

# Harvest of the Month



Network for a Healthy California  
Lub Ib Hlis Ntuj

## Txiv Hmab Txiv Ntoos Qhuav



**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).

Txiv hmab txiv ntoos qhuav los kuj muaj ntau yam (nutrients) uas zoo rau yus lub cev li cov txiv hmab txiv ntoos nyoos thiab. Cov txiv plums, txiv dates, txiv av paum thiab txiv tsawb yog muab mev see (machines) ziab qhuav xwb. Txiv figs ciav qhuav saum ntoo thiab txiv grape (raisins) ciav qhuav ntawm cov hmab.

**Tswv Yim Ua Zaub Mov Noj**  
Muab koj cov txiv hmab txiv ntoos qhuav uas koj nyiam noj tshaj xyaw nrog rau khaub noom (cereal) noj ua khoom txom ncauj ua si.



Ntxiv txiv hmab txiv ntoos qhuav nrog rau nqaij qaib thiab zaub xav lav noj.



Xyaw txiv hmab txiv ntoos qhuav rau khaub noom cereal ntse mis nyuj noj thaum sawv ntxov.



## Kev Pab Qhia Me Ntsis Kom Paub Thaum Mus Kav Khw

- Yuav txiv hmab txiv ntoos qhuav uas tsis rau pem thaj.
- Muab txiv hmab txiv ntoos qhuav cia rau hauv lub hwj.
- Muab cia rau tej qho chaw uas txias thiab qhuav li saum rooj los si hauv taub yees.

## Los Siv Lub Cev Dhia Ua Si!

Sawv daws yuav tsum siv lub cev ua si thaum saib TV es lawv qhoj (commercials) lawm. Muab lub sij hawm uas zaum noj khoom txom ncauj ua si saib TV ntawv los ua kom plab me (crunches) thiab ncig mus ncig los hauv tsev.

## Kuv Yuaj Tau Noj Npaum Li Cas?

Cov txiv hmab txiv ntoo thaib zaub uas koj yuav tau noj yuav los ntawm koj hnuv nyoog, poj niam los 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 cauj txhua txhua hnuv koj thiab li yuav noj txhua li koj lub cev yuav tsum tau noj.

## Yuav Tsum Noj Txiv Hmab Txiv Ntoo & Zaub Txhua Txhua Hnuv

	Menuam, 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 tau ntawm:  
[www.mypyramid.gov](http://www.mypyramid.gov)

Yog xav tau tswv yim tshiab, mus saib:  
[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

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**