



Harvest of the Month

Pab Koj Tus Me Nyuam Txoj Kev Noj Haus Zoo

Taub txhoov ci nrog roj (olive oil) thiab txuj lom ntsev



Kev Noj Qab Nyob Zoo Thiab Kev Kawm Ua Tau Zoo Ua Ib Ntxaig Ua Ke

Noj ntau yam txiv hmab txiv ntoo thiab txhua hom zaub ntsuab thiab niaj hnuv siv luv cev ua si yuav pab tau koj tsev neeg kom tsis muaj mob thiab yuav tiv thaiv tau tej kev muaj mob uas mob ntsuj ntsoos mus tas li, xws li mob ntshav qab zib, mob plawv thiab mob lwm yam kev mob khees xaws (cancer).

Yuav tsum txhawb koj tsev neeg kom noj taub thiab pab koj cov me nyuam rau txoj kev noj qab nyob zoo thiab kev xyau ua tau zoo.

Lub Kaum Hli Ntuj

Los Siv Lub Cev Dhia Ua Si!

Yuav tsum ua ib tug qauv zoo rau yus tus me nyuam. Muaj tshawb fawb los qhia tau tias me nyuam pom lawv niam thiab txiv muaj kev kaj siab, kev lom zem thiab nquag yuav ua tau rau lawv xyau nquag mus tas lawv lub neej.

Yog xav tau tswv yim tshiab, mus saib: www.kidtribe.com

Txhoov taub hau ua kua tsuag



Taub Dag



Kuv Yuav Tau Noj Npaum Li Cas?

Cov txiv hmab txiv ntoo thiab zaub uas koj yuav tau noj yuav los ntawm koj hnuv nyooq, poj niam los txiv neej thiab seb koj siv koj lub cev dhia ua si txhua txhua hnuv ntau npaum li cas.

Ib qho taub siav twb tau npaum li ib khob taub uas twb muab txhoov ib daig, daig lawm. Qhov no tej zaum yuav ntau dhau rau tej cov me nyuam lawm. Sim muab me mi ntsis rau lawv kom pab tau lawv li qhov uas lawv lub cev yuav tsum tau noj txhua txhua hnuv.

Ci noob taub ua khoom noj txom cau



Yuav Tsum Noj Txiv Hmab Txiv Ntoo Thiab Zaub Txhua Txhua Hnuv

Me Nyuam, 5-12 xyoo 2 1/2 - 5 khob ib hnuv	Tub ntxhais hlus 3 1/2 - 6 1/2 Khob ib hnuv	Cov laus, 19+ 3 1/2 - 6 1/2 Khob ib hnuv
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Yog xav paub ntxiv, mus saib www.mypyramid.gov

Kev Pab Qhia Me Ntsis Txog Taub

- Muaj ntau yam taub xws li taub dag, taub ntev, taub luv, taub pob taub, thiab lwm yam taub.
- Xaiv lub taub uas kom khov kho, nyhav tsawv thiab daim tawv qhuav tsawv. Taub caij ntuj no yuav tsum tawv tsawv tsis txhob tawg los sis muag tej qho.
- Muab cov taub uas tsis tau phua cia rau tej qho chaw uas tsaus txias zias thiab qhuav (50-60 F). Lawv yuav kav ntev mus li ntawm 3 lub hlis.
- Cov taub uas twb muab phua lawm, muab khaws cia hauv taub yees ntev mus li ntawm ib vij.

Yog koj noj txiv hmab txiv ntoo thiab zaub ntau nws yuav pab koj txoj kev uas yuav txais tau Cancer (mob khees xaws), mob plawv, ntshav qab zib thiab ntau yam mob. Yog koj xav tias koj muaj mob, thov mus ntsib koj tus thaj maum. Koj tus thaj maum yuav pab tshawb kom tau rau ntshav siab, ntshav qab zib, nrog rau kev yuav pab kom koj tiv thaiv tau cov kab mob no.

Cov Thaj Maum Uas Yuav Pab Tau Koj

Del Norte Clinics yuav pab koj tshawb txog ntshav qab zib thiab ntshav siab (lawv txais Medi-Cal)

Oroville Family Health Center (530) 534-7500

2800 Lincoln Boulevard
Oroville, CA 95965

**For information about Medi-Cal/Healthy Families insurance contact:
1-800-880-5303**



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.