

QHIA cov lus
no rau koj
tsev neeg thiab
cov phooj ywng!


Nyob Kom Haum Nrog Fresno County!

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

Lub 3 hlis


Daim Ntawv Qhia Txog Khoom Noj Mus Pab Luv Cev



 Fresno County muaj zaub **broccoli** ntau heev thaum caij plooj ntoo hlav thiab nplooj ntoo zeeg.

 **Broccoli** yog ib yam zaub noj muaj cov fiber, vitamin C, vitamin A, thiab calcium.

- Vitamin C pab kom kaus hniav thiab pos hniav khov
- Vitamin C yog ib co antioxidant yuav pab rau qee yam mob ntawm cancer.
- Vitamin A pab ua thiab tswj cov tawv nqaij, kais hniav thiab qhov muag.

 **Broccoli** muaj calciam ib ounce ib yam li cov mis (milk). Calcium yog ib qho tseem ceeb pab tswj cov pab txha.


 Noj zaub **broccoli** nyoos los yog ncu kom siav thiaj muaj cov low-fat.


 **Broccoli** yog ib yam zaub zoo muab xyaw cov kua (soup), zaub kib, los yog xam lav.


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


Sawv thiab Nyob Ua Ub No

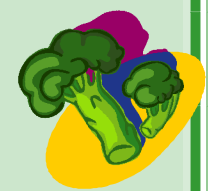
 Pib ua ub no nraim kom lub cev **sov** thiab ua kom ib ce **txias**.

 Ua kom lub cev **sov** thiab kom lub cev **txias** yog ib qho tseem rau lub cev kom tsis txhob raug mob xws li chua leeg thiab mob tej yas pab txha.

 Ua kom lub cev **sov** so li 5 - 10 nas this ua ntej yoj ib ce. Yeem ua ub no ntev yuav ua rau lub cev sov ntev tshaj

 Ua kom ib ce **txias** tom qab ua ub no yog ib qho tseem ceeb. Tom qab yoj cev, lub plawv yuav dhia ceev thiab qhov kub (temperature) ntawm lub cev yuav siab. Ua kom **txias** yuav ua lub cev ua hauj lwm li qub.

 Siv qhov ncab ib ce kom sov thiab txias thaum ua ub no xws li taug kev zoo tshaj thaum ua ub no heev xws li dhia.



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



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.co.fresno.ca.us
Xav paub ntau ntxiv mus saib rau ntawm cov tsev saib ntawv nyob ib ncig ntawm koj los yog qhov web site www.fcdph.org