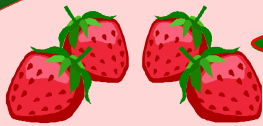


QHIA cov lus
no rau koj
tsev neeg thab
cov phooj ywg!

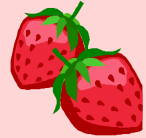
Nyob Kom Haum Nrog Fresno County!

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








Daim Ntawv Qhia Txog Khoom Noj Mus Pab Luv Cev

Lub 4 hlis




 Lub 4 hlis no muaj **strawberries** muag nyob rau tom khw thiab tom tej kev.

 **Strawberries** muaj cov vitamin C thiab filic acid zoo heev.

-  Vitamin C pab tswj cov pob txha thiab kaus hniav thiab pab rau lub cev kom zoo.
-  Vitamin C yog ib co antioxidant yuav pab rau qee qhov mob cancer.
-  8 lub **strawberries** nrab muaj vitamin C ntau tshaj 1 lb txiv maj kiab.
-  Folic acid yog ib yam yuav los tiv thaiv kom tsis txhob muaj cov ntshav liab tsawg thiab qee qhov mob cancer.
-  Folic acid yog ib qho tseem ceeb heev rau cov poj niam yug me nyuam muaj muaj teeb meem.

 **Strawberries** yog ib co tsis muaj roj (low in fat, calories thiab cholesterol- free).


 Muab **strawberries** xyaw yogurt los yog cov cereals txias, ntim coj mus noj ua si tom qab noj mov tag.


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





Sawv thiab Nyob Ua Ub No



 Ua hauj lwm tom qab vag tsib taug tsis yog ib qho nyuaj. Nws yog ib qho kev yoj ib ce. Ua hauj lwm nram qab vag tsib taug xws li ua teb vaj thiab txiav ceg ntoo yuav pab rau lub cev kom nyhav tab tom.

 Ua teb vaj txhua hnub li 30 - 45 nas this yuav pab rau lub cev, ua rau kom ntshav qis thiab txhawj txog ub no tsawg.

 Khawb nyom thiab kaus nplooj, txiav nyom kom luv thiab thawb lub laub yuav pab rau koj lub plawv, tej hlab ntsha thiab kom roj ntsha khiav mus los zoo.

 Khoov thiab ncab thaum koj cog thiab txiav ntoo yuav pab rau tej nqaij thiab pob txha kom qoj mus los yooj yim.

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



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 ntiv mus saib rau ntawm cov tsev saib ntawv nyob ib ncig ntawm koj los yog qhov web site www.fcdph.org