

# Lub Cev Zoo

Rau Kuv Tus Menyuum (Healthy Weight for My Child)

Menyuum yaus lub cev tsis zoo sib xws. Vim muaj tej tug menyuum pham, tej tug yuag, tej tug cev ho tabtom zoo thiab xwb. Tej tus menyuum nws ho kheev hlob dua lwm tus menyuum thiab.

Children come in different shapes and sizes and grow at different rates.



Yog koj xav paub seb koj tus menyuum puas loj zoo thiab nyob rau qhov phaus zoo, nrog koj tus menyuum tus Kws Kho Mob tham.

The Best Way To Know If Your Child Has A Healthy Weight Is To Check With Her Doctor and Dietitian.

Cov menyuum uas pham lossi rog heev yuav muaj ntau yam teebmeem tsis zoo rau nws lub cev xws li:

- ntshav siab
- ntshav qabzib, hom 2
- ua tsis taus pa
- muaj teebmeem thaum taug kev thiab khiav
- lwm tus saib tsis taus thiab thum nws
- tsis muaj phoojywg lossi cog tsis tau phoojywg
- tsis zoo siab rau nws tus kheej thiab lub cev
- pw tsis taus
- muaj kev tu siab heev

Children who are overweight because of an unhealthy lifestyle usually have these problems:

- high blood pressure
- type 2 diabetes
- asthma
- problems with walking and running
- bullied and teased by their peers
- difficulty with making friends
- low self-esteem and poor body-image
- trouble sleeping
- depression

**Thaum koj tus menyuam ua lub neej kaj siab tsis muaj mob, nws yuav tsis tshua nce phaus. Tej yam uas koj yuav ua tau los pab kom koj tus menyuam tau lub neej kaj siab tsis muaj mob nkeeg thiab nce phaus yog:**

**When children have a healthy lifestyle, they have a lower chance of becoming overweight. These are some of the things you can do to make sure your children have a healthy lifestyle:**

- ❑ Qhia thiab muab tej yam khoom noj zoo rau nws noj xws li: txiv hmab txiv ntoo, zaub ntsuab, ntxhuv nplej, ntau hom nqaij, mis nyuj thiab lwm yam khoom noj uas muaj mis nyuj nyob rau hauv. Koj yuav tau muab tej yam no rau nws noj txhua hnub thiab thaum twg nws xav txom ncauj.

**Offer healthy foods such as: fruits, vegetables, whole grains, different types of meats, milk and other dairy foods everyday during regular meals and snack times.**

- ❑ Txhawb koj tus menyuam kom nws tsuas noj khoom thaum nws tshaib plab xwb. Qhia kom nws tsis txhob noj ntxiv thaum nws mloog tau nws lub plab tsau lawm. Tsis txhob siv khoom noj los ua khoom plig lossi kev rau txim rau menyuam. Yog koj ua li ntawd ces cuag li cov khoom noj ntawd muaj nuj nqis dua koj tus menyuam lawm.

**Encourage your child to eat only when she's hungry and to stop when she's full. Avoid using food as a reward or punishment so food does not seem more important than it is.**

- ❑ Txhawb koj tus menyuam kom maj mam noj zaub mov es nws lub cev thiaj li muaj sijhawm qhia tau rau nws tias lub cev tsau lawm.

**Encourage her to eat slowly so her body will have time to feel satisfied.**

- ❑ Tsis txhob mus noj lab noj mov sab nrauv heev thiab tsis txhob pub menyuam haus dej qabzib heev txawm tias nyob hauv koj lub tsev lossi lwm qhov los xij.

**Limit the amount of fast food and soft drinks at home and when eating out.**



**Txhawb koj tus menyuam kom nquag. Pab kom lawv noj zaub mov zoo ua ntej txhawj txog lawv lub cev nyhav phaus.**

**Make sure your children are active. Focus on their health and not on their weight!**

- Txhawb kom koj tus menyuam mus taug kev, mus khiav lossi mus dhia li ntwam 60 nas this tauj txhua hnuv.

*Encourage children to be active for at least 60 minutes everyday.*

- Txwv tsev neeg kom tsuas saib TV thiab siv computer li ntwam 1 rau 2 xob moos tauj ib hnuv xwb.

*Limit everybody's TV and computer time to 1 or 2 hours per day.*

- Txhawb thiab qhia kom koj tus menyuam txawj hluv nws lub cev. Txawm tias nws yog neeg loj, neeg me, neeg zoo li cas los kom nws paub tias tsis muaj ib lub cev uas zoo tshaj li. Txhua tus lub cev yeej yog cev zoo tas nrho li.

*Encourage your children to love their bodies no matter what size they are and tell them that there is no such thing as an ideal body. Every body is a good body.*



**Ua ib tug qauv zoo rau koj tus menyuam kawm  
Noj tej zaub mov zoo rau koj lub cev xwb,  
Siv sijhawm los dhia thiab hlub koj lub cev.  
Set a good example for your children.  
Eat plenty of healthy foods,  
be active everyday and love your own body.**

**Txhua yam uas koj ua,  
koj tus menyuam yeej pom thiab xyaum ua tibs.  
Everything You Do, Your Child Sees and Does**



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