

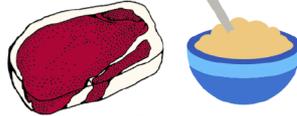
# Kev Tiv Thav Kom Txhob Raug Tshuaj Txhuas

## Khoom Noj Zoo



### Vais Tas Mees C

*Txiv Kab Ntxwv, Txiv Lws Suav, Kua Txob Ntsuab, Zaub Qhwv, Kiwi, Txiv Pos Nphuab*



### Iron

*Nqaij Ntsiv Liab, Nqaij Ntses, Nqaij Qaib, Cov Tseev Hmoov Nplej Uas Muaj Iron, Cov Txiv Hmab Txiv Ntoo Qhuav, Taum*



### Calcium

*Mis, Yogurt, Tshij, Zaub Ntsuab, Taum Paj, Ntse Salmon Ntim Kaus Poom*

Cov khoom noj ua piv txwv uas tuaj yeem pab tiv thav koj lub cev kom txhob nqus cov tshuaj txhuas

## Cov Dej Ua Zaub Mov thiab Haus



Cov menyuum yaus hnuv nyoog qis dua 6 xyoo thiab cov pojnim cev xeeb tub/cov niam pub mis rau menyuum mos yuav tsum siv cov dej hauv lub taub



Txhua lwm cov neeg siv cov dej lim lossis cov dej rhaub

Tsuas cia cov DEJ TXIAS lim rau ntawm koj lub taub lim dej xwb

Tsuas siv lub TAUB LIM DEJ rhaub xwb

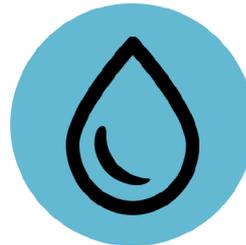
## Tom Tsev



Nquag NTXUAV koj txhais tes tas li



Kev siv cov dej tsis tau lim los ntxuav ub no yeej NYAB XEEB



Nqa koj cov dej mus KUAJ



Tu koj COV LIM NTAWM TUS KAIS DEJ txhua asthiv

Yog xav paub cov ntaub ntawv ntxiv mus saib: [www.gchd.us](http://www.gchd.us)

# Kev Kuaj Ntshav Xyuas Tshuaj Txhuas

## Daim Ntawv Qhia Txog Qhov Kuaj Ntshav Xyuas Tshuaj Txhuas

Xam tias yav dhau los tsis raug tshuaj txhuas

Qhov kuaj tau los tsuas pom txog kev raug tshuaj txhuas  
**TAM SIM NO xwb**

Raug tshuaj txhuas ib zaug lawm, cov tshuaj txhuas tseem nyob hauv koj cov ntshav ntxiv txog 30 HNUB

Dhau ntawd cov tshuaj txhuas mam li nkag mus rau hauv koj lub cev

Tham txog koj qhov kuaj tau los nrog koj tus kws khomob

Yog theem tshuaj txhuas muaj tsawg, yuav tau rov qab mus kuaj dua hauv 6 lub hlis

## IB TXWM

siv  
Cov khoom noj zoo thiab  
Cov dej lim lossis taub dej

## Leej Twg Yog Cov Yuav Tsum Raug Kuaj Xyuas



**Cov Menyuum Yaus**



**Cov Pojniam Cev Xeeb Tub**



**Cov Niam Pub Mis Rau Menyuum Mos**

## Yuav Mus Kuaj Rau Qhov Chaw Twg



Coj koj cov ntshav mus rau koj tus kws khomob kuaj xyuas

**LOSSIS**

Mus ntsib tom Lub Tsev Haujlwm Saib Xyuas Kev Noj Qab Haus Huv Ntawm Lub Nroog Genesee

Tsis muaj kev pab rau kis tsis muaj nyiaj txaus them

**COV MENYUAM YAUS**  
Cov Koom Txoos Qhia Txog Tshuaj Txhuas Hauv Lub Zos (Community Lead Events)

### LOSSIS

Burton Health Center  
3373 S. Saginaw Street  
(810) 257-3833.

### COV NEEG LAUS

Cov Koom Txoos Qhia Txog Tshuaj Txhuas Hauv Lub Zos (Community Lead Events)

### LOSSIS

GCHD Primary Care Clinic  
630 S. Saginaw St.  
(810) 257-3445.

**Yog Xav Paub Cov Ntaub Ntawv Ntxiv Hu Rau: (810) 257-3883.**