

EDR149-HM

Cov me nyuam yaus uas muaj tus mob pob txha caj qaum pluam rua (spina bifida) pheej nyiam muaj cov kev xav tau kev noj haus txawv dua lawv cov phooj ywg uas tsis muaj tus mob pob txha caj qaum pluam rua (spina bifida). Phau ntawv qhia no teev txog cov kev pheej hmoo uas cov neeg mob uas muaj tus mob pob txha caj qaum pluam rua (spina bifida) yuav ntsib thaum hais txog lawv tej kev noj haus, thiab cov ntsiab lus meej ntxaws txog txoj hau kev txo cov kev pheej hmoo no.

Cov lus qhia hais txog calorie rau cov me nyuam yaus uas muaj tus mob pob txha caj qaum pluam rua (spina bifida) no yog dab tsi?

Tom qab dhau ncuu sij hawm tseem yog me nyuam mos lawm, cov me nyuam yaus uas muaj tus mob pob txha caj qaum pluam rua (spina bifida) feem ntau yuav xav tau li ntawm ib nrab ntawm Qhov Ntau Tsawg Hauv Txhua Hnub Uas Tau Qhia Rau Noj (RDA) ntawm cov calorie rau lawv ncuu hnub nyoog.

Cov khoom noj uas xav kom noj rau cov neeg mob uas muaj tus mob pob txha caj qaum pluam rua (spina bifida) los ua kom tau raws li lawv cov kev xav tau fab khoom noj haus kom zoo rau lub cev muaj dab tsi?

Pawg Khoom Noj Khoom Haus	Cov Khoom Noj Khoom Haus Uas Tau Qhia Kom Noj
Mis nyuj/lwm txoj hau kev xaiv	Cov mis nyuj uas muaj roj tsawg los sis tsis muaj roj, cov mis nyuj khov, mis nyuj qaub
Cov nqaij/cov thaj plaus tees	Leeg, nqaij/nqaij qaib uas ua kom siav zoo, nqaij ntshiv Qe Noob taum/noob taum rau npav tawj Zaub uas yog taum
Cov noob nplej	Cov noob nplej whole grain
Cov zaub	Tag nrho -- tsom rau yam tsawg kawg ib nrab ntawm koj lub phaj kom yog cov zaub uas muaj ntau yam xim!

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Pawg Khoom Noj Khoom Haus	Cov Khoom Noj Khoom Haus Uas Tau Qhia Kom Noj
Cov txiv hmab txiv ntoo	Tag nrho -- tsom ntsoov rau ntau yam xim!
Cov nqaij rog/roj	Cov roj zoo rau lub plawv xws li roj txiv olive los sis roj txiv as vaus kas daus

Qee cov kev nyuaj txog kev noj haus uas kheev muaj rau cov me nyuam yaus uas muaj tus mob pob txha caj qaum pluam rua (spina bifida) yog dab tsi?

Cov me nyuam yaus uas muaj tus mob pob txha caj qaum pluam rua (spina bifida) yuav ntsib kev pheej hmoo txog kev tsam plab zuj zus tuaj, cov pob txha tsis muaj tsis khov, thiab mob rog tuaj ntxiv.

Tiv Thaiv Kev Mob Tsam Plab: Noj Tej Zaub Mov Muaj Thaj Fais Npawj thiab Haus Dej

Txhawm rau zam kom dhau kev tsam plab, xyuas kom paub tseeb tias koj tus me nyuam noj tej zaub uas muaj thaj fais npawj ntau txaus hauv lawv li kev noj haus thiab haus dej kom txaus. Saib cov kem ntawv hauv qab no txog kev noj zaub uas muaj fais npawj hauv txhua hnuv uas xav kom noj raws li ncuva hnuv nyoog, ua ke nrog qee cov chaw uas yuav nrhiav tau zaub uas muaj thaj fais npawj uas xav kom noj.

Ncuva Hnuv Nyoog	Cov Nkas Las ntawm Zaub Muaj Thaj Fais Npawj toj Ib Hnuv
12-23 lub hlis	19
2-3 xyoo	14
4-8 xyoo	Cov Txiv Neej: 20; Cov Poj Niam: 17
9-13 xyoo	Cov Txiv Neej: 25; Cov Poj Niam: 22
14-18 xyoo	Cov Txiv Neej: 31; Cov Poj Niam: 25

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Pawg Khoom Noj Khoom Haus	Cov Khoom Noj Uas Muaj Thaj Fais Npawj Siab (uas muaj yam tsawg kawg 4 nkas las toj ib zaug) qhov loj me ntwam kev muab los noj = 1 khob, tshwj tsis yog tias tau sau cim tseg ua lwm yam
Cov nqaij/cov thaj plaus tees	Cov noob taum (0.5 khob), noob flaxseed zom mos (2 dia noj mov), noob taum lentils (0.5 khob), taum pauv (0.5 khob), noob chia (1 oos)
Cov noob nplej	Cov mov cereal kua mov (0.5 khob), mov oatmeal, paj kws, noob quinoa (0.5 khob), cov fawm mov whole wheat
Cov zaub	Taum, paj zaub broccoli, zaub pob Brussels, qos liab, zaub ntug hauv paus, zaub ntsuab kale, taub dag, taum mog, zaub spinach, paj zaub cauliflower
Cov txiv hmab txiv ntoo	Txiv apple nrog tawv (1 lub loj pes nrab), txiv kab ntxwv (1 lub loj pes nrab), txiv pos, txiv pear (1 lub loj pes nrab), txiv as vaus kas daus (1 lub loj pes nrab), txiv kiwi, txiv cab thoj, txiv puab las (0.25 khob)

Cov Pob Txha Khov: Thaj Calcium thiab Vitamin D

Txhawm rau tawm tsam nrog kev pheej hmoo ntwam cov pob txha tsis khov hauv cov neeg mob uas muaj tus mob pob txha caj qaum pluam rua (spina bifida), lawv li kev noj haus yuav tsum suav nrog thaj calcium thiab vitamin D kom txaus.

Hnub Nyoog	Thaj calcium uas yuav tsum tau muaj toj ib hnub (xam ua mg)	Vitamin D uas yuav tsum tau muaj toj ib hnub (xam ua IU)
0-6 lub hlis	200	400
6-12 lub hlis	260	400
1-3 xyoo	700	600
4-8 xyoo	1000	600

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Hnub Nyoo	Thaj calcium uas yuav tsum tau muaj toj ib hnub (xam ua mg)	Vitamin D uas yuav tsum tau muaj toj ib hnub (xam ua IU)
9-13 xyoo	1300	600
14-18 xyoo	1300	600

Qhov Hnyav Kom Zoo Tsim Nyog Rau Lub Cev: Zaub Muaj Thaj Fais Npawj, Thaj Plaus Tees, Noob Nplej Whole Grains, Cov Txiv Hmab Txiv Ntoo, thiab Cov Zaub

Cov neeg uas muaj tus mob pob txha caj qaum pluam rua (spina bifida) yuav ntsib kev pheej hmoo uas ua rau muaj qhov hnyav nce siab los sis rog heev tuaj. Qhov kev pheej hmoo no yuav siab dua tuaj rau cov neeg uas muaj tus mob tsis ua pa thaum pw tsaug zog thiab. Nws yog qhov tseem ceeb yuav tswj hwm kom tau kev noj haus uas muaj thaj fais npawj, thaj plaus tees, noob nplej whole grains, cov txiv hmab txiv ntoo, thiab cov zaub kom txaus* kom nyob rau qhov hnyav uas zoo rau lub cev. Saib hauv qab no kom paub ntxaws ntxiv hais txog cov kev pheej hmoo tshwj xeeb raws lub hnub nyoo.

- **Thaum tseem yog me nyuam mos mus txog hnub nyoo 2 xyoo:** Muaj kev pheej hmoo yuav nce phaus tau qeeb thiab khoom noj zoo rau lub cev tsis txaus. Mus txog hnub nyoo 4 xyoo, cia siab tias cov me nyuam yaus feem coob yuav ua raws.
- **Hnub nyoo 3-5 xyoo:** Thaum muaj hnub nyoo 4 xyoo, thooj nqaij rog yuav muaj ntau tuaj thiab yuav pib muaj cov nqaij ntshiv tsawg zuj zus (leeg nqaij), uas yuav ua rau muaj kev siv tau cov calorie tsawg zuj zus toj ib hnub. Feem ntau lawm qhov no yog thaum peb pom tias muaj kev loj hlob tau qeeb, uas yog kev siv calorie toj ib hnub ntawv tau tsawg zuj zus.
- **Hnub nyoo 6-12 xyoo:** Thaum kev ua tej dej num kom ib ce muag tau poob qis zuj zus, muaj kev pheej hmoo siab zog tuaj rau cov pob txha tawg. Xyuas kom paub tseeb tias koj tus me nyuam tau txais thaj calcium thiab vitamin D txaus kom txo qis qhov kev pheej hmoo no.
- **Hnub nyoo 13-17 xyoo:** Yog tias tswj hwm saib xyuas tus neeg qhov hnyav tau tsis tshua zoo, nws tuaj yeem ua rau muaj teeb meem nyuaj rau kev ua pa ntau tuaj ua ke nrog kev pheej hmoo txog kev ua rau muaj mob/qhov txhab los ntawm kev nias ntau tuaj.

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**Yog tias tus neeg uas muaj tus mob pob txha caj qaum pluam rua (spina bifida) muaj qhov mob tsis haum nrog cov kua yas latex, lawv tuaj yeem noj qee yam txiv hmab txiv ntoo thiab zaub kom tsawg. Cov txiv hmab txiv ntoo/cov zaub uas muaj lub hwv tsam yuav muaj qhov ua rau mob sib hla siab tshaj plaws yuav muaj: cov txiv tsawb, cov txiv kiwi, cov txiv as vaus kas daus, cov qos yaj ywm, cov lws ntev thiab cov kua txob loj.*

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