


Nyob Kom Haum Nrog Fresno County!

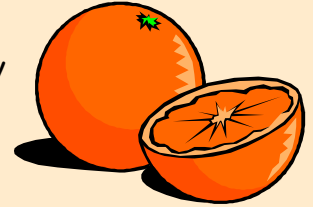
Xaiv Cov Khoom Noj Kom Nyob Dhia Rhees thiab Nyob Ua Ub No


Lub 2 Hlis


Daim Ntawv Qhia Txog Khoom Noj Mus Pab Luv Cev


Cov kws saib xyuas txog kev noj qab haus huv pom tias ib hnuv yuav tau noj txiv hmab txiv ntoo thiab zaub yam tsawg kawg 5 zaug.

 Lub 2 hlis ntuj yog lub caij muaj txiv maj kiab ntau heev hauv Fresno County.



-  Txiv maj kiab muaj vitamin C thiab fiber puv ntoob.
 - Vitamin C pab tswj cov pob txha thiab kaus hniav.
 - Vitamin C yog ib co antioxidant uas pab txog qhov mob cancer.
 - Fiber yog ib qho muaj nyob ntawm cov khoom noj yuav pab tshem cov kua rog thiab roj ntawm lub cev.
 - Fiber ua rau peb muaj qhov tsau tas li peb thiaj noj tsawg.

 Ib tug noj ib lub txiv maj kiab, nws muaj cov vitamin C uas koj lub cev xav tau nyob rau hnuv ntawd!


 Txiv maj kiab yog ib yam khoom yooj yim rau koj tsev neeg noj txom ncauj thaum tav su.





Sawv thiab Nyob Ua Ub No

Cov kws saib xyuas txog kev noj qab haus huv pom tias yuav tau sawv yoj cev li 30 nas this txhua hnuv.

 Thaum hnuv luv luv thiab txias txias nyob rau lub 2 hlis no, koj yuav tau nce ntaiv tsis txhob yog caij tus ntaiv fais fab.

 Nce ntaiv yuav pab rau koj lub plawv dhia zoo thiab kom cov leeg ko taw, yas tes yas taw muaj zog thiab pob txha khov.

 Qhov yooj yim yuav ua tau 30 nas this yog ua 10 nas this thaum-sawv ntxov, tav su thiab tsaus ntuj.

 Yoj ib ce txhua hnuv muaj peev xwm pab tau nyhav tab tom, lub plawv muaj zog thiab pab rau koj qhov ntshav qab zib, rog, mob plawv thiab cancer.



Nyob kom haum nrog Fresno County! Koj yuav nrhiav nyeem daim ntawv fact sheets hais txog kev noj nyob dhia rhees thiab nyob ua ub no yooj yim rau ntawm www.fcdph.org