

Hih thusinna na sim khit ciangin, a nuai a, sittelna link pan dotnate na dawng khit teh (nutrition education credit) thaneihna ding An nektuidawn pilna ci in, ciapteh nalai nangah ding hi.

## Calcium + Vitamin D: Nam Nih Kikop leh Dynamic Bang Thahat Sak



An nek tui dawn danding hilhna tawh kizui in, a neu a lian a kua ma peuh American mite in calcium (ai kei leh) vitamin D pen a nek ding zah nei lo hi. Calcium leh vitamin D te bang hang thupi hiam, tua leh, nang leh na innkuan pih te in WIC tawh na calcium leh vitamin D neih ding zah a khang theih nading cih na theih na ding lai na sim suak in.

## Calcium cih ciang bang hiam, tua leh, bang hang thupi hiam?

Calcium pen ii guh ii tangte leh ii ha te khempeuh piangna mineral tha namkhat ahi hi. Hih tha pen ii lungtang, ci leh sa, thagui te leh, a dang pumpi nasepna te ah zong ki zang hi. calcium tha a kicing in nei kei le cih, nang pen guh leh tang khaan baih, guh leh tang tha bei, leh a dang a ki nei pai suak thei natna tuamtuan te ki nei thei hi. U.S. gam sungah calcium ngah theihna pen an nek tuidawn in nawi tui tawh ki bawl ante hi. Tufu, be bawngnawi tui (soymilk), sau veipi a khom ding a kibawl ante, mehteh mehghaw pawl khat leh, nga sate cih te pen calcium tha ngah theihna an pulpi ahi hi.

## Vitamin D cih ciang bang hiam, tua leh, bang hang thupi hiam?

Vitamin D pen ii guh ii tang te bawl in kip sak khuah sak pumpi a ding a hoih zatui ahi hi. A thu taktak in ci leng, ii pumpi in calcium a ngah theih na ding in vitamin D kism hi. Vitamin D in cinatna leh natna te pan hong dal in ii pumpi tha hatna ding hong huh hi. Vitamin D pen an nek tuidawn pawl khat (gentehna: nga sa thau, aktui ciit, leh pateh nam pawl khat) sung bek ah ki mu khia thei a, pawl khat an te ah ki koih tawm hi. Gentehna in an pawl khat te sungah vitamin D ki koih te pen bawng nawi tawh ki bawl ante, be tawh kibawl bawng nawi tui (soymilk), tofu, leh cereal an pawl khat ah, mangbuh an keu te (oatmeal), leh singgah tui (juice) te ahi hi. An pawl khat ah a ki koih tawm hangin, ni sim an nek na sung pan vitamin D nisim ii ngah theih nading hak sa hi.

- **Nisa pan vitamin D ki ngah thei ci pen ahi mah hiam?**

Nisa tawh ii ci ii sa a ki sawh khak ciang vitamin D pawl khat pen ii pumpi in bawl thei hi. A hih hang, nisa hong suksiat theih nate pan ii ci ii sa kidal na dingin (sunscreen) nisa dalna cinuh te zat ding thupi mahmah hi. Ci a vom zaw deuh mite in vitamin D ki cingin a ngah theih nading in nisa lah sawt ki pho zawk ding ki sam hi. Tua ahihang, nisa hoihtak awi theihna bek tawh vitamin D a ki cing in ngah thei tuan lo hi.

- **Vitamin D ngah behthei na ding zatui ka ne diam?**

Ne thei/ ne lo thei. Nang (leh na ta) siavuan (te) dong masa phot in.

## WIC ten Calcium tawh/ai kei leh Vitamin D ngah theihna ante nekding thukim hi!

- Bawng nawi tawh kibawl an & Bawng nawi tawh kibawl an ta'ng a dang kitel thei te
  - Bawng nawi khempeuh (lactose a om lo te bawng nawi tui te, nawi vui, leh a min sa bawng nawi tui)
  - Bawng nawi thuuk, Yogurt (Greek Yogurt zong ki hel hi)
  - Tofu
  - Be tawh kibawl bawng nawi tui (Soy Milk)
- Ak tui (nam tuamtuan)
- Tha neih nading a kibawl cereal namtuamtuan leh mangbuh an nem (oatmeal) (an sungah bang teng om cih atna lai te sit in en in)
- Sumlehpai tawh lei a man nei an pawlkhat:
  - A hing lai, a vot a khal, ahi zong, sawt khom ding a bung sungah ki koih mehteh mehghaw te; gentehna Collard Greens anteh, Spinach anteh, Bok Choy anteh, Turnip Greens anteh, Kale anteh, Mustard Greens anteh, leh pateh tuamtuan te
- Ngasa tel theih tuamtuan te (WIC an gelna tawh kituak in kiciang tan pawlkhat):
  - Bung sungah sawt khom ding a koih Salmon, Sardines ngasa, leh Tuna ngasa



### Calcium leh vitamin D om ante ka innkuan pih te nisim an nekna sungah bang dan kihel sak thei ding ka hi hiam?

Hampaha mahmah hi teh, (bawngnawi, bawngnawi tuk (yogurt), tofu, leh be tawh kibawl bawngnawi tui (soymilk) ahi nek theih an tampi pen calcium leh vitamin D a nih in ngah theihna pulpi ahi hi.

- **An nek sim in calcium tawh/ai kei leh vitamin D tha tampi a om an khat a tawm pen in khat ta hel ding. Gentehna:**
  - An tawh bawngnawi tui, ai kei leh, be tawh kibawl bawngnawi tui (soymilk) dawn ding.
  - Cheese (bawngnawi khal) an tung khah te casseroles, pasta, mehteh mehghah leh cheese tam theitheih
  - An nek khith ciang ki ne moh kuum te yogurt leh singghah leh bawngnawi (parfait) te ne ding
  - (a tungah gentehna te sim in) calcium tawh/ai kei leh vitamin D tampi a om mehteh mehghah te bawl in.
  - Meh bawl na ding sungah ngasa zong hel in.
- **(yogurt, sawt vei khom ding a kibawl cheese, ai kei leh, cheese dan te) bawngnawi tawh kibawl ante zong kial lap moh nek nading ah zong gel in.**
- **Calcium tawh/ai kei leh vitamin D tha kiguan ante hi thei leh tel hamtang in.**
  - Tua bek tham lo in a tungah ki at WIC te thukim pih an te ah, zingsang an nek cereal te, mangbuh oatmeal, singghah tui 100%, leh a dang an tuamtuum te zong calcium tawh/ai kei leh vitamin D te ki guan hi.
- **An sungah bang teng om cih atna lai sim in.**
  - A tawm pen 10% tha neih nading a om an pen "nek ding a hoih" in kiciam teh hi.
  - A tawm pen 20% tha neih nading a om an pen "a hoih mahmah" ci in ki ciam teh hi.

### Na thei kha hiam?

Bawngnawi tui sial, a thau tawm bawngnawi tui, leh a thau kikhaih khia bawngnawi tui te kilam dang na pen a thau bang zah ki hel cih bek hi. Vitamin te leh mineral te (ahi calcium leh vitamin D) pen tua te sungah a om zah ki bang lel hi!

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Man ta na hih man in, hong lung dam pih ung!

Dot ding thu a om lia hiam? Na omna khua sungah WIC nek leh dawn dingdan a siam mipil te kiangah ho pih in.

**KHAWL-IN!**

**Hiah meek in, dotnate nadawng ciangin ciaptehna lai ngah ding hi.**



leah hong kan in

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