



Harvest of the Month

Lub Peb Hlis Ntuj

Pab Koj Tus Me Nyuam Txoj Kev Noj Haus Zoo

Ntxiv noob taum ntsuab rau soup (kua zaub), thiab kib nrog mov noj



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

Ua kev zoo siab rau National Breakfast Week lub peb hlis ntuj no. Noj tshais yuav pab tau koj tus me nyuam kom muaj zog thiab hlob loj tau. Cov me nyuam uas noj puas tshais xav tau zoo, tsis tshua qhaj ntawv thiab ua tau zoo hauv tsev kawm ntawv. Siv Harvest of the Month los pab koj tsev neeg noj tshais, noj txiv hmab txiv ntoo, noj zaub thiab siv lub cev dhia ua si txhua txhua hnuv.

Los Siv Lub Cev Dhia Ua Si!

- Nrhiav sijhawm nrog koj cov me nyuam ua si. Npaj ib hom kev ua si, ib vij ua ib zaug (mus caij npaij, mus pov basketball los sis ncaws pob thiab mus taug kev ua si).
- Yuav tsum kom koj tus me nyuam siv lub cev los ua si thaum sawv ntxov—tso nkauj thiab seev cev ua si. Ces mam li noj tshais tom qab.

Siv taum mog kib xyaw nqaij noj



Taum Mog



Kuv Yuav Tau Noj Npaum Li Cas?

Ib qho (serving) taum mog yog ntau npaum li ib nrab khob (1/5 cup) taum mog siav los si noob taum mog ntsuab. Qhov no, nws yog ntau npaum li ib teg. Noj ntau yam txiv hmab txiv ntoo thiab txhua hom zaub ntsuab txhua txhua hnuv yuav pab tau koj thiab koj tus me nyuam kom thiaj li yuav noj txhua li cov khoom uas lub cev yuav tsum tau noj.

Noj taum mog nyoos txom ncauj ua si



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 hluas 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 Taum Mog

- Xaiv tus taum uas tawv qhawv thiab tseem ntsuab xiab
- Muab cov taum uas nyuam qhuav de ntim rau hauv ib lub hnuv cia rau hauv taub yees—txhob muab ntxuav thiab muab lub hnuv qhib kom dim pa.
- Ntxuav taum ua ntej yuav muab los ua noj
- Txhem taum los sis dam ob tog ntsis pov tseg

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 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

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Oroville, CA 95965

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



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