

QHIA cov lus  
no rau koj  
tsev neeg  
thiab cov  
phooj ywg.

# Nyob Kom Haum Nrog Fresno County!

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

Lub 7 hli

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.



Koj puas qhia tau hom txiv hmab txiv ntoo uas yog zaub? Txiv lws suav! yog ib pawg ntawm cov txiv hmab txiv ntoo siv koj los ua zaub thiab.



Lub caij ntuj sov thiab thaum caij ntuj qhua muaj txiv lws suav ntau nyob hauv Fresno County. Thaum lub 7 hli no kuj muaj cov txiv lws suav tshiab tshiab ntau.



Txiv lws suav muaj Vitamin C, Beta Carotene (Vitamin A) thiab fiber. Tsis muaj roj (fat and cholesterol free).



Txiv lws suav muaj cov antioxidant hu ua lycopene pab tiv thaiv qhov mob cancer rau ntawm qhov chaw mos (Prostate cancer).



Cov kua txiv lws suav (lycopene) siav thiab nyoos los kuj pab tiv thaiv tau cancer.



Cov txiv lws suav tshiab tshiab yuav ua tau kom muaj xim, tsw qab thiab zoo nkauj rau tej khoom noj - khob cij xyaw nqaij, xam lav thiab omelets. Cov kua txiv lws suav yog ib yam kua qaub yuav koj mus xyaw tau cov khoom noj - pasta, casseroles, stews thiab kua xuj.



Sawv thiab Nyob Ua Ub No



Ua luam dej yog ib qho kev yoj ib ce zoo kawg rau lub caij ntuj sov.



Ua luam dej yog ib qho zoo rau cov neeg nyiam yoj ib ce tab sis yog ib qho teeb meem rau cov neeg muaj mob yas tes yas taw, mob duav thiab cov poj niam cev xeeb tub.



Ua luam dej yuav tau siv lub zog (muscle groups) thiab yuav ua rau lub plawv dhia ceev (aerobic exercise). Yuav pab koj lub plawv thiab cov hlab siab hlab ntsws kom zoo.



Ua luam dej kuj yog ib qho pab rau tej yas pob txha, caj dab, xub pwg thiab lub ntsag kom qoj mus los zoo txhob muaj mob.



Da dej nrog cov phooj ywg tag li - tsis txhob da ib leeg. Nco ntsoov, tshav ntuj kub heev! Tej zaum dej yuav txias tab sis yuav kub ntawm lub hnuv los thiab kuj yuav ua rau hle tawv tau.



Xyuas cov chaw ua si (Parks thiab Recreation Program) ib ncig ntawm koj seb puas muaj chaw da dej. Cov dej ntws (canals) hauv zos yog ib qho tsis zoo! Tsis txhob mus da dej ntawm cov canals!

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](http://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](http://www.fcdph.org)