

Harvest of the Month



Network for a Healthy California

Lub Plaub Hlis Ntuj

Kaus Ntsuag (Asparagus)



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 hnub 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 rog heev, mob ntshav qab zib (hom 2), mob plawv thiab mob lwm yam kev mob khees xaws (cancer).

Rau tus kaus ntsuag uas yog hom nrab mus rau hom loj yog ntau npaum li ib khob zaub. Ib khob kaus ntsuag muaj zoo vitamin A thiab vitamin K. Vitamin A yuav pab cev nqaij daim tawv zoo thiab qhov muag pom kev zoo. Vitamin K yuav pab cev nqaij daim tawv kom txhob to thiab txhob kos los ntshav.

Tswv Yim Ua Zaub Mov Noj
Muab kaus ntsuag hau tsuag los yog muab cub ntsw ntsev thiab kua txob noj



Suam kaus ntsuag, nceb, lws, carrots thiab mi nyuam taub (zucchini) ci nrog ib khob kua qaib hauv qhov cub li 350°F ntev mus li ntawm 30 nas this.



Kib kaus ntsuag xyaw kua txob loj (bell pepper), hauv paus dos loj (onion) thiab nqaij qaib noj nrog mov.



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

Kev Pab Qhia Me Ntsis Kom Paub Thaum Mus Kav Khw

- Xaiv tus kaus ntsuag uas tawv qhawv ntsuab xiab thiab lub ntsis tseem qhwv khov kho
- Qhwv tog ko hauv paus nrog ib daim ntaub so tes uas noo tsawv ntim rau hauv hnab yas. Muab cia rau hauv taub yees ntev mus li ntawm peb hnub.
- Yuav tsum tsis txhob pub cov ntsis ntub dej thaum ua muab cia rau hauv taub yees.

Los Siv Lub Cev Dhia Ua Si!

Kev ua si ua ke yog ib txoj kev uas zoo rau sawv daws tau sib tham thiab siv lub cev los dhia ua si. Soj ntsuam thiab nej lub zos seb puas muaj tej pab kis las (team sports) los ua si ua ke, los yog pib ib pab kis las ua ke tom chaw ua haujlwm, los yog tom tsev thov vaj tswv.

Kuv Yuaj Tau Noj Npaum Li Cas?

Cov txiv hmab txiv ntoo thaib zaub uas koj yuav tau noj yuav los ntawm koj hnub nyoog, poj niam los sis txiv neej thiab seb koj dhia ua si txhua txhua hnub ntau npaum li cas.

Koj yuav tau noj txhua yam txiv hmab txiv ntoo nrog txhua pluag mov thiab khoom txom cauj txhua txhua hnub koj thiaj li yuav noj txhua li koj lub cev yuav tsum tau noj.

Yuav Tsum Tau Noj Txiv Hmab Txiv Ntoo & Zaub Txhua Txhua Hnub

	Menyuam, 5-12 xyoo	Tub ntshais & cov laus 13 mus rau yav sau
Txiv neej	2 ½ - 5 khob ib hnub	4 ½ - 6 ½ khob ib hnub
Poj naim	2 ½ - 5 khob ib hnub	3 ½ - 5 khob ib hnub

Yog xav paub ntxiv, mus saib tau ntawm: www.mypyramid.gov

Yog xav paub txog kev ua zaub mov thiab xav tau tswv yim tshiab, mus saib: www.cachampionsforchange.net



* Photography courtesy of California Asparagus Commission.

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