

Harvest of the Month

Network for a Healthy California



Taub Dag Soob



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

Muaj tshawb fawb los qhia tau tias kev si lub cev ua si yuav pab kom tau me nyuam kawm ntawv xeem ntawv tau zoo dua xws lis nyeem ntawv (state reading) thiab xeem lej (math test). Txawm tias siv lub cev dhia ua si luv li ntawm 10 nas this xwb los yeej pab tau koj tus me nyuam lub hlwb cimxeeb nco tau zoo thiab coj tau zoo. Harvest of the Month lub hom phiaj yog pab cov me nyuam kawm ntawv txoj kev noj qab nyob zoo uas yuav pab lawv kawm tau ntawv zoo tom tsev kawm ntawv.

Kev Pab Qhia Txog Taub Dag Soob

- Xaiv lub taub dag soob uas kom daim tawv ci du dais thiab hnyab tsawv.
- Nrhiav lub taub dag soob uas siav es tseem tawv tsawv.
- Muab taub dag soob ntim rau hauv hnab yas cia hauv taub yees nws yuav kav ntev mus li ntawm ib vij.
- Cov taub dag soob uas twb muab suam ua ib daig lawm yuav tsum muab ntim rau hauv hnab yas zawm ncauj los sis tais yas muaj hau kaw nws yuav kav ntev mus li ntawm peb hnub.

Yog xav paub ntxiv, mus saib:
www.fruitsandveggiesmatter.gov
www.cachampionsforchange.net

Lub Caij No Muaj Dab Tsi?

Lub nroog California cog taub dag soob thaum lub caij ntuj sov. Lub tsib hlis ntuj mus rau lub cuaj hlis ntuj yog lub caij muaj taub dag soob. California cog ntau yam taub dag soob uas pheej yig dua cov taub dag soob uas xa txawv nroog tuaj los sis lwm lub teb chaws tuaj.

Los Siv Lub Cev Dhia Ua Si!

- **Hauv tsev:** Yuav tsum siv lub cev mus, mus, los, los thaum uas yus tu tsev. Co yus lub cev thaum cheb tsev, nqus tsev, tais khaub ncaws thiab ntxuav tais diav.
- **Tom chaw ua hauj lwm:** Mus kev kom nrawm! Yog tias koj niaj hnub mus noj su ntawm ib thaj chaw uas mus ntev li ntawm 10 nas this thiaj li mus txog, yog koj mus kev nrawm ces 7 nas this xwb koj twb mus txog lawm.

Kuv Yuav Tau Noj Npaum Li Cas?

- Ib nrab khob taub dag soob uas muab suam ua ib daig, daig nws yog ntau npaum li ib teg.
- Ib nrab khob taub dag soob uas suam ua ib daig muaj zoo (vitamin) C.
- Thiab nws kuj muaj zoo (manganese). Cov (mineral) no yuav pab pob txha mos thiab nqaij mos hlav kom zoo. Qhov no nws tseem ceeb rau cov me nyuam yaus uas tseem yuav loj tuaj.

Cov txiv hmab txiv ntoo thiab zaub uas koj yuav tau noj yuav los ntawm koj hnub nyoog, poj niam los txiv neej thiab seb koj dhia ua si txhua txhua hnub ntev npaum li cas. Saib daim ntawv qhia hauv qab no seb koj yuav tau noj npaum li cas rau koj lub cev.

Yuav Tsum Tau Noj Txiv Hmab Txiv Ntoo Thiab 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 www.mypyramid.gov

Yog koj noj txiv hmab txiv ntoo thiab zaub ntau nws yuav pab koj txoj kev uas yuav txais tau Cancer (mos 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, nroog 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

Kib taub dag soob tsuav nroog rau taub dag soob, hauv paus dos loj thiab kua txob loj. Xyaw cov khoom nov nroog rau nqaij qaib qhwv hauv nplem ci noj.



Muab taub dag soob nyoos ntsuav zaub xam lav cov (dressing) noj ua khoom txom ncauj.



Kib taub dag soob txhoov xyaw nroog rau qij, ntsev thiab hwj txob. Yog tias nyiam tshij no ho nphoo tshij xyaw rau thiab.



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