

# Harvest of the Month



Network for a Healthy California

Lub Kaum Ob Hlis Ntuj

## Txiv Kab Ntxwv (Txiv Majkiab)



### 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).

Ob lub txiv kab ntxwv tau ntau npaum li ib khob txiv. Ob lub txiv kab ntxwv muaj zoo vitamin C thiab vitamin A. Vitamin C yuav pab yus lub cev kom qhov txhab sib txuas zoo thiab yuav pab kom qhov txhab txhob voos ntxiv. Vitamin A yuav pab kom tawv nqaij ceev tawv thiab qhov muag pom kev zoo. Ob lub txiv kab ntxwv kuj muaj fiber uas yuav pab kom lub plawv khiav zoo thiab ua tau yus tsau plab es kom yus noj mov me me xwb.

### Tswv Yim Ua Zaub Mov Noj

Txiv kab ntxwv tev yooj yim thiab zoo noj txom ncauj ua si.



Xyaw txiv kab ntxwv nrog zaub xav lav (green salads) noj.



Muab mov ntev nrog rau txiv kab ntxwv thiab txiv puv luj, hauv paus dos liab, dib ntsuab thiab pum hub (mint) sib xyaws ua kev noj.



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

- Nrhiav lub txiv kab ntxwv uas kom loj puv thiab hnyav tsawv es tseem muaj tus ko thiab daim nplooj dai ntawm tus qia.
- Xaiv lub txiv kab ntxwv uas daim tawv tseem ci, ci thiab tshiab, tshiab. Cov txiv kab ntxwv uas tseem ntsuab tej thaj los kuj zoo noj thiab.
- Muab cia rau saum room ntev mus li ntawm ob peb hnuv los sis muab cia hauv taub yees, yuav kav ntev mus li ntawm ib vij.

### Los Siv Lub Cev Dhia Ua Si!

Thaum lub caij ntuj no, yuav tsum mus taug kev ua si kom plawv dhia zoo thiab roj ntsha khiav zoo. Mus taug kev tim taj laj rau pev rau nraiv. Hauv taj laj muaj huab cua zoo.

### Kuv Yuaj Tau Noj Npaum Li Cas?

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

### Yuav Tsum 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 tau ntawm:  
[www.mypyramid.gov](http://www.mypyramid.gov)

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



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

\* Photography courtesy of Dole Food Company.