

Sqatch ti'j tal slew u'j

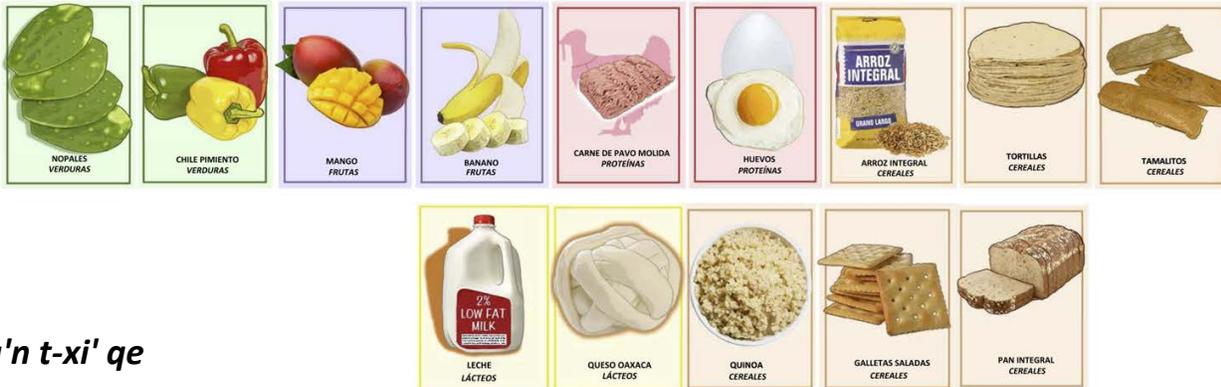
"Tb'anil tten wab'aj mo nikb'eb'il"

Tqanil

B'a'n tun tsaqchana ti'j saqchab'il lu' kyuk'il tk'wala tu'ntzun t-xi' q'umet kye alkyeqe ex se' tunmel jun tb'anil wab'aj. ¡Aqe' saqach ok onil te tu'n ttzaj tna'n titi'ju ma b'an tu'n ex xi' yeky'it te toj xnaq'tzb'il tib'aj tb'anil wab'aj.

Tenejil Saqach: Rummy

Qajb'il: tu'n tkub' b'uyit jun k'loj u'j nuk'un tten: oxo itzaj jun, kab lob'aj jun kab' chib'aj jun qaq ijaj wab'aj ex kab' ti'j ta' timiñ wakx



Tu'n t-xi' qe

- Kyaqil ok kyjawil kytzyu'n jwe' laj tal slew u'j.
- Q'onkub'a jun tal slew u'j ttxlaj k'loj tal slew u'j.

Aj tpon amb'il teya:

- Tnejilxi'j, iq'inktza jun tal slew u'j. Ok b'antel tu'na:
 - Iq'intza tal slwe' uj' toj pak'li tten ttxlaj jun paq tal slew u'j ma qa
 - Iq'inktza tal slew u'j toj joqli tten tib'aj k'loj tal slew u'j.
- Yajxitel, tzaqpinxax jun tal slwe u'j . Q'onkub'a toj pak'li tten ttxlaj k'loj tal slew u'j.
- Atzun juntl saqchal o jawil ttzu'n tal u'j xi' tzaqpina ma qa aju at ttxlaj tqan tz'lan.

Saqchana tzmaxi aj:

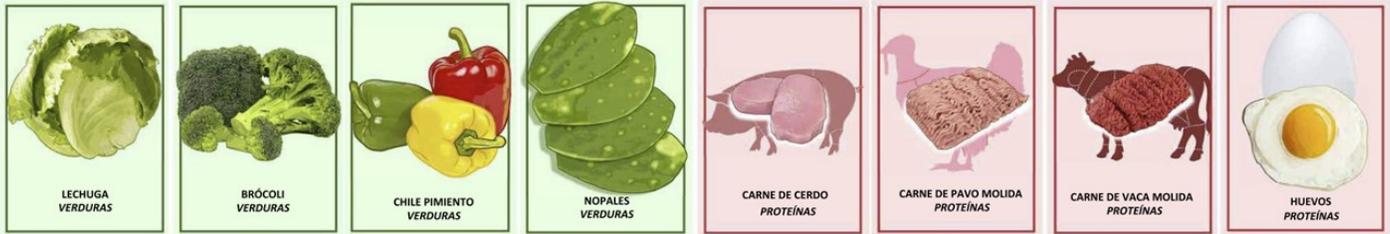
- Chi saqchana, ok b'ajil aj: tokyal tumlal kamb'anjtz. Alkye tnejil ok yalil tu'n Atzun kkamb'alju'.

B'o'tz naq'tzb'il

*¡Aju tnuk'b'en tal slew u'j ma kamb'an, jun yek'b'il tib'aj jun tb'anil wab'aj mo nikb'e'bil te jun q'ij!
Takanb'anxiju jun saqchal, iq'inktza aju tnuk'b'il toxin aq'untl teju Tmuj te Nqo yuk'ch junx. Yajxitel ka'yinxax aju tnuk'b'il kamb'a'n. tz'ib'inkub'a kyb'i nikb'eb'il at toj tal slew u'j toj tnukb'il aq'untl toj tqan "Domingo". yajxitel, tz'ib'inkub'a alkyeqe junjuntl nukb'en tten jaku kamb'an toj junjuntl q'ij. ¡Jaku ajb'en aju k'loj tal slew u'j teya tu'n tonita! b'nxputzun in tz'ib'ina, jaku t-xi' tch'ik'b'ana kye tk'wala tib'aj tb'anil tumel nik'b'eb'il.*

Tkab'in Sqach: pa qo'x kyiñil

Aju Qajb'il: tu'n kykub' b'uyit kyaqil tal slew u'j toj kyajkyajchaq, texu ax k'loj wab'aj. Kalu.



Tu'n t-xi' qe:

- Kyaqil ok jawil kyi'q'in wuq tal slew u'j.
- Q'onkub'a aju k'loj tal slew u'j toj pak'li tten twitz temb'il.

Aj tpon amb'il teya:

- Kayinkub'a chukchaq k'loj nikb'eb'il toj tq'ob'a. Sak'onktza jun.



- Qaninxá te juntl saqchal qa at tal slew tu'j teju k'loj nik'b'eb'il, jun yek'b'il, "¿at teya jun titzaja?"
 - Qa at tu'n, aju juntl saqchal ok xe'l tq'o'n jun tal slew' teya teju k'loj nik'b'eb'il lu.
 - Qa mixti', iq'inktza jun tal slew u'j tib'aj k'loj slew u'j.
- Yajxiyitel aju juntl saqchal ok se' tqanil u'j teya.
- Ajtzun tb'uyit kayj tal u'j tu'na texu junx k'loj nik'b'eb'il, b'a'n tu'n kub' tq'ona tib'aj temb'il te pakli tten, kalu:



Saqchana tzmaxi aj:

- Kyten kyaqil tal slew tu'j te kyajkyajchaq. Atzun saqchal ma b'uyit ex nuk'et tu'n te tnejil, atzun ok kykamb'alju.

B'o'tz naq'tzb'il

Aju saqchal lu b'an tu'n tajb'en tu'n t-xi' yeky'it kye k'wal tib'aj junjun k'loj nik'b'eb'il. Tb'ajlen kamb'anxi' jun saqchal, na'ntza aqe junjun k'loj nik'b'eb'il toj tq'ob'a. Yajxitel chi aq'unane jun tu'ntzun kyximini tib'aj junjuntl k'loj nik'b'e'b'il texu k'loj aju. ib'an tu'n tajb'en k'loj tal slew u'j kyeye tu'n kyonite!

Toxin saqach: Na'b'il

Qajb'il: tu'n tb'uyit nim tajlal tal slew u'j.

Tu'n t-xi' qe:

- Q'onkub'a qaqlaj tal slew u'j joqli tten, toj kyaje txol, kalu:



Aj tpon amb'il teya:

- Q'onkub'a kab' tal slew u'j pak'li tten.
 - Qa ma kub' tyek'un nikb'eb'il tex junx k'loj, tzyunktza. Q'onka t-xel tu'n kab'etl tal slew u'j ok jawil tiq'ina tib'aj k'lij tal slew u'j.
 - Qa min in kub' kyyek'un aju nikb'e'bil te junx k'loj joqb'anktz jun majtla.

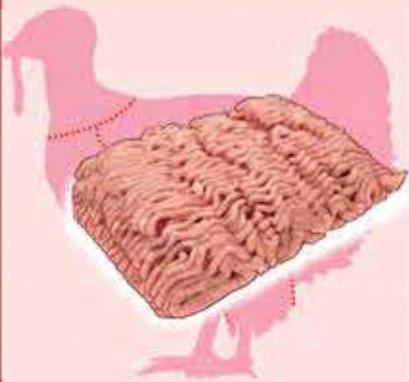


Saqchana tzmaxi aj:

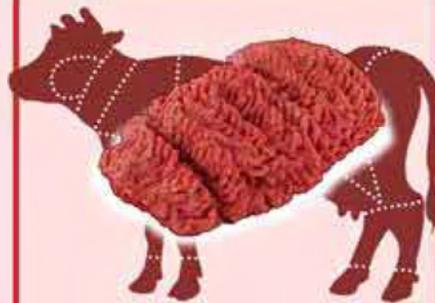
- Aj kykub' b'aj tal slew u'j. atzun saqchal ma b'uyit nim tu'j atzun ok kykamb'alju.

B'o'tz xnaq'tzb'il

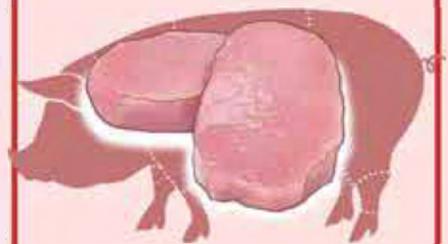
Aju saqach b'a'n tu'n tajb'en tu'n t-xi' yeky'it kye k'wal tib'aj chukchaq tumel tb'anil nik'b'eb'il. Aj tchet tnuk'et aju tal slew u'j, kayinkub'a kyilb'ilal, se'nju yol, "ch'i'n ttxamil" ex "mixti' tchi'yil" toj tx'emsan k'a'b'aj. Chik'b'anxa kye qa ilti'j tu'n tjaw kysak'on twanjtz nik'b'eb'il lu qa at tumel toj kyq'o'b'.



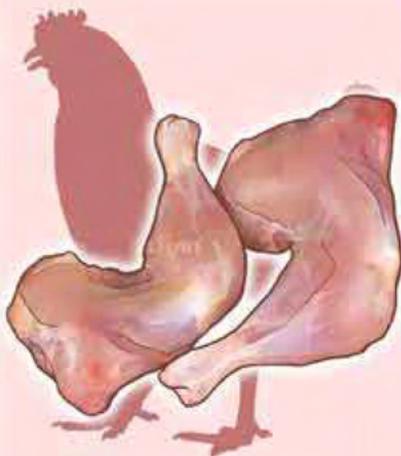
Chen chib'j te chmek'
Tkuwlal xmilal



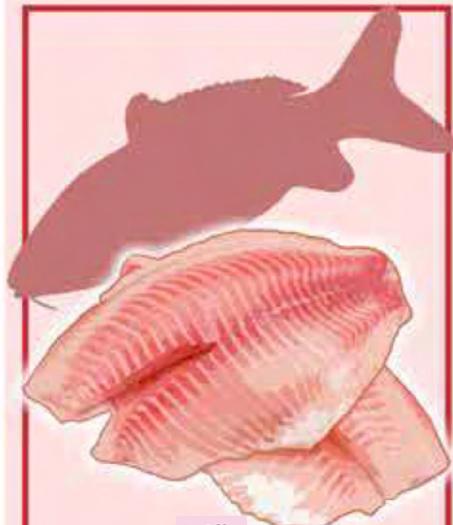
Chen chib' j te wakx
Tkuwlal xmilal



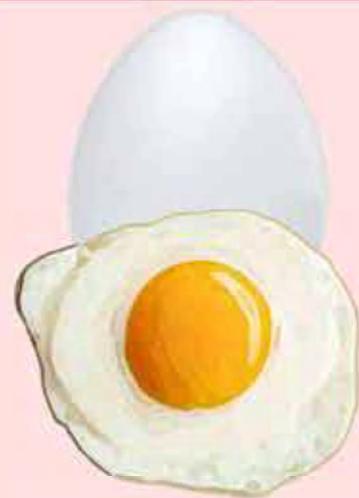
B'och chib'j
Tkuwlal xmilal



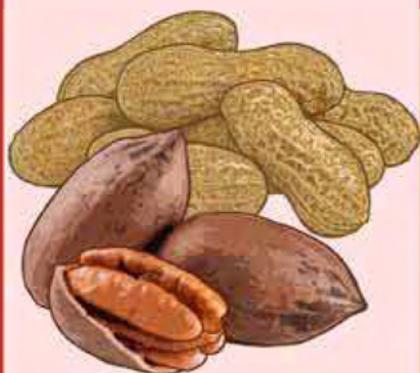
Eky' chib'j
Tkuwlal xmilal



Kyiñ
Tkuwlal xmilal



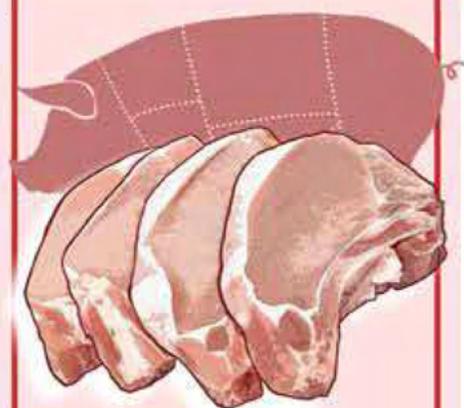
Jos
Tkuwlal xmilal



Ch'i'lj
Tkuwlal xmilal



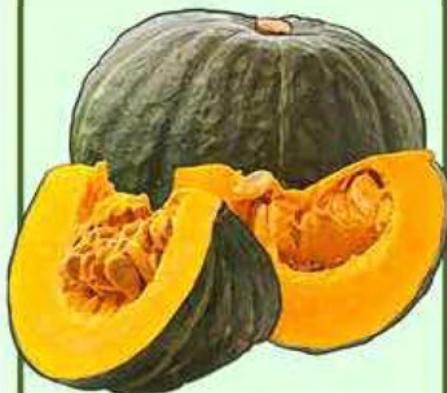
Chenaq'
Tkuwlal xmilal



Ttze'lti'j b'och chib'j
Tkuwlal xmilal



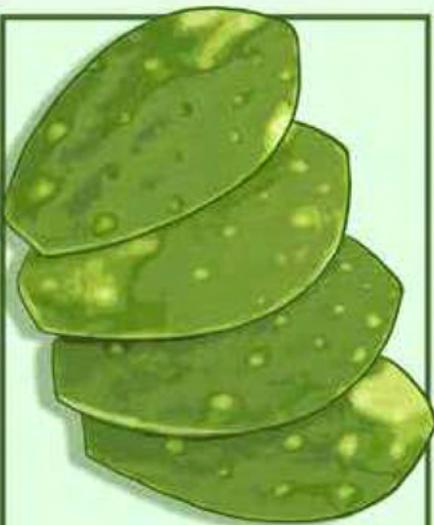
Tlok'saq
Itzaj



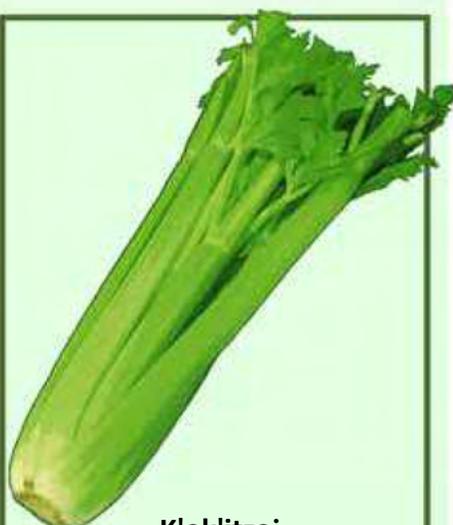
Mukun
Itzaj



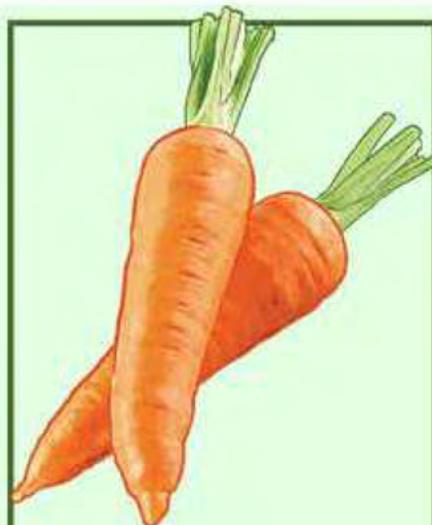
Xqab'in
Itzaj



T-xaq tuntz
Itzaj



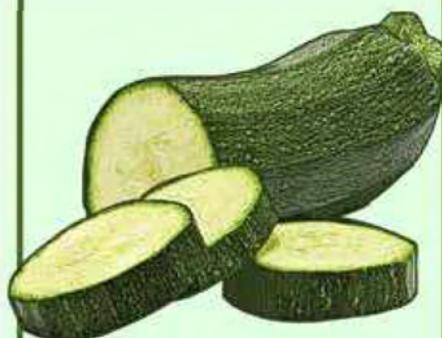
K'ok'itzaj
Itzaj



Ma'n
Itzaj



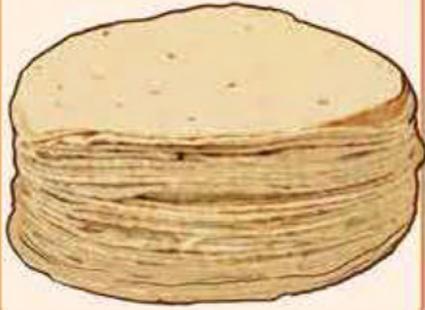
Koliñ
Itzaj



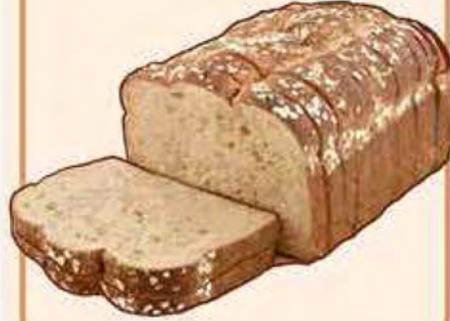
Tal mukum
Itzaj



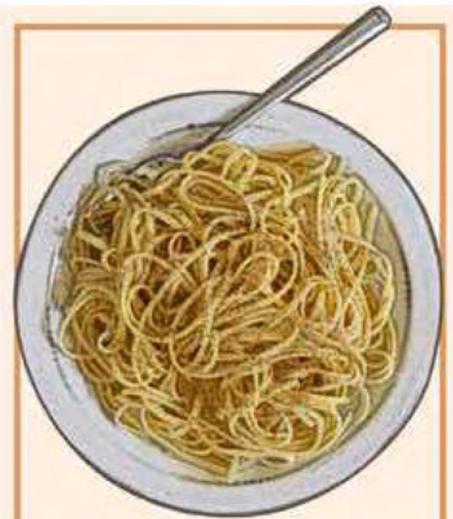
Chi' ich
Itzaj



Muqin
Txijin twitz



Txij Xb'uq
Txijin twitz



Yulwab'aj
Txijin twitz



Txij saq triy
Txijin twitz



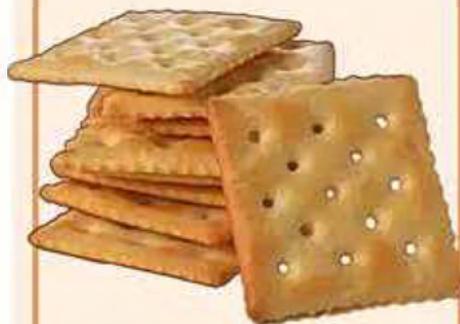
Txij k'wab'aj
Txijin twitz



Xwok' xb'uq
Txijin twitz



Quinoa
Txijin twitz



Pitzmoj Xwok' xb'uq
Txijin twitz



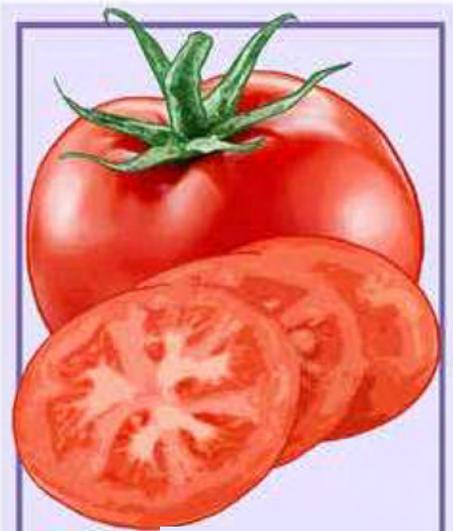
Sub'an
Txijin twitz



Oj
Lob'aj



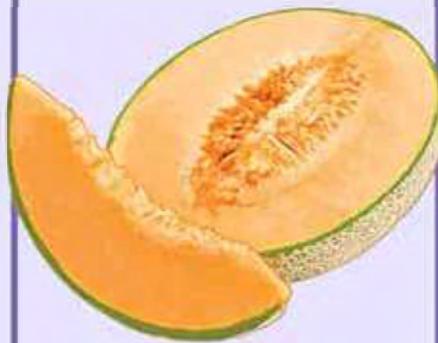
Lanch
Lob'aj



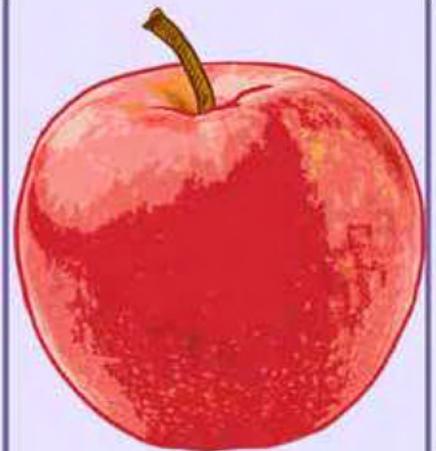
Xko'yaj *Lob'aj*



Mank
Lob'aj



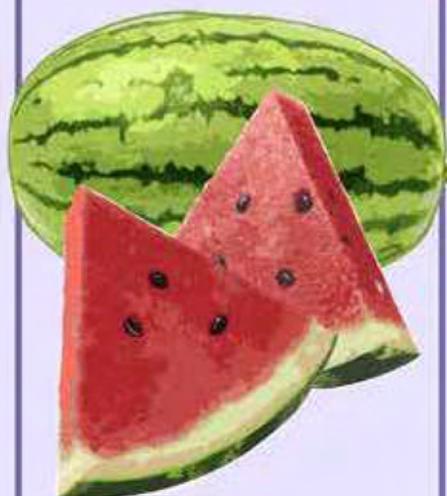
Sab'el
Lob'aj



Mansan
Lob'aj



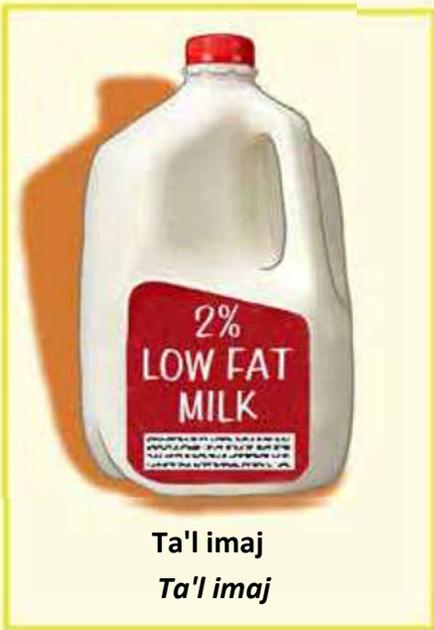
Xwi'l
Lob'aj



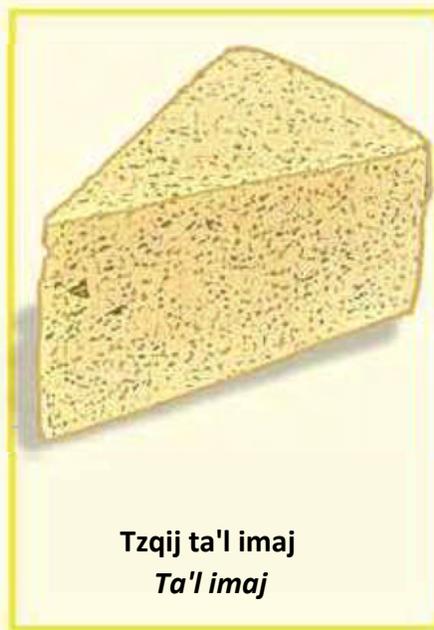
Yoñaj
Lob'aj



Saq'ul
Lob'aj



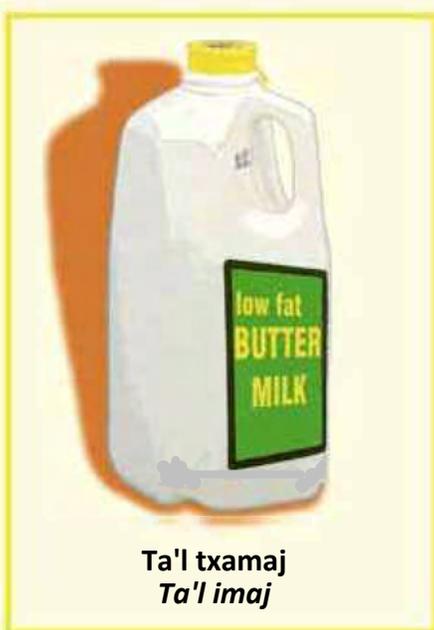
Ta'l imaj
Ta'l imaj



Tzqij ta'l imaj
Ta'l imaj



Tx'am ta'l imaj
Ta'l imaj



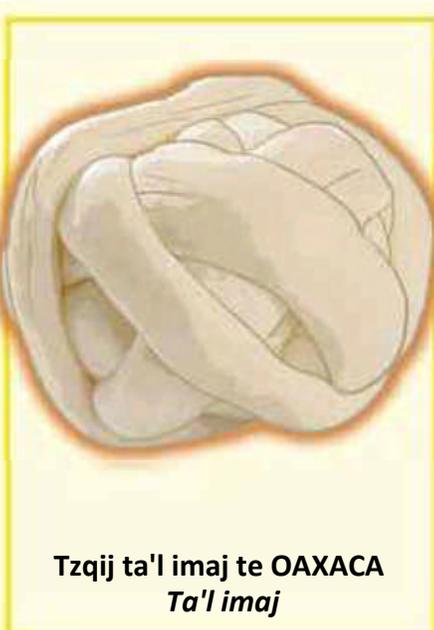
Ta'l txamaj
Ta'l imaj



Tsqij ta'l imaj
Ta'l imaj



Txamaj
Ta'l imaj



Tzqij ta'l imaj te OAXACA
Ta'l imaj



Tx'am tx'am
Ta'l imaj



Qtx'ilun lob'aj
Ta'l imaj

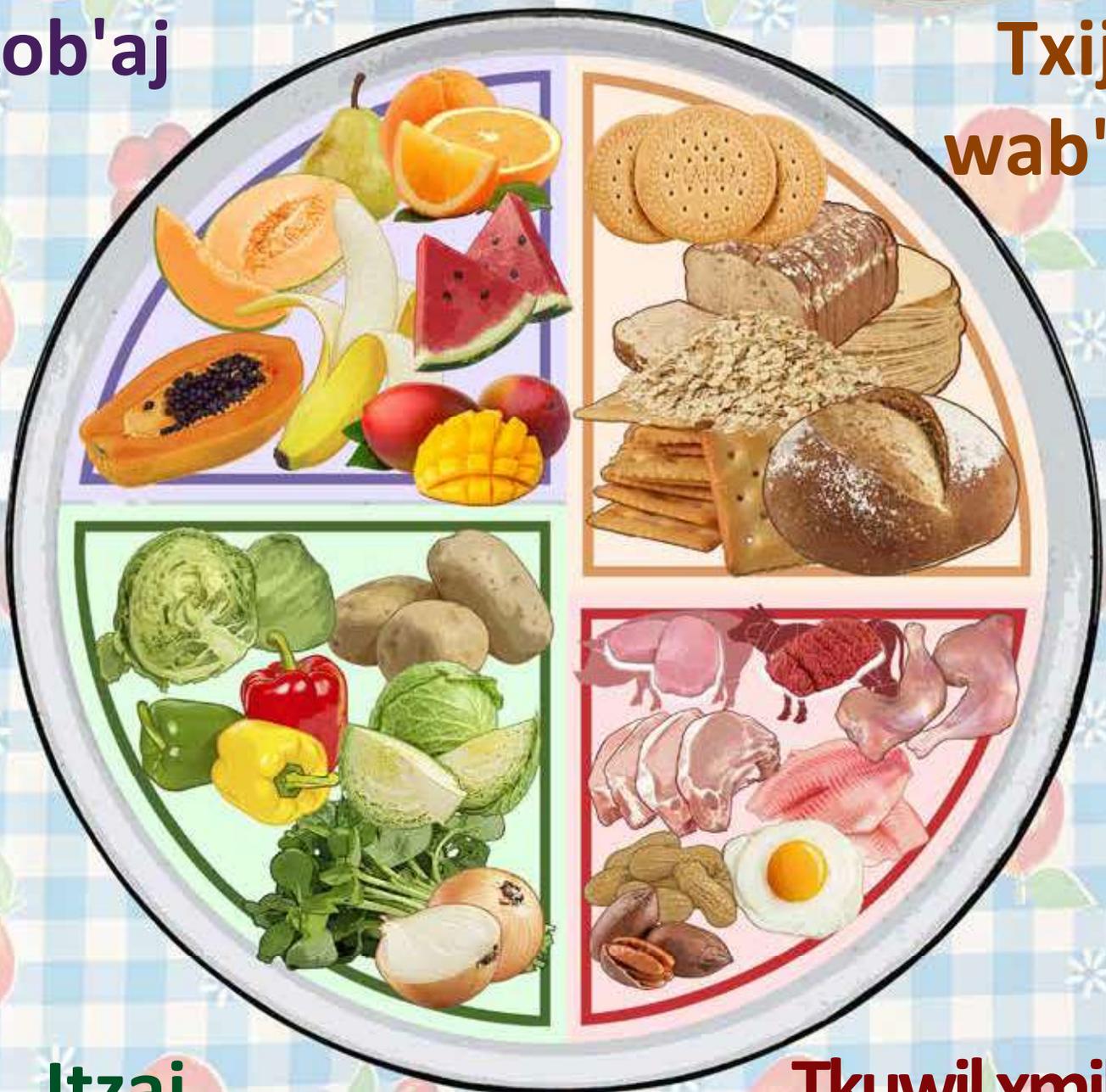
Tb'anil tten nnik'b'eb'ile

Ta'imaj



Lob'aj

Txij wab'aj



Itzaj

Tkuwil xmilal

Oqxenb'il

Ta'limaj

Sak'onkytza aju
mixtixix mo
mixti' txam kyoj
ta'l imaj.

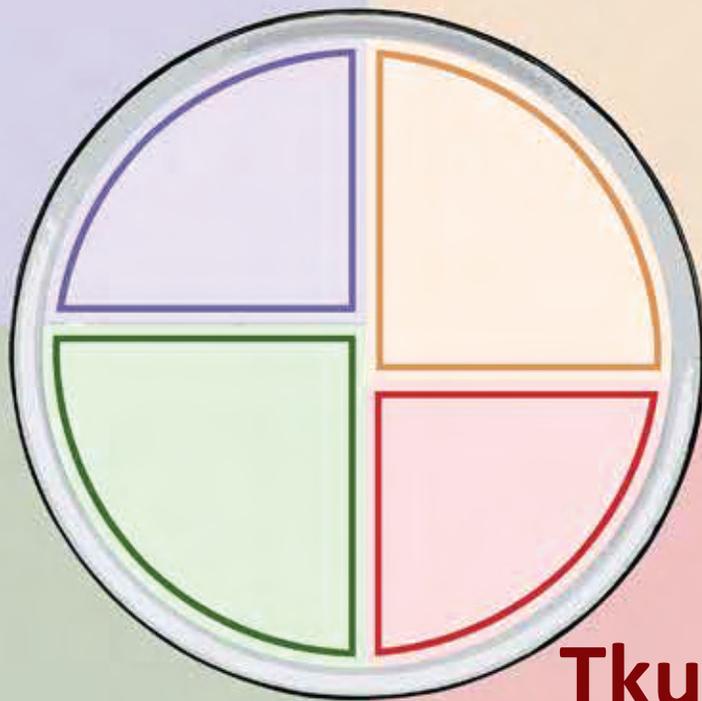


Lob'aj

Sak'onkytza lob'aj mixti' juntl
chi'ysb'il toj. B'a'n ñb'ayin
lob'aj mo chewsan.

Txij wab'aj

Sak'ontza aju txij wab'aj noq
ch'i'n chi'ysb'il at toj.



Itzaj

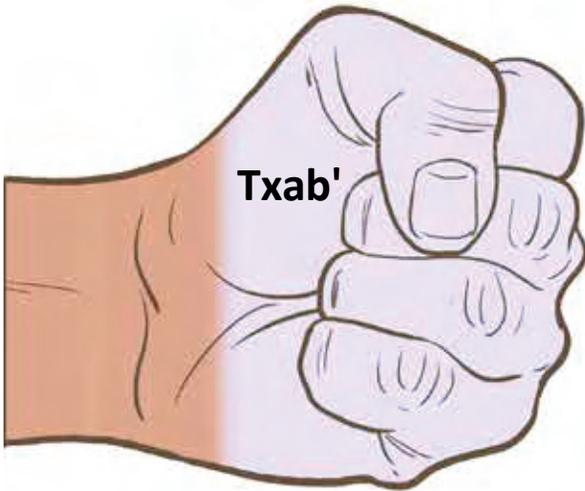
Nojsankub'a tlaqa tu'n
chukchaq ka'yin lob'aj.

Tkuwil xmilal

Sak'onktza chib'aj mixtixix
ttxamil ex ch'il'b'aj mixti' tatz'mil.

Aqe' tmalil nnik'b'eb'ile tb'anil

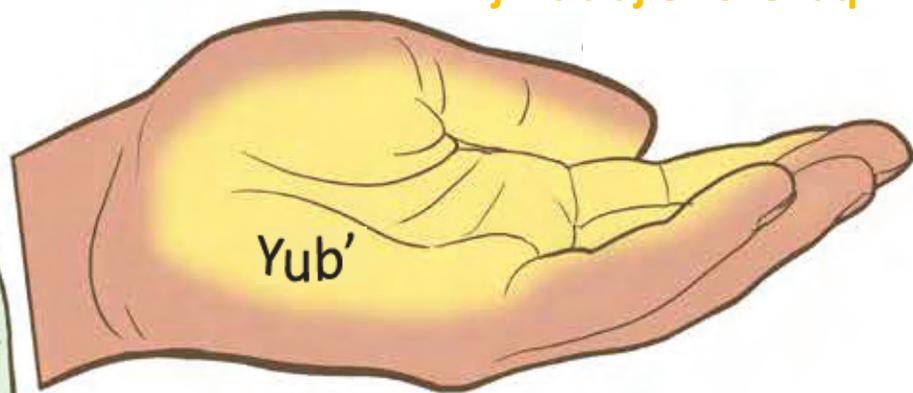
Lob'aj ex itzaj



Tkuwil xmilal



Txij wab'aj ex chenaq'



Txamaj

Tyaqmil q'ob'aj



Tkuwil xmilal
at txam kyoj

Se'nju, ttxamil ch'i'lj mo
tzqij imaj.

Twim' q'ob'aj



Tqanil

- “Your MyPlate Plan: 2000 Calories, Ages 14+,” USDA MyPlate –
<https://www.myplate.gov/myplate-plan/results/2000-calories-ages-14-plus>
- “DASH Diet: Guide to Recommended Servings,” Mayo Clinic –
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20050989>
- “Diabetes Meal Planning,” CDC –
<https://www.cdc.gov/diabetes/managing/eat-well/meal-plan-method.html>
- “Explore the MyPlate Food Groups,” USDA MyPlate –
<https://www.myplate.gov/>