprouts, cabbage, dos, zaub qhwv dawb, cov taum ci, taum mog thiab pob kws
<p>Txiv hmab txiv ntoo:</p> <ul style="list-style-type: none"> • Kua txiv lim • Txiv hmab txiv ntoo ntim haus kaus poom, tsis suav txiv puv luj • Txiv tsawb siav • Dib pag 	<p>Txiv hmab txiv ntoo:</p> <ul style="list-style-type: none"> • Txiv prunes thiab kua txiv prune • Txiv hmab ntoo nyoos los sis qhuav • Tag nrho cov berries, figs, ib hom txiv ntoo qab zib (dates) thiab txiv raisins

<p>Mis Nyuj/Dairy:</p> <ul style="list-style-type: none"> • mis nyuj, tsis txuam dab tsi los sis txuam lwm yam • yogurt, custard, tjoab ice cream • cheese thiab cottage cheese 	<p>Mis Nyuj/Dairy:</p> <ul style="list-style-type: none"> • Yogurt nrog txiv ntoo los sis noob txiv
<p>Nqaij thiab lwm cov proteins:</p> <ul style="list-style-type: none"> • zom, nqaij nyuj uas siav, nqaij, nqaij yaj, nqaij ncej qab, nqaij nyuj mos, nqaij npuas, nqaij ntses, nqaij qaib, thiab nqaij hauv nruab nrog cev • qe • txiv laum huab xeeb tsis nrog noob 	<p>Nqaij thiab lwm cov proteins:</p> <ul style="list-style-type: none"> • nqaij tawv thiab ntshib • taum qhuav, taum mog, thiab lentils • txiv laum huab xeeb nrog noob • Taum fwv
<p>Khoom Noj Uas Muaj Rog, Khoom Noj Txom Ncauj, Khoom Qab Zib, cov khoom rau zaub, thiab Dej Haus:</p> <ul style="list-style-type: none"> • Margarine, mis roj, roj, mayonnaise, kua nplaum qaub, thiab kua xyaw zaub sib tov • Cov gravies tsis qab dab tsi • Suab thaj, clear jelly, zib muv, thiab syrup • Txuj lom, tshuaj ntsuab siav, kua zaub, kua nqaij, thiab kua dis nrog zaub • Khas fes, tshuaj yej, thiab dej qab zib • Cov ncuav tsuag thiab khuv kim • Kua nplaum, plain puddings, custard, ice cream, sherbet, Popsicles • Khaub noom tawv los sis pretzels • Kua txiv lws suav, mustard 	<p>Khoom Noj Uas Muaj Rog, Khoom Noj Txom Ncauj, Khoom Qab Zib, cov khoom rau zaub, thiab Dej Haus:</p> <ul style="list-style-type: none"> • Txiv ntoo, noob, thiab txiv maj phaub • Jam, marmalade, thiab preserves • Dib qaub, txiv ntseej, kua txuj lom, thiab horseradish • Tag nrho cov khoom noj qab zib uas muaj nuts, noob, txiv hmab txiv ntoo qhuav, txiv maj phaub, los sis xuas whole grains los sis bran ua • Khaub noom uas muaj nuts los sis noob • paj kws