

# COV CAI CUAM TSHUAM TXOG KEV LO DAIM NTAWV QHIA RAU COV KHOOM NOJ UAS NTIM HAUV LUB HWJ

## Lub plhaub ntim khoom noj ua tau ntau yam:

1. Nws yuav ua rau cov neeg yuav khoom nyiam
2. Nws tiv thaiv cov khoom nyob sab hauv
3. Nws yog siv los xa cov ntaub ntawv tseem ceeb uas FDA los sis USDA tswj hwm rau tus neeg siv khoom

Yuav kom ntseeg tau fias cov ntaub ntawv tswj hwm no tuaj yeem nkag siab tau yooj yim los ntawm cov neeg siv (tus neeg yuav khoom/ tus neeg siv khoom), FDA/USDA thiab yuav teev qhov chaw thiab hom ntawv tshwj xeeb (suav nrog qhov loj me ntawm tus ntawv) ntawm cov ntaub ntawv ntawm lub plhaub ntim khoom. Qhov no tau piav qhia nyob rau hauv Phau Ntawv Qhia Kev Los Ntawv Qhia Khoom Noj ntawm FDA. [1]

## COV CAI TEEV TSEG TXOG DAIM NTAWV LO QHIA LUB PLHAUB NTIM KHOOM

Cov ntaub ntawv xav tau nyob rau ntawm Daim Ntawv Qhia Txog Cov Txiaj Ntsig Uas Tau Txais (PDP), los sis ib sab ntawm lub plhaub ntim khoom uas yuav tig mus rau tus neeg siv khoom ntawm lub tsee, thiab Daim Ntawv Qhia Txog Cov Ntaub Ntawv (saib Daim Duab Thib 1). Muaj tsib daim ntaub ntawv tseem ceeb uas tau muab tso rau ntawm PDP thiab Daim Phiaj Qhia Txog Cov Ntaub Ntawv rau cov khoom noj uas tau ntim khoom txhua hom:

### Tus kheej los sis lub npe ntawm cov khoom noj:

Yuav tsum qhia lub npe ntawm cov khoom kom tseeb thiab yuav tsum siv tus ntawv loj thiab tuab, tso rau nruab nrab ntawm daim ntawv lo kom phim.

Daim Duab Thib 1. Qhov chaw ntawm cov ntsiab lus tseem ceeb ntawm lub plhaub ntim khoom noj. [1]



Tus kheej ntawm Cov Khoom

Daim Ntawv Qhia Txog Cov Ntaub Ntawv

Daim Ntawv Qhia Txog Cov Txiaj Ntsig Uas Tau Txais (PDP)

### Qhov ntim tau ntau tshaj plaws ntawm cov khoom:

Cov khoom noj uas tsawg tshaj plaws uas ntim rau hauv cov khoom, tsis suav nrog cov plhaub ntawv ntim khoom. Qhov Hnyav Kawg Nkaus (NET WT) rau cov khoom noj khov los sis cov khoom noj uas ntim tau ntau tshaj plaws (NET VOL) rau cov kua.

Daim Duab Thib 2. Qhov chaw qhia txog qhov ntim tau ntau tshaj plaws ntawm cov khoom noj ntawm daim ntawv qhia txog cov txiaj ntsig uas tau txais. [1]



Qhov ntim tau ntau tsaj plaws ntawm cov khoom

**Cov Npe Khoom Xyaw thiab Cov Tshuaj Ua Rau Fab:**

Cov khoom xyaw yuav tsum qhia lub npe neeg paub los sis cov neeg siv khoom paub ntau, teev qhov ntau mus rau qhov me. Yog tias ib yam khoom xyaw ua los ntawm lwm yam khoom xyaw, yuav muaj kev qhia txog cov khoom xyaw me-me yuav raug teev nyob rau hauv cov ntawv kaw tom qab, piv txwv li Kas Fes Creamer (Mis Skim, Cream, Piam Thaj, Cov Tsw Qab Raws Lis Ntuj Xeeb Txawm).

Yuav tsum muaj daim ntawv lo qhia rau cov khoom noj uas muaj kev fab raws li Txoj Cai Lij Choj Hais Txog Kev Lo Cov Ntawv Qhia Txog Kev Fab Ntawm Cov Khoom Noj thiab Kev Tiv Thaiv Cov Neeg Siv Khoom Xyoo 2004 (FALCPA). [2,3] Kev teev cov tshuaj ua rau fab tuaj yeem ua tau raws li ib hauv kev ntawm ob txoj kev xaiv uas tau qhia hauv Daim Duab 3.

Daim Duab Thib 3. Cov kev xaiv lo daim ntawv qhia cov tshuaj ua rau fab.

Nco ntsoov tias Kev Xaiv thib 2 yog tus qauv kev lag luam rau kev meej ntawm cov lus rau cov neeg siv khoom thiab txoj hauv kev uas AURI pom zoo.



**XAIV 1**



**XAIV 2**

**COV NTAUB NTAWV QHIA TXOG KHOOM NOJ KHOOM HAUS MUAJ TXIAJ NTSIG ZOO RAU LUB CEV**

Feem ntau lawm yuav tsum muaj Cov Ntawv Qhia Txog Khoom Noj Khoom Haus Muaj Txiaj Ntsig Zoo Rau Lub Cev tshwj tsis yog qee lub sij hawm. Qhov no yuav suav nrog qhov loj ntawm ib feem noj, qhov ntau tsawg calories thiab lwm yam khoom noj tseem ceeb ntawm cov khoom noj (saib Daim Duab 4).

Daim Duab Thib 4. Piv txwv li Cov Ntawv Qhia Txog Khoom Noj Khoom Haus Muaj Txiaj Ntsig Zoo Rau Lub Cev uas ua raws li cov cai ntawm FDA. [5] FDA tau hloov kho kev tawm qauv daim ntawv lo qhia hauv xyoo 2020 tom qab dhau mus tshaj 20 xyoo txhawm rau cov neeg siv khoom tuaj yeem xaiv cov khoom noj uas muaj kev paub zoo uas pab txhawb rau kev noj zaub mov zoo. [6]

Txawm hais tias feem ntau cov khoom noj uas ntim rau hauv lub hwj yuav tsum muaj cov ntawv qhia txog khoom noj khoom haus muaj txiaj ntsig zoo rau lub cev, tab sis muaj qee qhov xwm txheej uas yuav tau txais kev zam los ntawm qhov yuav tsum tau ua no:

“Zam ib qho, rau cov khoom lag luam tsawg, siv tau yog tias tus neeg thov kev zam ntawv ntiav neeg ua hauj lwm tsawg dua 100 leej thiab cov khoom tsawg dua 100,000 units ntawm cov khoom ntawv muag tawm hauv Teb Chaws Mes Kas li 12 lub hlis. Yuav kom tsim nyog tau txais kev zam no, tus neeg ntawv yuav tsum xa daim ntawv ceeb toom txhua xyoo rau FDA. Nco ntsoov tias cov khoom noj uas tsim cov khoom tsawg uas muaj cov lus hais txog cov khoom noj khoom haus muaj txiaj ntsig zoo rau lub cev yuav tias tau txais kev zam ntawm hom no. [4]

Nco ntsoov tias txawm hais tias ib lub lag luam yuav raug zam los ntawm tsoom fwv txog qhov yuav tsum tau lo daim ntawv qhia ntawm cov khoom noj khoom haus muaj txiaj ntsig zoo rau lub cev rau ntawm lub plhaub ntim khoom, tus muag khoom muaj cai yuav teev kom muaj kev lo daim ntawv qhia khoom noj khoom haus muaj txiaj ntsig zoo rau lub cev rau ntawm lub plhaub ntim khoom tau.

<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	5%
Trans Fat 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	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<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 diet is used for general nutrition advice.

Yog xav paub ntxiv, ces nias [ntawm no](#).

Yog tias koj xav tau kev pab los ntawm cov kws tshaj lij los tsim daim ntawv lo qhia rau cov khoom noj uas tau ntim rau hauv hwj, [thov tiv tauj pab pawg saib xyuas fab khoom noj ntawm AURI](#) txhawm rau qhib lub khoos kas.

## COV NTAUB NTAWV POV THAWJ:

1. <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide>
2. <https://www.fda.gov/food/food-allergensgluten-free-guidance-documents-regulatory-information/food-allergen-labeling-and-consumer-protection-act-2004-falcpa>
3. <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/draft-guidance-industry-questions-and-answers-regarding-food-allergen-labeling-edition-5>
4. <https://www.fda.gov/food/labeling-nutrition-guidance-documents-regulatory-information/small-business-nutrition-labeling-exemption>
5. <https://www.fda.gov/food/nutrition-education-resources-materials/nutrition-facts-label>
6. <https://www.fda.gov/media/135197/download>

Kev txhais lus rau phau ntawv no tau txais nyiaj txhawb los ntawm qhov kev pom zoo sib koom tes ntawm Resilient Food Systems Infrastructure, uas yog los ntawm U.S. Department of Agriculture (USDA) Agricultural Marketing Service. Cov ntsiab lus hauv no yog lub luag hauj lwm ntawm cov neeg sau nkaus xwb, thiab tej zaum yuav tsis sawv cev rau cov kev xav raws cai ntawm USDA.

**Lub khoos kas AURI no ua tau ib feem los ntawm kev pab nyiaj txiag los ntawm USDA Lub Chaw Hauj Lwm Txog Tej Yam Tshiab ntawm Khoom Txhiam Laj Txhiam Xwm.**

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