



Harvest of the Month

Lub Tsib Hlis Ntuj

Txiv Cherries



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

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

Kev Pab Qhia Me Ntsis Kom Paub Thaum Mus Kav Khw

- Txiv cherries yuav tsum puv, tawv khov kho thiab tshiab khiv.
- Yuav tsum muab txiv cherries cia rau hauv taub yees sai li sai tau, nws yuav kav ntev mus li ntawm ob hnuv.
- Ntxuav txiv cherries ua ntej uas yuav muab los noj.

Los Siv Lub Cev Dhia Ua Si!

Yuav tsum caij luv thij nrog rau koj txoj kev uas mus taug kev ua si. Caij luv thij mus yuav khom noj, caij mus ua hauj lwm, los sis caij nrog koj tsev neeg rau ob hnuv phav ntawv.

Kuv Yuaj Tau Noj Npaum Li Cas?

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

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

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

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

Yog xav paub ntxiv mus saib www.mypyramid.gov

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

Tswv Yim Ua Zaub Mov Noj

Muab txiv cherries (hom nyooos los sis hom qhuav) xyaw nrog zaub xav lav noj



Zom txiv cherries los yog lwm yam txiv hmab txiv ntoo nrog kua txiv majkiab thiab yauv nkawm (yogurt) haus.



Ntxiv txiv cherries qhuav nrog rau txiv qab rog thiab lwm yam noob noj us si.



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

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