



### Watch Your Weight!

“My husband Toua and I both need to work two jobs. We were so busy that we used to eat on the run. I used to eat a doughnut in the car for breakfast. For lunch Chang would just grab a candy bar and soda. We were both so hungry at night that we would gobble down big portions of fried meat and rice. Eating all these high-fat foods made us gain weight. We made changes in what we ate and became more active each day. Finally, we got our weight back under control.”

-Mai

**Here are some of the changes Mai and Toua made. These tips can work for you, too! Plan ahead...**

1. Get up 15 minutes early in the morning. Eat breakfast at home. Include fruit, bread, or cereal with skim milk. Eat fewer sweet rolls, doughnuts
2. Prepare a healthy lunch the night before. Include grains, fruits, vegetables, and small portions of leftovers.
3. Take a piece of fruit to snack on in between jobs. Drink water instead of soda.

### Saib ntsoov seb koj hnyaav npaum le cag!

“Kuv tus quas yawg Tuamhab kuv ib ob leeg yuav tsum ua ob txuj num. Wb tsis khoom kag le wb txha le noj khoom thaum tsaav tseb moog ua dlej num. Kuv ib txwm noj ncuav qab zib ua tshais thaum tsaav tseb. Thaum txug caij noj sus Tsaab noj qhoob noom hab dlej qabzib. Tej tag mo ib ob leeg tshaib plaab heev le wb txha le noj qhaj kib hab mov ntau heev. Noj tej cov zaub mov kws muaj rog ntau ntau nuav ha le ua tsua wb rog heev tuaj. Wb txawm hloov yaam kws wb noj hab wb moog ua dlag zug kuam nto fws. Yog le ntawv wb ha le rov yuag tuaj lawm.”

-Maiv

**Nuav yog tej yaam kws Maiv hab Tuam nkawv tau hloov ntawm nkawv lub neej. Tej yaam nuav yeej siv tau tsua koj tab sis koj yuav tsum tau npaj me ntsis ua ntej....**

1. Sawv 15 nas this ntxuv dlua txhua zag thaum sawv ntxuv. Noj tsaib peg tsev. Noj txiv maab txiv ntoo, bread, los yog cereal nrug mis nyuj. Tsi txhob noj ncuav qab zib ntau ntau.
2. Npaj puas mov noj sus mo ua ntej koj moog ua num. Yaam zaub mov kws koj nplaj yuav tsum muaj mov, txiv maab txiv ntoo, zaub hab tej khoom noj kuam zoo rau yug lub cev.
3. Nqaa le ib nplais txiv qaum moog noj txum ncauj lub sij hawm ua num. Haus dlej dlawb xwb tsi txhob haus dlej qabzib.

### Saib ntsoov seb koj nyhav npaum li cas!

“Kuv tus txiv Tuamthiab kuv wb ua ob txoj hauj lwm. Wb tsis muaj sij hawm los zaum noj mov, li ntawv wb thiaj pheej noj khoom taug kev xwb. Kuv kheev noj qhaub noom qabzib thaum kuv tsav lauv mus hauj lwm hos Tsab noj me ntsis qhaub noom nrog rau dej qabzib xwb. Tej tag hmo wb tshaib plab heev li wb thiaj li noj nqaj kib thiab mov ntau heev. Noj tej cov zaub mov uas muaj rog ntau ntau nov ua rau wb rog heev tuaj. Wb txawv hloov yam uas wb noj thiab wb mus ua dag zog kom nto hws. Yog le ntawv wb thiaj li rov yuag tuaj lawm.”

-Maiv

**Nov yog tej yam uas Maiv thiab Tuam nkawv tau hloov ntawm nkawv lub neej. Tej yam nov yeej siv tau rau koj tab sis koj yuav tsum tau npaj me ntsis ua ntej....**

1. Sawv 15 nas this ntxov ua li txhua zaus thaum sawv ntxov. Noj tshais hauv tse. Noj txiv hmaab txiv ntoo, bread, los yog cereal nrog rau mis nyuj. Tsis txhob noj ncuav qabzib ntau ntau.
2. Npaj koj puas mov noj su hmo ua ntej koj mus ua hauj lwm. Yam zaub mov uas koj nplaj yuav tsum muaj mov, zaub, thiab tej yam khoom noj kom zoo rau yus lub cev.
3. Nqa li ib nplais txiv qaum mus noj txom ncauj lub sib hawm ua hauj lwm. Haus dej dawb xwb tsis txhob haus dej qabzib.

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4. Eat smaller portions at dinner. Add a salad with low fat dressing and add vegetables.

5. Get active at work, at home, and in your spare time. Walk or use the stairs instead of the elevator.

#### **Eat a variety of foods.**

#### **Choose foods low in fat and low in calories. Try:**

- ✓ Skim milk or 1% milk
- ✓ Tofu
- ✓ Cheeses marked “low fat” or “fat free”
- ✓ Fruits and vegetables without butter or sauce
  
- ✓ Rice, cereals, and noodles
- ✓ Lean cuts of meat, fish, and skinless turkey and chicken

#### **Make foods the healthy way.**

- Bake, broil, or boil foods instead of frying.
- Cook noodles and rice without lard, bacon, or fatty meats.
- Use less butter, lard and coconut or palm oil when cooking.
- Use cooking oil spray or a little bit of vegetable oil or margarine when cooking.
- Garnish salads with lemon juice, or with low fat or fat free salad dressings.

#### **Limit your portion size.**

- ✓ Serve small portions—do not go back for seconds.

4. Noj mo kuam tsawg tsawg xwb. Noj zaub xam lav nrug tej yam kua tso zaub xam lav kws tsis rog xwb.

5. Yuav tsum nquag ua num hab dlha kuam nto fws hab ua dlag zug peg chaw ua num, peg tsev, hab lub sijhawm kws koj tsis muaj dlaab tsis ua. Moog taug kev los yog nce theem ntaiv xwb tsis txhob caij elevator.

#### **Noj ntau yaam zaub mov kuam zoo tsua koj lub cev**

#### **Xaiv cov zaub mov kws tsis muaj rog ntau ntau. Sim cov nrag nuav.**

- ✓ Mis nyuj hu ua “skim” los yog mis nyuj 1%
- ✓ Taum paaj
- ✓ Cov cheese kws hu ua “low fat” los yog “fat free”
- ✓ Txiv maab txiv ntoo hab zaub kws tsi muaj roj butter los yog kua ntsw kws muaj roj
- ✓ Mov, cereal, hab mij los yog fawm
- ✓ Nqaj ntshiv, ntseg, hab qab cov txwb kws hab qab kws tsos muaj tawv rog.

#### **Ua zaub mov kuam zoo tsua lub cev.**

- Yuav tsum ci hab hau nqaj xwb tsi txhob muab kib.
- Ua fawm, mij hab mov los tsis txhob muab nqaj rog xyaw le.
- Tsis txhob siv butter, lard, los yog kua maj phaub hab lwm hom roj lug ua noj.
- Siv cov roj kws txhuag xwb los yog siv roj zaub los yog roj pob kws miv miv xwb.
- Siv kua qaub nrug maj naus kws tsi muaj rog ntau ntau xyaw zaub xam lav.

#### **Txu koj txuj kev noj kuam tsawg.**

- ✓ Has miv miv tsua koj lub taig xwb hab tsi txhob tsov moog has dlua zag ob.

4. Noj hmo kom tsawg tsawg xwb. Noj zaub xam lav nrog tej yam kua tso zaub xav uas tsis rog xwb.

5. Yuav tsum nquag ua hauj lwm, dhia kom nto hws thiab ua dag zog pem chaw ua hauj lwm, pem tsev, thiab lub sib hawm uas koj tsis muaj dab tsis ua. Mus taug kev los yog nce theem ntaiv xwb tsis txhob caij elevator.

#### **Noj ntau yam khoom kom zoo rau koj lub cev.**

#### **Xaiv cov zaub mov kom tsis muaj rog ntau ntau. Sim cov nram no:**

- ✓ Mis nyuj hu ua “skim” los yog mis nyuj “1%”
- ✓ Taum paj
- ✓ Cov cheese uas muaj npe ntauv tias “low fat” los yog “fat free”
- ✓ Txiv hmaab txiv ntoo thiab zaub uas tsis muaj roj butter los yog kua ntsw kws muaj roj
- ✓ Mov, cereal, thiab mij los yog fawm
- ✓ Nqaj ntshiv, ntses, qaib cov txwb thiab qaib uas tsis muaj tawv rog.

#### **Ua zaub mov kom zoo rau lub cev.**

- Yuav tsum ci thiab hau nqaj xwb tsis txhob muab kib.
- Ua fawm, mij thiab mov los tsis txhob muab nqaj rog xyaw li.
- Tsis txhob siv butter, lard, los yog kua maj phaub thiab lwm hom roj los ua noj.
- Siv cov roj uas txhuag xwb los yog siv roj zaub los yog roj pob uas me me xwb.
- Siv kua qaub nrog maj naus uas tsis muaj rog ntau ntau xyaw zaub xam lav.

#### **Txo koj txoj kev noj kom tsawg.**

- ✓ Hais me me rau koj lub tais xwb thiab tsis txhob rov mus hais dua zaum ob.

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- ✓ Eat smaller healthy meals and healthy snacks throughout the day instead of one big meal.

**Get active! Don't make excuses!**

- Do your favorite physical activity for at least 30 minutes each day. You can do 10 minutes of activity three times a day.
- Try this: If you are pressed for time, walk for 10 minutes three times a day.

**Aim for a healthy weight.**

Try not to gain extra weight.

- If you are overweight, try to lose weight slowly. Lose about one-half to 1 pound a week until you reach a healthy weight.
- A safe and healthy way to lose weight is to eat less fat and fewer calories. Also limit your portion size and be active every day.

**Aim for a healthy weight!  
Live a long and happy life!**

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- ✓ Noj puas mov kuam miv hab zoo tsua lub cev. Tsis tag le xwb noj khoom txom ncauj miv miv xwb txhob noj tej puas mov luj luj.

**Moog ua dlaag zug kuam nto fws!  
Tsis txhob pheej has ub has no!**

- Paab koj tug kheej moog ua dlaag zug dlej num le 30 nas this tauj ib nub. Koj yuav tsum ua dlaag zug le 10 nas this peb zag tauj ib nub.
- -Sim qho nuav: Yog tas koj tsis muaj sij hawm, moog taug kev le 10 nas this peb zag tauj ib nub.

**Tsom yug tug kheej kuam hnyaav taab tom zoo xwb.** Paab kuam yug tsi txhob hnyaav dlua tuaj.

- Yog tas koj rog dlhau lawm, sim ua dlag zug kuam poob phaus miv miv zuj zug moog. Ua kuam poob le ib nraab phaus los yog 1 phaus ib as thiv kuam txug thaum koj hnyaav tab tom zoo.
- Ib yaam hau kev kws zoo tsua koj ua kuam poob phaus yog yuav tsum noj rog kuam tsawg dlua. Tsis tag le xwb yuav tsum txu yaam khoom kws koj noj hab moog ua dlaag zug kuam nto fws.

**Tsom moog tsua kev noj qab haus huv paab kuam koj hnyaav tab tom zoo xwb! Koj txha le yuav ua lub neej ntev moog hab nyob kaj sab lug!**

**Cov Txaj ntsig:** Txais yuav lug ntawm National Heart, Lung and 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.

- ✓ Noj puas mov kom me thiab zoo rau lub cev. Tsis tag li xwb noj khoom txom ncauj me me xwb txhob noj tej puas mov loj loj.

**Mus ua dag zog kom nto hws! Tsis txhob pheej hais ub hais no!**

- Pab koj tus kheej mus ua dag zog thiab hauj lwm li 30 nas this tauj ib hnuv. Koj yuav tsum ua dag zog li 10 nas this peb zaug tauj ib hnuv.
- Sim qhov nov: Yog tias koj tsis muaj sib hawm, mus taug kev li 10 nas this peb zaug tauj ib hnuv.

**Tsom yus tus kheej kom hnyav tab tom zoo xwb.** Pab kom yus tsis txhob hnyav dua tuaj.

- Yog tias koj rog dhau lawm, sim ua dag zog kom poob phaus me me zuj zus mus. Ua kom poob li ib nraab phaus los yog 1 phaus ib as thiv kom txog thaum koj hnyav tab tom zoo.
- Ib yam hau kev ua zoo rau koj ua kom poob phaus yog yuav tsum noj rog kom tsawg dua. Tsis tag li xwb yuav tsum txo yam khoom uas koj noj thiab mus ua dag zog kom nto fws.

**Tsom mus rau kev noj qab haus huv pab kom koj hnyav tab tom zoo xwb! Koj thiaj li yuav ua lub neej ntev mus thiab nyob kaj siab lug!**

**Cov txiaj ntsim:** Txais yuav los ntawm National Heart, Lung and Blood Institute Easy-to-Read Heart Health. Tau muab txhais ua ntawv Hmoob Ntsuab thiab Hmoob Dawb los ntawm Kooshaum Hmoob Wausau. Tsim rua web los ntawm Healthy Roads Media. ©2008. Muaj rau sawv daws siv nyob huv [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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