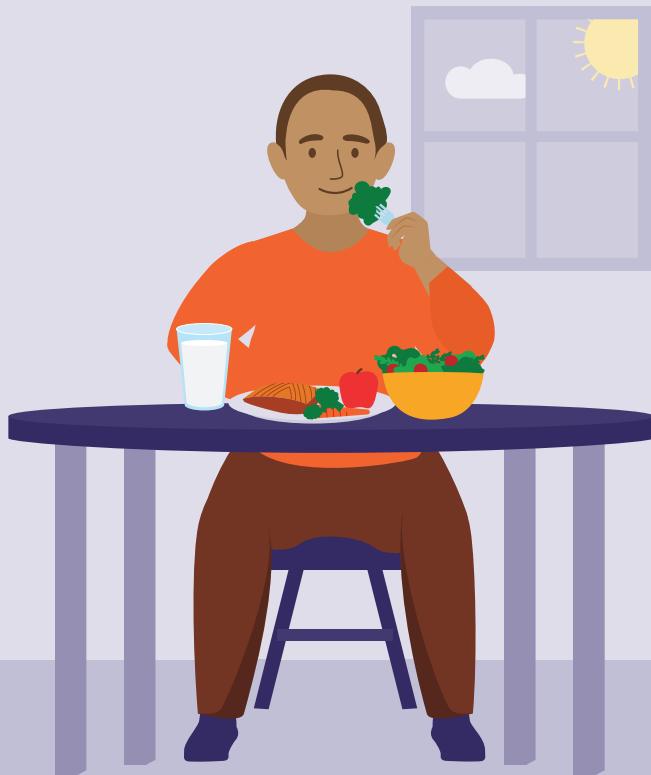


Tsis yog dag...

**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.

**XAIW 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