

Tsis yog dag...

Koj TXO QIS TAU KOJ TXOJ KEV PHEEJ HMOO yuav mob hlab ntsha tawg



TSIS YOG DAG.

Kev noj zaub mov muaj ntsev ntau, muaj roj, muaj roj tsis huv siab, muaj roj tsis huv hauv cov khoom noj kib, thiab muaj piam thaj siab yuav ua rau koj txoj kev pheej hmoo mob hlab ntsha tawg ntau tuaj.



XAIV COV KHOOM NOJ UAS TXHAWM RAU KEV NOJ QAB HAUS HUV.*

Kev noj zaub mov kom zoo nrog rau txiv hmab txiv ntoo thiab zaub tshiab, xaiv cov uas muaj fiber siab, thiab cov khoom noj uas muaj protein ntau yuav txo qis tau koj txoj kev pheej hmoo yuav mob hlab ntsha tawg.



WISCONSIN COVERDELL
STROKE PROGRAM



WISCONSIN DEPARTMENT
of HEALTH SERVICES

P-03432EH (04/2024)

TXO QIS TAU KOJ TXOJ KEV PHEEJ HMOO.

Kawm ntxiv →



dhs.wisconsin.gov/coverdell/community.htm

*Healthy eating | American Heart Association