

Missouri WIC muab whole grains rau cov tsev neeg tau WIC.

Muab ib nrab ntawm koj cov nplej ua whole grains.

Cov Kev Xaiv Whole Grain Uas WIC-Pub Yuav:
(Saib WIC Daim Ntawv Qhia Cov Khoom Noj Uas Pub Yuav rau ib qho kev xaiv whole grain twg kiag)

- Cov cereals whole grain
- Whole grain los sis nplem whole wheat
- Mov txho liab tseb
- Whole wheat tortillas
- Soft corn tortillas

Nooj whole grains kom ntau:

- Xaiv cov cereal whole grain, xws li oatmeal, los pib koj hhub
- Ua ib daim nplem whole wheat uas tso txiv laum huab xeeb rau los noj tshais kom tsau
- Siv cov nplem 100% whole wheat los ua ncuav qhwv nqaij
- Noj cov cereal whole grain los noj txom ncauj
- Ua tacos los sis burritos uas siv whole wheat tortillas
- Ntxiv cov mov txho liab tseb rau cov nqaij ci, kua dis thiab xam lav
- Siv cov mov txho liab tseb hauv cov ntawv qhia ua noj uas kom siv mov
- Siv cov oats uas dos ua tej tug los sis cov cereal whole grain uas tau muab tsoo mos mos los ua ncuav pleev rau cov nqaij qaib ci los sis ntses ci

Nrhiav cov whole grains hauv koj lub khw. Nyeem cov khoom ua noj los sis nrhiav lub thwj cim whole grain (qhov no tej zaum yuav tsis muaj nyob rau tag nrho cov khoom noj uas yog whole grain). Nrhiav:

- Whole wheat
- Whole (grain lub npe)
- Whole oats los sis oatmeal
- Mov txho liab tseb



Cov duab yog tau los ntawm Oldways thiab Whole Grains Council, wholegrainscouncil.org



Kev muab whole grains tso rau hauv koj puas noj nws yooj yim:

Tshais:

1/2 khob oatmeal nrog txiv hmab txiv ntoo tso saum toj

Su:

Ib lub ncuav qhwv nqaij uas siv ob daim nplem whole wheat

Khoom txom ncauj:

Whole wheat tortilla nrog cov tshij uas yaj thiab salsa

Hmo:

1/2 khob mov txho liab tseb

www.dhss.mo.gov/wic

Missouri
WIC



DHSS yog ib tug tswv hauj lwm muaj vaj huam sib luag/muaj cai saib taus cov neeg tsawg (affirmative action). Cov kev pab yog muab raws kev tsis xaiv cais tshwj leej twg li.

Cov Ntawv Qhia Ua Noj rau Cov Poj Niam thiab Cov Me Nyuam Yaus

Golden Chicken Nuggets

Roj zaub tsuag uas tsis nplaum

1 phaus hauv siab nqaij qaib uas tsis muaj pob txha

½ khob cov kua dressing uas yog Italian uas muaj rog tsawg los sis cov honey-mustard

4 khob bran flakes

1. Muab lub qhov cub tso rau kom kub txog 425°F, thiab muab cov roj zaub los txuag rau lub tais ci.
2. Muab cov nqaij qaib txiav ua tej daim loj li 1 nti.
3. Muab cov cereal tsoo kom mos, thiab muab tso rau hauv ib lub tais los sis ib lub hnab yas ntim khoom noj.
4. Muab tej daim nqaij qaib tso rau hauv cov kua dressing; ces muab dov rau hauv cov cereal kom nws npog tas zoo zoo.
5. Muab tso rau hauv lub tais ci. Muab ci kwv yees li ntawm 10 feeb los sis kom txog thaum uas cov nqaij qaib nws tsis liab sab hauv plawv lawm.

Ua 4 servings.

Ib servings muaj 378 calories, 34 grams protein, 38 grams carbohydrate, 10 grams fat, 570 milligrams sodium, 8 grams fiber.

Yummy Oatmeal Peanut Butter Bars

2 khob oatmeal

2 lub qe

½ khob suab thaj txho liab tseb

½ khob suab thaj dawb

⅓ khob margarine

1 khob txiv laum huab xeeb

⅓ tsp. vanilla extract

¼ khob mis tsis muaj rog

1. Muab lub qhov cub ua kom kub txog 400°F ua ntej.
2. Muab cov oatmeal thiab qe tso rau hauv ib lub tais thiab muab do ua ke.
3. Hauv lwm lub tais, muab cov suab thaj txho liab tse, cov suab thaj dawb thiab cov margarine do ua ke.
4. Muab cov oatmeal thiab qe do nrog cov suab thaj uas do tau ntawd. Ntxiv cov txiv laum huab xeeb, vanilla thiab mis. Maj mam muab do kom sib tov zoo zoo.
5. Muab qhov uas tov tau ntawd tso kom thoob rau hauv lub tais ci uas lo roj uas loj 13 x 9 x 2-nti.
6. Ci mus 30 feeb. Cia kom nws txias me ntsis ua ntej muab txiav ua tej tug.

Ua 24 servings (1 tug rau txhua tus).

Ib servings muaj 137 calories, 4 grams protein, 12 grams carbohydrate, 8 grams fat, 180 milligrams sodium, 4 grams fiber.

Missouri
WIC



Cov ntawv qhia ua noj yog tau los ntawm National WIC Association