

## KEV TIV THAIV (PREVENTION)



- \* Tsis txhob muab mis nyuj rau menyuam haus yog tsis tau muaj 1 xyoo
- \* Yuav tsum qhia menyuam noj xebyuam thiab cov mis mos muaj yam pab tau cor htshav liab
- \* Yuav tsum qhia menyuam noj nqaij ntshiv liab, lub plawv, txiv grape ziab, zaub ntsuab, zaub paj broccoli, thiab nkaub qes uas muaj iron ntau



- \* Qhia menyuam noj nqaij ntshiv liab, qaib, ntses, thiab lwm yam vitamin C xwslis txiv majkiab, dib-liab, thiab zaub paj broccoli



- \* Menyulam muaj 3 hli mus rau 6 hli yuav tsum kuaj tug kho mob txhua zaus, yog menyulam muaj tejam li no



# IRON DEFICIENCY ANEMIA Nyob Rau Cov Menyuam



