



NUTRITION EDUCATION FOR NEW AMERICANS PROJECT

Department of Anthropology and Geography at Georgia State University

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Welcome

End of Nutrition Educaiton for New Americans

Greetings. At this time the Nutrition Education for New Americans Project will no longer be taking orders. **We have lost our funding through the United States Department of Agriculture.**

We have enjoyed providing this valuable service since 1996. We have heard from so many of you on the many uses of our materials. We are very sorry that this service will no longer be available to you. Please feel free to download materials for the time being. Again, we will **NOT** be able to fill any orders of materials.

Thank you,
Erin Atkerson, RD, LD, MPH

People who are well nourished are healthier than those who are not. In the long run, it is hoped that these efforts will not only help immigrants to join the mainstream, but, with improved health, those who are low income will be better able to be productive citizens who are not dependent on our health care system.

Multicultural Health Handouts

Select Languages Below

- Amharic
- Arabic
- Bengali
- Bosnian
- Cambodian
- Chinese
- English
- Farsi
- French
- German
- Greek
- Gujarati
- Haitian-Creole
- Hebrew
- Hindi
- Hmong
- Igbo
- Japanese
- Korean
- Kurdish
- Laotian
- Oromo
- Polish
- Portugese
- Romanian
- Russian
- Somali
- Spanish
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- Thai
- Tigrinian
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- Ukranian
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About NENA

Mission

Our purpose is to create innovative programs and materials designed to teach about American foods and health practices in a culturally sensitive manner. These programs and materials are designed to respect traditional foodways while educating the target population about the pluses and minuses of American foods. To do this we use the USDA Food Pyramid as a theme upon which various designs for healthy eating are built.

Our Projects

Nutrition and Physical Activity Programs for Children.

We visit the Greater Atlanta Area schools. The type of students and schools visited are:

- Students in English for Speakers of Other Languages (ESOL)
- Students in Title I Schools in the Greater Atlanta Area (Title I schools have 50% or greater poverty level).

The students are treated to a lively, interactive visit by NENA staff and GSU graduate students, who discuss the importance of eating healthfully. The speakers also pass out handouts for the children to take to their families.

The teachers have a choice of three classes:

- The Food Guide Pyramid
- The Wheel of Health
- Combination Foods

Creation of Multilingual Materials

Nutrition education materials are available in 39 + languages. These materials include information about healthy eating for adults, the elderly, children, and for people with special needs, such as diabetes, hypertension, cholesterol, weight loss and physical activity. All materials are peer reviewed for accuracy in information.

Videotapes

In conjunction with a professional television writer/producer and the Media Services Department at the Grady Health System, we have created videotapes in nine languages — including Spanish, Vietnamese, Russian, Korean, Haitian Creole, Bosnian, Arabic, Somali and "Sesame Street" English. These videotapes are a great tool to use in patient rooms, waiting rooms, nutrition classes, or school classrooms. They are available to the general public at cost. They are available to Georgia DFACS at no cost.

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Name:

Your E-mail:

Comments:

Mailing Address

Georgia State University
MSC 1A0315
Anthropology & Geography
Nutrition Education for New Americans
33 Gilmer St./335 Sparks Hall
Atlanta, Georgia 30303-3083

Phone: 404-651-0428

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Multicultural Health Handouts

Each of the language sets listed on the right contains black line masters (for ease in reproduction) of the multicultural handouts. The topics for the handouts include:

1. Food Guide Pyramid
2. Better Health Begins with You
3. Good Food for Kids
4. Better Nutrition for Mature Adults
5. Better Health for Mother and Baby
6. **Diabetes--NEW!!**

All of our materials are copyright free, please distribute them freely.

Each language set can be downloaded as a single file but may also be downloaded individually by topic. All handouts are bilingual and copyright free. We encourage you to make copies and distribute these materials freely. New handouts that are being evaluated, developed and translated at this time are:

Four tip sheets on: Hypertension, Weight Loss, Physical Activity and Cholesterol.

Please share with us your ideas or needs for handouts in other languages. Our program welcomes your comments.

Available Languages



- Amharic
- Arabic
- Bengali
- Bosnian
- Cambodian
- Chinese
- English
- Farsi
- French
- German
- Greek
- Gujarati
- Haitian-Creole
- Hebrew
- Hindi
- Hmong
- Igbo
- Japanese
- Korean
- Kurdish
- Laotian
- Oromo
- Polish
- Portugese
- Romanian
- Russian
- Somali
- Spanish
- Swahili
- Thai
- Tigrinian
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- Ukranian
- Urdu
- Vietnamese
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Thank you,
Erin Atkerson, RD, LD, MPH

Diabetes Handouts-\$3.00 US-Not available

This Diabetes Handout set contains educational information on nine topics related to diabetes. All are bilingual and copyright free. We encourage you to make copies and distribute these materials freely.

1. What is Diabetes?
2. How Can I Eat Healthy?
3. How to eat from all the food groups.
4. Grains, Beans and Starchy Vegetables
5. Vegetables
6. Fruits
7. Milk and Yogurt Foods
8. Meat, Poultry, Dry Beans, Eggs and Nuts
9. Fats, Oils and Sweets

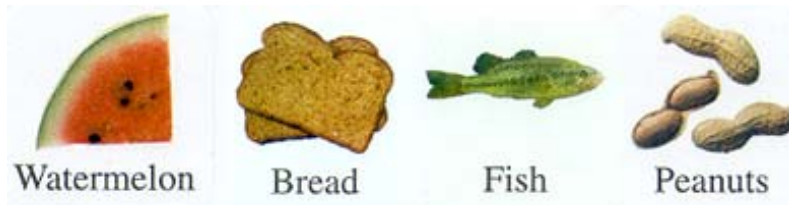
These materials will be available to order in SEPTEMBER 2003. Until then, please download them from our website.

Food Guide Pyramid Handouts - \$2.00 US-Not available

Language sets contain black line masters (for ease in reproduction) of Food Pyramids plus four handouts for healthy adults, mothers and babies, mature adults, and children, which may be used individually or as a package. All are bilingual and copyright free. We encourage you to make copies and distribute these materials freely.

Food Stickers Set - \$25.00 US-Not available

Set contains 25 sheets of food stickers (40 different foods on each sheet) and 25 black line master of a blank food pyramid (11 inches by 17 inches).



Click the image above to view the full set.

Videotape - \$15.00 US-Not available

NENA has created videotapes in nine languages — including Spanish, Vietnamese, Russian, Korean, Haitian Creole, Bosnian, Arabic, Somali and "Sesame Street" English. These videotapes are a great tool to use in patient rooms, waiting rooms, nutrition classes, or school classrooms.

Each videotape contains all three videos below:

Food Guide Pyramid with Mickey and Moe

Learn about the Food Guide Pyramid with Mickey and Moe, two construction workers who decide to build a giant Food Guide Pyramid and fill it with real food.

Food Safety

An experienced cook teaches a novice cook how to avoid food poisoning.

Food Guide Pyramid with Edith and Arnie

Learn about all the food groups as Edith tells her husband Arnie all about what she learned at a nutrition class! Each food group is highlighted in a five-minute segment. It highlights the importance of each food group and the serving sizes needed. *(This video is in the editing process, but will be available soon. Thank you for your patience.)*

CD-ROM of Nutrition Materials - \$20.00 US-Not available

Contains all 37 language handouts, plus Partnering for Cultural Competency: A Resource Guide of Culturally Relevant Nutrition Education Materials and Counseling Strategies in Microsoft Word and Adobe PDF format.

At this time, the CD-ROM does not contain the Diabetes Materials

See [How to Order](#) for details.

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To submit an order using mail or fax,

1. Fill out the order form.
2. Then click the button that says, "Create printable order form".
3. You will be redirected to a printable page that contains all of your order details and our mailing address. Print this page and mail or fax it along with payment.
4. Fax number is: 404-651-3302

Electronic submission:

To submit the order form electronically:

1. Fill out the order form.
2. Then click the button that says, "Send order electronically".
3. You will receive an email confirming your order. We will send your order once we receive payment.

Concerning Payment

Postage is included in all prices.

Make checks payable to CARA-GSU

Georgia State University's Federal Employees Identification Number (FEI#) is 58-6002050.

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Order Materials

NO ORDERS ARE BEING TAKEN

Item / Language	Quantity	\$ Price
CD-ROM of Nutrition Materials		
All		20.00
Diabetes Handouts		
Arabic		3.00
Bosnian		3.00
Cambodian		3.00
Chinese		3.00
English		3.00
Farsi		3.00
French		3.00
German		3.00
Greek		3.00
Gujarati		3.00
Haitian Creole		3.00
Hebrew		3.00
Hindi		3.00
Hmong		3.00
Igbo		3.00
Japanese		3.00
Korean		3.00
Kurdish (Bahdiny or Bahdinani)		3.00
Kurdish (Sorany or Swrany)		3.00
Polish		3.00
Portugese		3.00
Romanian		3.00
Russian		3.00
Somali		3.00
Spanish		3.00
Swahili		3.00
Thai		3.00

Turkish		3.00
Urdu		3.00
Vietnamese		3.00
Yoruba		3.00
Food Stickers		
English		25.00
Nutrition Handouts		
Amharic		2.00
Arabic		2.00
Bengali		2.00
Bosnian		2.00
Cambodian (Khmer)		2.00
Chinese		2.00
English		2.00
Farsi		2.00
French		2.00
German		2.00
Greek		2.00
Gujarati		2.00
Haitian Creole		2.00
Hebrew		2.00
Hindi		2.00
Hmong		2.00
Igbo		2.00
Japanese		2.00
Korean		2.00
Kurdish (Bahdiny or Bahdinani)		2.00
Kurdish (Sorany or Swrany)		2.00
Laotian		2.00
Oromo		2.00
Polish		2.00
Portugese		2.00
Romanian		2.00
Russian		2.00
Somali		2.00
Spanish		2.00
Swahili		2.00

Thai		2.00
Tigrinian		2.00
Turkish		2.00
Ukrainian		2.00
Urdu		2.00
Vietnamese		2.00
Yoruba		2.00
Video Package (includes all three videos)		
English		15.00
Spanish		15.00

Name:

Organization:

Address

City _____, State _____

Zip:

E-mail:

Telephone

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FAQs

1. How do I download or print the materials?

1. Click on the language you are interested in.
2. Click on the handout you would like to see (example: Diabetes Handout Spanish)
3. This will open up the acrobat reader version of the document.
4. There is a tool bar that is used through Acrobat Reader. Use this toolbar to print, save, etc....
5. If you do not have Acrobat Reader, please follow the link to get to Acrobat Reader. You can find this link once you click on the language you are interested in.

2. Once I buy the materials what can I use them for?

Handouts: They can be used at Health Fairs for the international population, passed out at schools for the children to take home to their families, used in nutrition education classes or one-on-one counseling, and may be a part of the English as a Second Language curriculum

Stickers: The stickers have pictures of American and other cultures foods, along with the word of the food in English. Along with the ledger size pyramid these stickers are an interactive way to teach the basics of good nutrition. Use them to explain the different food groups, while the participants put the stickers in the correct food groups. Have fun!

Videos: A great resource for the busy health clinic with an international population. The videos use culturally sensitive actors to portray the proper way to eat. Or, use the videos in nutrition education classes for the international population. The Food Safety video has been a great education piece for restaurants that employ a large immigrant population.

CD-ROM: The CD-ROM contains 37 languages of nutrition materials. It is a great way to have the nutrition information at your fingertips. Provide it to your staff for easy accesability to our materials.

3. Do you have any other materials?

We are constantly receiving input about materials that would be helpful. Please use the contact information sheet to let us know what you see as helpful.

4. How much is postage?

There is no extra charge for postage. All materials include postage.

5. Why can't I get the materials to print with out cutting off the right side?

To print out the materials, please use the Acrobat Reader toolbar. There is a print icon above the materials that will give you the best quality for printing.

6. Is my order complete once I email it or fax it to you?

No, we must receive your payment to finalize the order.

7. Do you take credit cards?

At this time, we are not able to receive credit cards.

8. What form of payment do you take?

We take check or money order made out to NENA. We also take purchase orders from Universities, Schools, School Systems and State/Local Health Departments.

9. Can I use the materials for my patients, or at health fairs?

Yes! Nutrition Education for New Americans is funded by the United States Department of Agriculture. Our goal is to distribute nutrition materials to many ethnic groups. **ALL of the handouts are copyright free, please distribute them freely.**

10. How do I Purchase Materials?

1. Go to 'Purchase Materials'.
2. Look through the items.
3. Go to the order form.
4. Place the quantity that you would like of the different items.
5. Send the order: You can do this two ways!

- **Email the order form**, and we will put your chosen items on hold until we receive payment. You do this by selecting, "Send order electronically". At this time, mail your check, money order or P.O. and we will send out your order. Don't forget to include a copy of your order form with your check!!
- **Print out the order completed order form**. Send this along with payment. You do this by selecting, "Create Printable order form".
- We take: checks, money orders or P.O. made out to CARA-GSU. (P.O. are accepted from Universities and schools only.)

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Nutrition and Health

American Dietetic Association (ADA)

Current nutrition, dietetics and health information for consumers, professionals including ADA members, policies, events, and careers.
<http://www.eatright.org/>

Centers for Disease Control

U.S. Federal agency that provides information about health promotion, disease prevention and control, and environmental health.
<http://www.cdc.gov>

Database of Nutrition Education Materials and Resources

Database for search for nutrition education materials for culturally diverse audiences.
<http://www.aces.uiuc.edu/~necd/>

Georgia Coalition for Physical Activity and Nutrition

Promotion of healthy eating and physical activity in the state of Georgia. Includes information on products, programs and materials offered.
<http://www.georgiacoalitionforphysicalactivityandnutrition.org/index.htm>

International Food Information Council

Provides information on food safety and nutrition, including a bimonthly newsletter for media, professionals and consumers, brochures, fact sheets and publications.
<http://ific.org/>

Nutrition Information Resource Center—Clemson University

Food Science and nutrition-related topics can be accessed from this website. Also, information on brochures, pamphlets, books and videos from different sources is provided.
<http://virtual.clemson.edu/groups/NIRC/home.htm>

Oldways: Promoting traditional foodways

Non-profit educational organization which promotes healthy eating, sustainable food choices and traditional foodways, including food pyramids from different countries.
<http://www.oldwayspt.org/index.html>

Providers Choice, Inc.

A sponsoring agency of the USDA Child and Adult Care Food Program providing financial reimbursement and nutrition education to licensed family child care providers in Minnesota.
<http://www.providerschoice.com>

"Team Nutrition" for Educators

USDA initiative for healthier children through school meals. Emphasizes the important role of nutrition in schools, through the promotion of nutrition education and health.
<http://www.fns.usda.gov/tn/Educators/index.htm>

Tufts University Nutrition Navigator

Guide for web users to find nutrition information on the Internet.
<http://navigator.tufts.edu/>

University of Georgia College of Family and Consumer Sciences Extension

Through this website, information about programs, publications, resources and general information on foods and nutrition, consumer economics, and health and safety can be accessed.
<http://www.fcs.uga.edu/extension/index.html>

USDA Food Guide Pyramid

Information and guidelines about the food pyramid, including basics about the food groups and servings.
<http://www.nal.usda.gov:8001/py/pmap.htm>

USDA Food and Nutrition Information Center

Its main focus is to collect and disseminate information about food and human nutrition. Includes access to various nutrition topics, dietary guidelines and food composition resources.
http://www.nal.usda.gov/fnic/pubs_and_db.html

USDA: The Food Stamp Nutrition Connection

Established by the USDA Food and Nutrition Service to help educators find tools and information to provide nutrition education for low-income audiences.
<http://www.nal.usda.gov/fnic/foodstamp/index.html>

USDA: Food and Nutrition Service

Its main objective is to increase food security by providing children and low-income people access to food, a healthful diet, and nutrition education supporting American Agriculture.
<http://www.fns.usda.gov/fns/>

Health resources about immigrants and minorities

Diversity Rx/Cross Cultural Health Care Network

Information about language and cultural competence in healthcare for minority, immigrant and ethnically diverse communities.
<http://www.diversityrx.org/>

EthnoMed, Ethnic medicine information

Information about ethnic issues related to health care of recent immigrants.
<http://www.ethnomed.org/>

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<http://monarch.gsu.edu>

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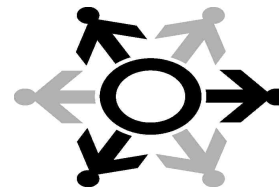
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Cultural Applied Research in Action or, CARA, is the research and service arm of the Department of Anthropology and Geography. Nutrition Education for New Americans is a part of CARA.

CARA's primary goal is to carry out theoretical and applied research on the complex social system developing in the Metropolitan Atlanta region and relating that research to wider theoretical and practical questions being developed by scientists, practitioners and policy makers in other urban settings.

Current research activity by ACRP faculty and staff focuses on the intersection of cultures, including but not limited to the following cultures: immigrant, refugee, medicine, education, health, urban environments, rural environments and nutrition. In each case a major focus of the Center's research activity is how individuals, households and families adjust to a multicultural environment. The interpretation of the research instructs policy, educational services, social service delivery as well as health care delivery and more.



Another facet of CARAs research is population statistics for the various immigrant and refugee groups in Georgia. This data is used for research, education, marketing, grant writing and other purposes.

Globalizing Georgia

Georgia has become a very multicultural state. With this, there is a need to help professionals work with these groups. CARA has developed a Multicultural Directory for the past 5 years. This directory is renewed every two years. It has become a helpful resource for the immigrant and refugee groups in Georgia.

Take a look at the Multicultural Directory!

1. Click here to visit the website: [Multicultural Directory](#)



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Multicultural Directory of Georgia 2003-2004

Globalizing Georgia

The purpose of the "Globalizing Georgia" Multicultural Directory is to present a graphic look at Atlanta's new diverse population picture, its spatial diffusion and some salient characteristics, combined with the newest edition of the Multicultural Directory of Georgia. We hope that you enjoy learning about the changing character of our dynamic metropolitan area and state. This is not meant to be a comprehensive account or research analysis, but rather to provide some new information for public awareness of Atlanta's increasingly complex ethnic character.

Click here to access the directory:
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- Igbo
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The Food Pyramid

የምግብ ፕራሚድ/አርክን

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

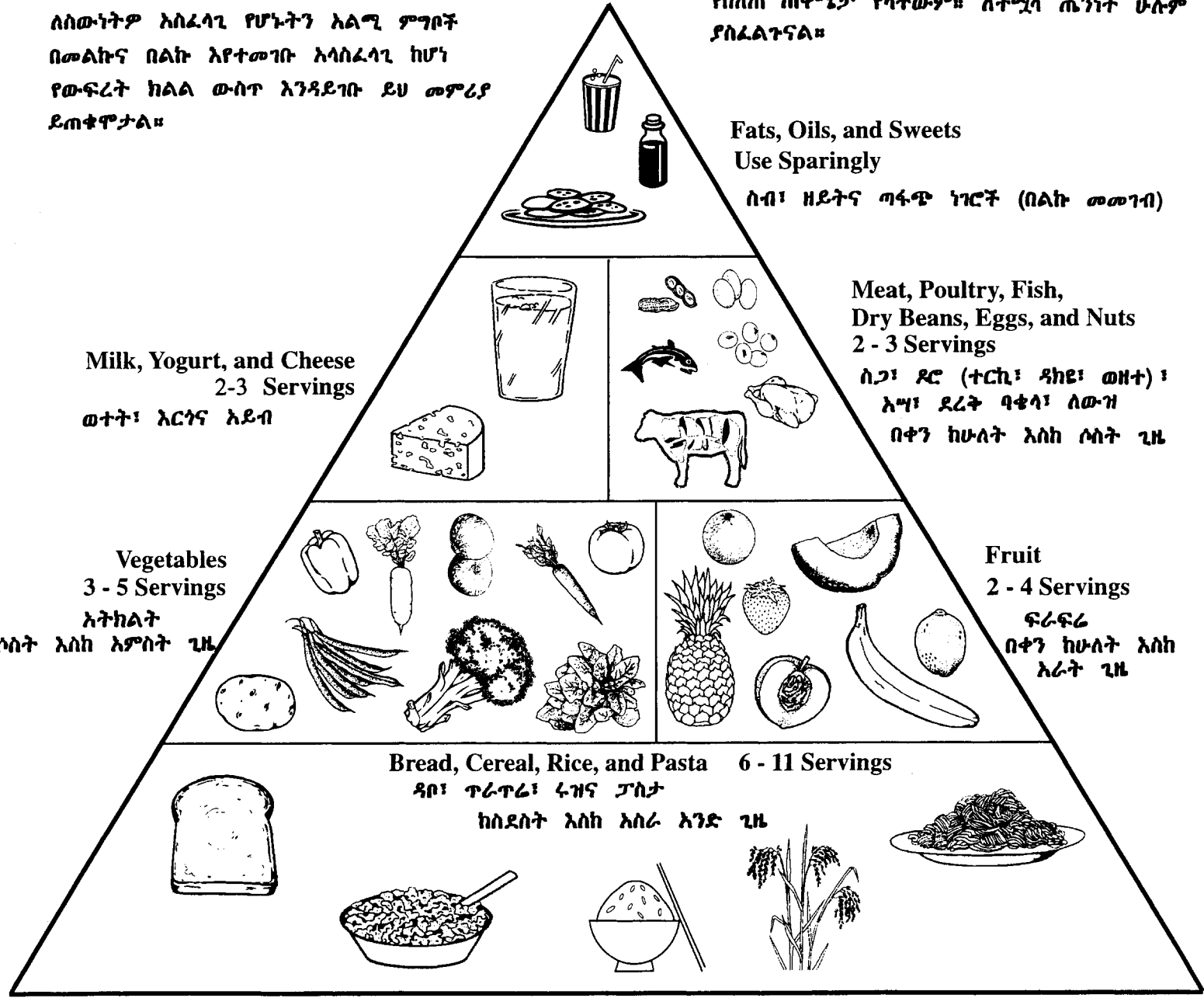
ይህ የምግብ ፕራሚድ ተብሎ የሚጠራው አጠቃላይ መምሪያ የሚስጣልበትን ለጤንነት የሚበጅበትን የምግብ አይነት መምረጥ ይችሉ ዘንድ ታስቦ የተዘጋጀ ነው።

ለሰውነትም አስፈላጊ የሆኑትን አልሚ ምግቦች በመልኩና በልኩ እየተመገቡ አሳስረላጊ ከሆነ የውፍረት ክልል ውስጥ እንዳይገቡ ይህ መምሪያ ይጠቁምታል።

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

ለሰውነታችን ከሚያስፈልጉት ንጥረ ምግቦች አብዛኛዎቹ በፕራሚዱ ወይም በአርኩ የመነጨ ሶስት ደረጃዎች ላይ ተዘርዝረዋል።

አመጋገባችንን በተመለከተ በተለያዩ መደቦች የተፈረጁት የምግብ አይነቶች ሁሉም እኩል ጠቀሜታ ያላቸው እንጂ፣ በአንደኛው ምድብ ያሉት ከሌላኛው ምድብ ውስጥ ካሉት የበለጠ ጠቀሜታ የላቸውም። ለተሟላ ጤንነት ሁሉም ያስፈልጉናል።



Fats, Oils, and Sweets
Use Sparingly

ሱብ፣ ዘይትና ጣፋጭ ነገሮች (በልኩ መመገብ)

Meat, Poultry, Fish,
Dry Beans, Eggs, and Nuts
2 - 3 Servings

ሱባ፣ ዶር (ተርኪ፣ ዳክዩ፣ ወዘተ)፣
አሣ፣ ደረት ባቄላ፣ ለውዝ
በቀን ከሁለት እስከ ሶስት ጊዜ

Milk, Yogurt, and Cheese
2-3 Servings
ወተት፣ እርጎና አይብ

Vegetables
3 - 5 Servings
አትክልት
ነሱን እስከ አምስት ጊዜ

Fruit
2 - 4 Servings
ፍራፍሬ
በቀን ከሁለት እስከ
አራት ጊዜ

Bread, Cereal, Rice, and Pasta 6 - 11 Servings
ዳቦ፣ ጥራጥራ፣ ፋዝና ፓስታ
ከስደስት እስከ አስራ አንድ ጊዜ

Amharic Language Version

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. For more information call (404) 651-2542



Better Health Begins With You!

የተሟላ ጤንነት ባለቤት ለመሆን የርስዎን

ግንባር ቀደም ጥረት ይጠይቃል።

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

ዝቅተኛ ስብ ያላቸውን ዳቦ፣ ጥራጥራ፣ ሩዝና ፓስታ በትንንሹ ከ 6-11 ጊዜ በየቀኑ ይመገቡ። ለምሳሌ ቁርስ እጃ፣ ምሣ ሳንድዊች፣ ራት ደግሞ ባዶ ሩዝ ቢመገቡ መልካም ነው።

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

ፍራፍሬና አታክልት አምስት ጊዜ በቀን ቢመገቡ የተሻለ ይሆናል። ለምሳሌ የብርቱካን ጭማቂ ከቁርስ ጋር፣ ምሣ ሠላጣ፣ ራት አረንጓዴ ባቄላ የተቀቀለ ድንችና ወይን።

3. Drink at least 8 glasses of pure, fresh water every day.

ቢያንስ 8 ብርጭቆ የተጣራ ውሀ በየቀኑ ይጠጡ።

4. Eat lean, low-fat meats, such as chicken or fish.

አነስተኛ ስብ ያላቸውን ለስላሣ ስጋ ይመገቡ። (ዶር፣ አሣ)

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

አነስተኛ ስብ ወይም ምንም ስብ የሌላቸውን የወተት ውጤቶችን ይምረጡ። (የቀዘቀዘ እርጎ፣ አጓት)

6. Limit your intake of sweets and alcoholic beverages.

የክረጫላና ተዛማጅ ጣፋጭ ነገሮችን እንዲሁም የአልኮል መጠጥ ፍጆታዎችን በልኩ ያድርጉት።

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

የተለያዩ ስፖርታዊ እንቅስቃሴዎችን ያድርጉ።

(የእግር ጉዞ፣ ዳንስ፣ ቲኒስ ወዘተ)

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

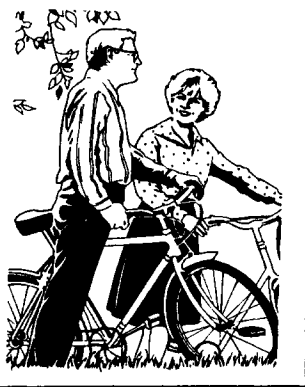
ከከብት ከሚገኝ ስብ ይልቅ ከሌሎች የእህል አይነቶች በተጨማሪ ዘይት ምግብን ቢሠሩ፣ በኮሌስትሮል (Cholesterol) ከመጠቃት ያመልጣሉ።

(ካናላ ዘይት)

Amharic Language Version

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Better Nutrition for Mature Adults

የተሻለ አመጋገብ ለጎልማሶች

1. Drink 6 - 8 glasses of water every day.

በየቀኑ ከ6-8 ብርጭቆ ውሀ ይጠጡ።

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

በካልሲየም የበለፀጉ የምግብ አይነቶች መመገብ አለብዎት።
ለምሳሌ፣ ወተት፣ አይብ፣ እርጎ፣ አጥንት ያለው አሣ፣ አረንጓዴ አታክልት (ብርኮሊ፣ የአበሻ ጎመን)። ካልሲየም በሰውነታችን ውስጥ ላሉት አጥንቶች ጥንካሬ ይሰጣቸዋል።

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

ፍራፍሬና አታክልት በመመገብ በቂ ቫይታሚን (A እና B) ማግኘት ይችላሉ።
ለምሳሌ፣ ብርቱካንና ካሮት። ቫይታሚን ኤ (A) ለአይንና ለቆዳ ሲረዳ፣ ቫይታሚን ሲ (C) ደግሞ ጤነኛ ድድ እንዲኖሮት ከማድረጉም ሌላ ከአንዳንድ የድድ በሽታዎች ይከላከላል።

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

ከምግብ የምናገኘውን ሀይል መጠቀም እንችላለን ዘንድ አይረን (Iron) የያዙ ምግቦችን መመገብ አለብን።
ለምሳሌ፣ ቀይ ስጋ፣ ደሮ፣ ተርኪ፣ ዳክዩ፣ አሣና ደረቅ ባቄላ የሚያስፈልገንን አይረን ይሰጡናል።

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

ዚንክ የተባለው ንጥረ ምግብ ሰውነታችንን መቆሰል ሲያጋጥመው ቶሎ ለመዳን በጣም የሚረዳን ስለሆነ፣ ስጋ፣ የባህር ምግቦች፣ ደሮ፣ ተርኪ፣ ዳክዩ በመመገብ ልናገኘው እንችላለን።

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

ቋሚ ስፖርታዊ እንቅስቃሴ ከቤት ውጭ ቢያደርጉ ከፀሐይ ብርሃን ቫይታሚን ዲ (D) ማግኘት ይችላሉ።

Amharic Language Version

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Better Health for Mother and Baby

የተሻለ ጤንነት ለእናትና ለቤት ሆኖ ለህፃኑ

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

የአልኮል መጠጥ፣ ቡናና ለሰላሳ መጠጥ ያስወግዱ።

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

ካልሲየም (Calcium) ያላቸውን ምግቦች በየቀኑ መመገብ አስፈላጊ ነው።

ለምሳሌ፣ ወተት፣ አይብ፣ እርጎ፣ አጥንት ያለው አሣና አረንጓዴ አታክልት።

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

በየቀኑ ከሁለት እስከ ሶስት ጊዜ ስጋ፣ አሣ፣ እንቁላል፣ ደረቅ ባቁላ በመመገብ የሚያስፈልግዎትን ፕሮቲን ማግኘት ይችላሉ።

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

ፍራፍሬና አታክልት በየቀኑ ቢያንስ አምስት ጊዜ ቢመገቡ የሚያስፈልጉትን ቫይታሚንና ሌሎች ንጥረ ምግቦች ያገኛሉ።

ለምሳሌ፣ ሙዝ ከቆርስ ጋር (ሲሪያል) ጋር ወይም ካርትና ሲለሪ (Celery) ከምሣ ጋር ከተመገቡ በኋላ፣ ከራትዎ ጋር ደግሞ ሰላጣ ወይም ብርኮሊ መመገብ አለብዎት።

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

ለተሟላ ጤንነትዎና ብርታትዎ በቀን ከ 6-11 ጊዜ በመጠኑ የሰንደ ዳቦና ወይም ፋዝ (Brown Rice) መመገብ አስፈላጊ ነው።

6. See your doctor early in your pregnancy.

ቅሪት ወይም ነብሰጡር መሆንዎን ባወቁ ጊዜ፣ የቤተሰብ ሃኪምን ማየት አለብዎት።

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

በእርግዝናዎ ወቅት ከመጠን በላይ የሆነ ውፍረት እንዳይኖርዎት መቆጣጠር አለብዎት። ግለትም አብዛኛው ነብሰጡሮች ከ25-35 ፓውንድ ሊጨምሩ ይችላሉ። የርስዎን በተመለከተ ሀኪምን ማማከር ይችላሉ።

Amharic Language Version

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Good Food for Kids

ጥሩ ምግብ ለልጆች

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

ካልሲየም የሰውነታችን አጥንቶች እንዲጠነክሩና እንዲያድጉ ይረዳል። ወተት፣ እርጉ፣ አጥንት ያለው አሳ፣ ልዩ ልዩ አረንጓዴ አታክልት (ብርኮሊ) መመገብ አስፈላጊውን የካልሲየም መጠን እንድናገኝ ይረዳናል።

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

አይረን በተባለው ንጥረ ምግብ አማካኝነት ሰውነታችን አስፈላጊውን ሀይልና ጉልበት እንድናመርት ይረዳናል። ቀይ ስጋ፣ ጾር፣ ተርኪ፣ ዳክዩ፣ አሳና ደረቅ ባቄላ በመመገብ አስፈላጊውን አይረን ሰውነታችን ማግኘት ይችላል።

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

ካሮት፣ ሲፒናች፣ የአበሻ ጎመን፣ ፍራፍሬና አታክልት በመመገብ ሻይታሚን ኤና ሻይታሚን ሲ ማግኘት እንችላለን። ሻይታሚን ኤ ለአይናችን የጠራ እይታና ለቆዳችን ጤንነት የሚረዳ ሲሆን፣ ሻይታሚን ሲ ደግሞ ድዳችንን ከተለያዩ በሽታዎች ይከላከላል።

4. Energy is important and comes from breads, rice, cereal, and pasta.

ዳቦ፣ ሩዝ፣ ጥራጥሬና ፓስታ መመገብ ሰውነታችን የሚያስፈልገውን ሀይል እንዲያመርት ይረዳል።

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

ለጤና የሚሰማግ መክሰስ (Snack) ፍራፍሬ፣ አታክልት፣ ወተትና የወተት ውጤቶችንና ለውዝን ያካትታል። እነዚህም የመክሰስ አይነቶች ከደረቅ የድንች ጥብስ፣ ከጣፋጭ ነገሮች የተሻለ ለልጆች ጤና የተሰማሙ ከመሆናቸውም ሌላ በተመጋቢዎቹ ጥርስ ላይ የሚያመጡት ችግር የለም።

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

ልጆች የተስተካከለና ጠንካራ የሆነ የሰውነት ቅርፅ እንዲኖራቸው በቀን በቀን ኤክሰርሳይስ ማድረግ አለባቸው።

Amharic Language Version

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service. For more information call (404) 651-2542.





Better Health Begins With You!

የተሟላ ጤንነት ባለቤት ለመሆን የርስዎን

ግንባር ቀደም ጥረት ይጠይቃል።

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

ዝቅተኛ ስብ ያላቸውን ዳቦ፣ ጥራጥራ፣ ሩዝና ፓስታ በትንንሹ ከ 6-11 ጊዜ በየቀኑ ይመገቡ። ለምሳሌ ቁርስ እጃ፣ ምሣ ሳንድዊች፣ ራት ደግሞ ባዶ ሩዝ ቢመገቡ መልካም ነው።

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

ፍራፍሬና አታክልት አምስት ጊዜ በቀን ቢመገቡ የተሻለ ይሆናል። ለምሳሌ የብርቱካን ጭማቂ ከቁርስ ጋር፣ ምሣ ሠላጣ፣ ራት አረንጓዴ ባቄላ የተቀቀለ ድንችና ወይን።

3. Drink at least 8 glasses of pure, fresh water every day.

ቢያንስ 8 ብርጭቆ የተጣራ ውሀ በየቀኑ ይጠጡ።

4. Eat lean, low-fat meats, such as chicken or fish.

አነስተኛ ስብ ያላቸውን ለስላሣ ስጋ ይመገቡ። (ዶር፣ አሣ)

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

አነስተኛ ስብ ወይም ምንም ስብ የሌላቸውን የወተት ውጤቶችን ይምረጡ። (የቀዘቀዘ እርጎ፣ አጓት)

6. Limit your intake of sweets and alcoholic beverages.

የክረጫላና ተዛማጅ ጣፋጭ ነገሮችን እንዲሁም የአልኮል መጠጥ ፍጆታዎችን በልኩ ያድርጉት።

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

የተለያዩ ስፖርታዊ እንቅስቃሴዎችን ያድርጉ።

(የእግር ጉዞ፣ ዳንስ፣ ቲኒስ ወዘተ)

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ከከብት ከሚገኝ ስብ ይልቅ ከሌሎች የእህል አይነቶች በተጨማሪ ዘይት ምግብን ቢሠሩ፣ በኮሌስትሮል (Cholesterol) ከመጠቃት ያመልጣሉ።

(ካናላ ዘይት)

Amharic Language Version

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The Food Pyramid

የምግብ ፕራሚድ/አርክን

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

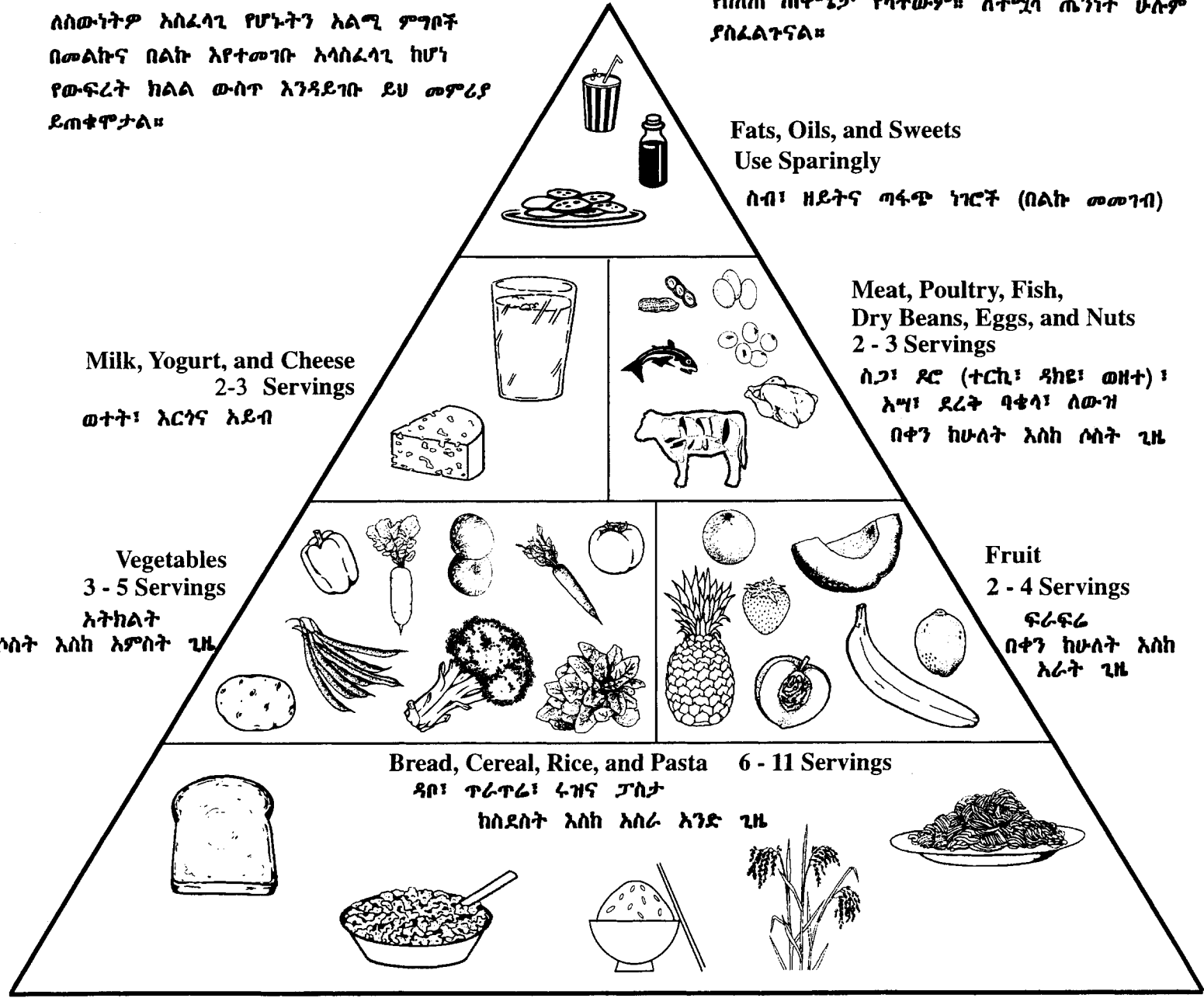
ይህ የምግብ ፕራሚድ ተብሎ የሚጠራው አጠቃላይ መምሪያ የሚሰጣቸውን ለጤንነት የሚበጅታቸውን የምግብ አይነት መምረጥ ይችሉ ዘንድ ታስቦ የተዘጋጀ ነው።

ለሰውነትም አስፈላጊ የሆኑትን አልሚ ምግቦች በመልኩና በልኩ እየተመገቡ አሳስፈላጊ ከሆነ የውፍረት ክልል ውስጥ እንዳይገቡ ይህ መምሪያ ይጠቁሞታል።

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

ለሰውነታችን ከሚያስፈልጉት ንጥረ ምግቦች አብዛኛዎቹ በፕራሚዱ ወይም በአርኩ የመነጨ ሶስት ደረጃዎች ላይ ተዘርዝረዋል።

አመጋገባችንን በተመለከተ በተለያዩ መደቦች የተፈረጁት የምግብ አይነቶች ሁሉም እኩል ጠቀሜታ ያላቸው እንጂ፣ በአንደኛው ምድብ ያሉት ከሌላኛው ምድብ ውስጥ ካሉት የበለጠ ጠቀሜታ የላቸውም። ለተሟላ ጤንነት ሁሉም ያስፈልጉናል።



Fats, Oils, and Sweets
Use Sparingly

ሱብ፣ ዘይትና ጣፋጭ ነገሮች (በልኩ መመገብ)

Meat, Poultry, Fish,
Dry Beans, Eggs, and Nuts
2 - 3 Servings

ሱባ፣ ዶር (ተርኪ፣ ዳክዩ፣ ወዘተ)፣
አሣ፣ ደረት ባቄላ፣ ለውዝ
በቀን ከሁለት እስከ ሶስት ጊዜ

Milk, Yogurt, and Cheese
2-3 Servings
ወተት፣ እርጎና አይብ

Vegetables
3 - 5 Servings
አትክልት
ነሱን እስከ አምስት ጊዜ

Fruit
2 - 4 Servings
ፍራፍሬ
በቀን ከሁለት እስከ
አራት ጊዜ

Bread, Cereal, Rice, and Pasta 6 - 11 Servings
ዳቦ፣ ጥራጥራ፣ ፋዝና ፓስታ
ከሰደስት እስከ አስራ አንድ ጊዜ

Amharic Language Version

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. For more information call (404) 651-2542



Good Food for Kids

ጥሩ ምግብ ለልጆች

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

ካልሲየም የሰውነታችን አጥንቶች እንዲጠነክሩና እንዲያድጉ ይረዳል። ወተት፣ እርጉ፣ አጥንት ያለው አሳ፣ ልዩ ልዩ አረንጓዴ አታክልት (ብርኮሊ) መመገብ አስፈላጊውን የካልሲየም መጠን እንድናገኝ ይረዳናል።

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

አይረን በተባለው ንጥረ ምግብ አማካኝነት ሰውነታችን አስፈላጊውን ሀይልና ጉልበት እንድናመርት ይረዳናል። ቀይ ስጋ፣ ጾር፣ ተርኪ፣ ዳክዩ፣ አሳና ደረቅ ባቄላ በመመገብ አስፈላጊውን አይረን ሰውነታችን ማግኘት ይችላል።

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

ካሮት፣ ሲፒናች፣ የአበሻ ጎመን፣ ፍራፍሬና አታክልት በመመገብ ሻይታሚን ኤና ሻይታሚን ሲ ማግኘት እንችላለን። ሻይታሚን ኤ ለአይናችን የጠራ እይታና ለቆዳችን ጤንነት የሚረዳ ሲሆን፣ ሻይታሚን ሲ ደግሞ ድዳችንን ከተለያዩ በሽታዎች ይከላከላል።

4. Energy is important and comes from breads, rice, cereal, and pasta.

ዳቦ፣ ሩዝ፣ ጥራጥሬና ፓስታ መመገብ ሰውነታችን የሚያስፈልገውን ሀይል እንዲያመርት ይረዳዋል።

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

ለጤና የሚሰማግ መክሰስ (Snack) ፍራፍሬ፣ አታክልት፣ ወተትና የወተት ውጤቶችንና ለውዝን ያካትታል። እነዚህም የመክሰስ አይነቶች ከደረቅ የድንች ጥብስ፣ ከጣፋጭ ነገሮች የተሻለ ለልጆች ጤና የተሰማሙ ከመሆናቸውም ሌላ በተመጋቢዎቹ ጥርስ ላይ የሚያመጡት ችግር የለም።

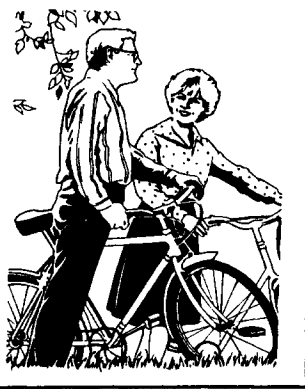
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

ልጆች የተስተካከለና ጠንካራ የሆነ የሰውነት ቅርፅ እንዲኖራቸው በቀን በቀን ኤክሰርሳይስ ማድረግ አለባቸው።

Amharic Language Version

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Better Nutrition for Mature Adults

የተሻለ አመጋገብ ለጎልማሶች

1. Drink 6 - 8 glasses of water every day.

በየቀኑ ከ6-8 ብርጭቆ ውሀ ይጠጡ።

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

በካልሲየም የበለፀጉ የምግብ አይነቶች መመገብ አለብዎት።
ለምሳሌ፣ ወተተ፣ አይብ፣ እርጎ፣ አጥንት ያለው አሣ፣ አረንጓዴ አታክልት (ብርኮሊ፣ የአበሻ ጎመን)። ካልሲየም በሰውነታችን ውስጥ ላሉት አጥንቶች ጥንካሬ ይሰጣቸዋል።

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

ፍራፍሬና አታክልት በመመገብ በቂ ቫይታሚን (A እና B) ማግኘት ይችላሉ።
ለምሳሌ፣ ብርቱካንና ካሮት። ቫይታሚን ኤ (A) ለአይንና ለቆዳ ሲረዳ፣ ቫይታሚን ሲ (C) ደግሞ ጤነኛ ድድ እንዲኖሮት ከማድረጉም ሌላ ከአንዳንድ የድድ በሽታዎች ይከላከላል።

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

ከምግብ የምናገኘውን ሀይል መጠቀም እንችላለን ዘንድ አይረን (Iron) የያዙ ምግቦችን መመገብ አለብን።
ለምሳሌ፣ ቀይ ስጋ፣ ደሮ፣ ተርኪ፣ ዳክዩ፣ አሣና ደረቅ ባቄላ የሚያስፈልገንን አይረን ይሰጡናል።

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

ዚንክ የተባለው ንጥረ ምግብ ሰውነታችንን መቆሰል ሲያጋጥመው ቶሎ ለመዳን በጣም የሚረዳን ስለሆነ፣ ስጋ፣ የባህር ምግቦች፣ ደሮ፣ ተርኪ፣ ዳክዩ በመመገብ ልናገኘው እንችላለን።

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

ቋሚ ስፖርታዊ እንቅስቃሴ ከቤት ውጭ ቢያደርጉ ከፀሐይ ብርሃን ቫይታሚን ዲ (D) ማግኘት ይችላሉ።

Amharic Language Version

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Better Health for Mother and Baby

የተሻለ ጤንነት ለእናትና ለቤት ሆኖ ለህፃኑ

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

የአልኮል መጠጥ፣ ቡናና ለሰላሳ መጠጥ ያስወግዱ።

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

ካልሲየም (Calcium) ያላቸውን ምግቦች በየቀኑ መመገብ አስፈላጊ ነው።

ለምሳሌ፣ ወተት፣ አይብ፣ እርጎ፣ አጥንት ያለው አሣና አረንጓዴ አታክልት።

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

በየቀኑ ከሁለት እስከ ሶስት ጊዜ ስጋ፣ አሣ፣ እንቁላል፣ ደረቅ ባቁላ በመመገብ የሚያስፈልግዎትን ፕሮቲን ማግኘት ይችላሉ።

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

ፍራፍሬና አታክልት በየቀኑ ቢያንስ አምስት ጊዜ ቢመገቡ የሚያስፈልጉትን ቫይታሚንና ሌሎች ንጥረ ምግቦች ያገኛሉ።

ለምሳሌ፣ ሙዝ ከቆርስ ጋር (ሲሪያል) ጋር ወይም ካርትና ሲለሪ (Celery) ከምሣ ጋር ከተመገቡ በኋላ፣ ከራትዎ ጋር ደግሞ ሰላጣ ወይም ብርኮሊ መመገብ አለብዎት።

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

ለተሟላ ጤንነትዎና ብርታትዎ በቀን ከ 6-11 ጊዜ በመጠኑ የሰንደ ዳቦና ወይም ፋዝ (Brown Rice) መመገብ አስፈላጊ ነው።

6. See your doctor early in your pregnancy.

ቅሪት ወይም ነብሰጡር መሆንዎን ባወቁ ጊዜ፣ የቤተሰብ ሃኪምን ማየት አለብዎት።

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

በእርግዝናዎ ወቅት ከመጠን በላይ የሆነ ውፍረት እንዳይኖርዎት መቆጣጠር አለብዎት። ግለትም አብዛኛው ነብሰጡሮች ከ25-35 ፓውንድ ሊጨምሩ ይችላሉ። የርስዎን በተመለከተ ሀኪምን ማማከር ይችላሉ።

Amharic Language Version

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Contentor Sites

Other web sites that run Contentor™

- **VSA arts of Georgia**
 - VSA arts of Georgia provides access to the arts for people with disabilities and those who are economically disadvantaged.
- **Palatka Railroad Preservation Society**
 - dedicated to the preservation and perpetuation of the rail heritage of Palatka, Florida and surrounding communities
- **SCG Productions**
 - Video production company - must see web site design (another Emergent Web Designs)
- **Rebecca Loebe**
 - Singer-songwriter who lives in Boston and performs frequently in Atlanta.
- **Henson & Henson Home**
 - delightful home accessories, beautiful artwork, charming English barware, unusual stationary and wonderful gift items
- **Horton Homes of Conyers**
 -
- **Northwest UU Congregation - Atlanta**
 - Unitarian Universalist Congregation in the Sandy Springs neighborhood of Northwest Atlanta
- **Ms. Stein's Website**
 - for 4th and 5th Graders, included in this site are test dates, study guides, unit overviews, project requirements, a calendar and general information
- **Emergent Web Design**
 - Full-service web design company. Expert in Contentor template design.
- **Absolute Jack**
 - A rock trio has a certain dynamic, where each member must bring an equal talent level to the stage, with the right engineer to make it world class. These guys fit that bill.
- **Broadband Consulting Group, Inc.**
 - a collection of consultants and experts who specialize in developing elegant solutions to complex telecommunications problems.
- **Bedminster Churches**
 - The online community of the lively and diverse group of churches and fellowships worshipping God in Bedminster, Bristol. Very nice design.
- **TeenSmart**
 - A risk reduction/resilience-building prevention intervention program aimed toward adolescents in the transition to young adulthood
- **Georgia Alliance for Workforce Development**
 - An association of workforce development organizations committed to build communities free of barriers to the economic self-sufficiency of individuals and families.
- **Current Design Company**
 - Provides customization services of the AutoCad® environment and web site design services.
- **Nutrition Education for New Americans**
 - One of the busiest Contentor sites. Has a great set of resources in the form of PDFs that are added to the site by simply uploading the files to the appropriate directory.
- **Jesus for Victorious Living Community Church**
 - A new church designed to serve the needs of the community.
- **Daveliss.com**
 - A personal site
- **Holiday Inn Hurstbourne**
 - the oldest Holiday Inn in Louisville, Kentucky, although it was recently renovated, making it one of the most desirable places to stay for both business and pleasure
- **Dale Frazier**
 - Specializing in original acoustic music
- **Lower Shenandoah Valley Civil War Round Table**
 -
- **the shadowridge runners**
 - Their songs combine crunchy, 1968-era British guitar tone with raw, pounding drum beats, all interwoven with crisp and hummable melodies
- **The Life Centre**
 - The Life Centre was birthed through prayer and by the direction of our loving Heavenly Father!
- **David Horton & Associates**
 -
- **ADE Construction Consultants**
 - A clean corporate site with services info and listings of past projects.
- **Craig Mihaly Sells Homes**
 - a real estate agent for the Intown Office of Harry Norman Realtors
- **AHAND**
 - The Atlanta Housing Association of Neighborhood-based Developers (AHAND) is a not-for-profit organization committed to improving the quality of life in Atlanta's disenfranchised neighborhoods.
- **Pro-grace.com**
 - Helping to bring God's Grace to the world...
- **DahliaFarm.net**
 -
- **West Rowan Volunteer Fire Department**
 - The department serves and protects the western most portion of Rowan County, North Carolina. The site has several very interesting add-ons such as a guest book and live weather updates.
- **Clear Springs Baptist Church**
 -

- [Georgia for Howard Dean](#)
 - Dedicated to electing Howard Dean as the next President of our great nation!
- [Sun Rise Sportfishing](#)
 -
- [Jaehn Clare's site](#)
 - Artist, disability advocate, arts administrator for [VSA arts of Georgia](#)
- [Pia Loves Eric](#)
 -
- [Makom Shalom](#)
 - Chicago's Original Jewish Renewal Congregation
- [Britt Stein](#)
 - Electric / Acoustic Guitarist
- [Miss Muller's Web Page](#)
 - Another great school site by a science teacher. Has a cool template that matches the science subject.
- [Macon Peace](#)
 - Peace group from Macon, GA
- [North Metro Miracle League](#)
 - (early version of the program)
- [2-tickets.com, inc.](#)
 - A licensed ticket broker - your best online source for any ticket, any time.
- [Mountain Leadership School Class Site](#)
 - Shows that Contentor sites are simple to set up & maintain - even if for a one-time class project
- [North Fulton Optimist Club](#)
 - Serving Special Kids with Special Needs
- [As You Were](#)
 - As You Were Mastectomy Boutique specializes in breast prostheses and surgical bras for mastectomy patients.
- [Peacemakers - Macon, GA](#)
 - Teaching conflict resolution and life skills to youth
- [Photo Scripts](#)
 - ... because every photo is a story
- [Parsons Run](#)
 - Neighborhood site
- [O-Host.net](#)
 - The hosting company that makes it easy for anyone to get online
- [GAUU](#)
 - This site is in transition
- [Putnam County ARES](#)
 - the field arm of the Amateur Radio Relay League in Putnam County, Florida
- [Koppla Av!](#)
 - a Swedish site - two young guys that advertize their lawn mowing, shovel snow... all kinda' youth type of services





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The Food Pyramid

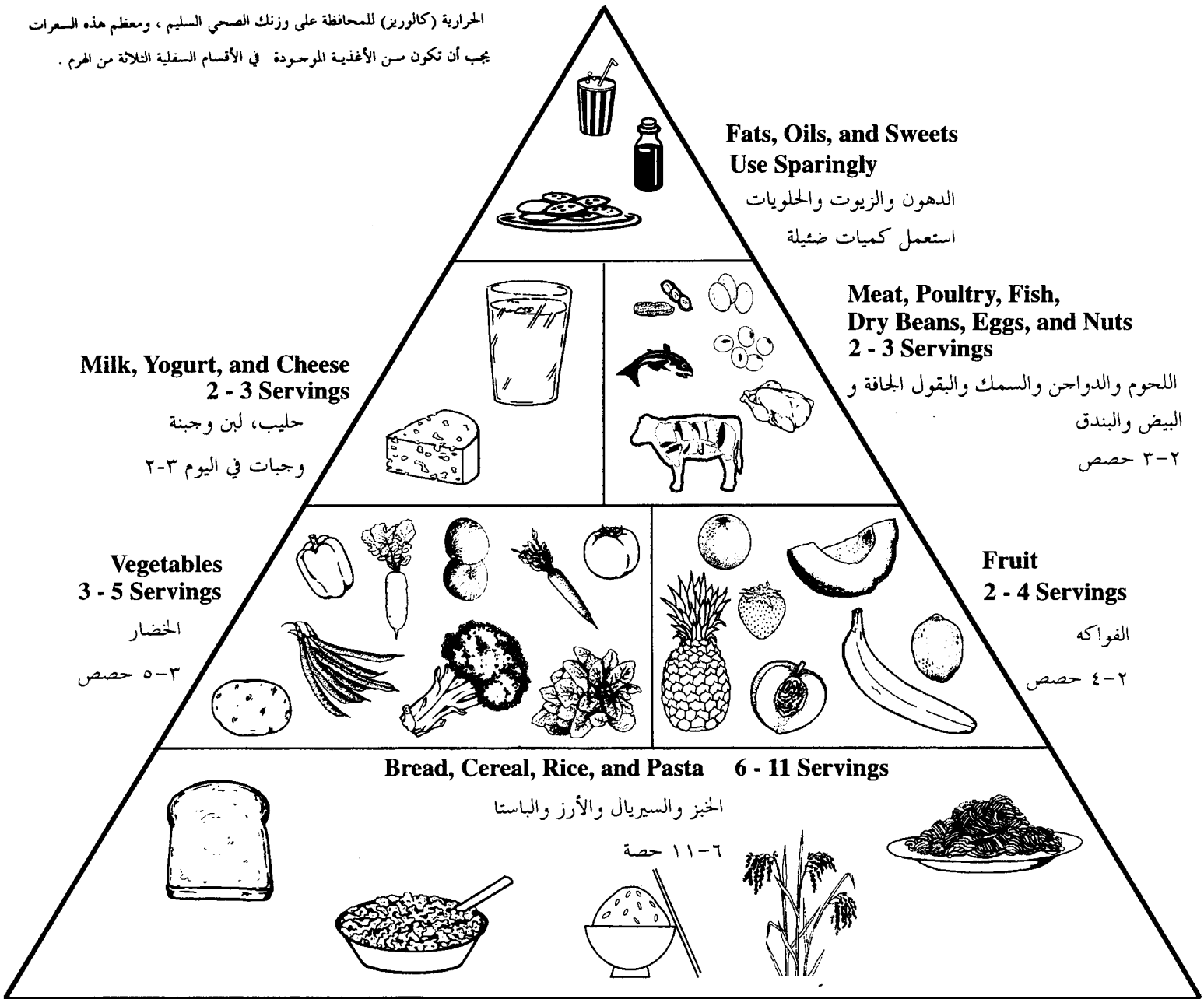
المهرم الغذائي

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

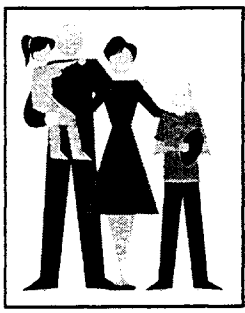
توفر كل مجموعة من هذه المجموعات بعض - ولكن ليس كل - المواد الغذائية التي تحتاج إليها ، والأغذية في مجموعة ما لا يمكن أن تحل محل غيرها في مجموعة أخرى ، و ليس هناك مجموعة أغذية أهم من الأخرى لأنك تحتاج إليها كلها لتكون في صحة جيدة .

يعتبر هرم الدليل الغذائي دليلا عاما يعينك على اختيار برنامج تغذية صحي خاص بك ، ويوصي هذا الهرم بتناول تشكيلة من الأطعمة للحصول على المواد الغذائية التي تحتاج إليها وكذلك بتناول الكمية الصحيحة من السعرات الحرارية (كالوريز) للمحافظة على وزنك الصحي السليم ، ومعظم هذه السعرات يجب أن تكون من الأغذية الموجودة في الأقسام السفلية الثلاثة من الهرم .



Arabic Language Version

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. For more information call (404) 651-2542



Better Health Begins With You!

بداية الصحة الجيدة تكون منك أنت

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

تناول ٦ إلى ١١ حصة قليلة الدسم من الخبز أو السيريال أو الأرز أو الباستا يوميا . تناول مثلا الشوفان (أوتميل) للفتور وساندويشة للفتاء ورز خالص للفتاء .

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

تناول ٥ حصص من الفواكه والخضروات يوميا ، فعلى سبيل المثال يمكنك تناول عصير برتقال للفتور وأكل وجبة سلطة للفتاء وتناول بقول خضراء وبطاطا مسلوقة وعنب للفتاء .

3. Drink at least 8 glasses of pure, fresh water every day.

اشرب على الأقل ٨ أكواب من الماء النقي العذب كل يوم .

4. Eat lean, low-fat meats, such as chicken or fish.

كل من اللحوم الهيرة قليلة الدسم مثل الدجاج أو السمك .

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

اختر مشتقات لبنية قليلة الدسم أو خالية من الدسم مثل الحليب المقشود واللبن المثلج .

6. Limit your intake of sweets and alcoholic beverages.

تناول الحد الأدنى من الحلويات والمشروبات الكحولية .

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

قم بنشاط بدني يوميا كالمشي أو الرقص أو اللعب .

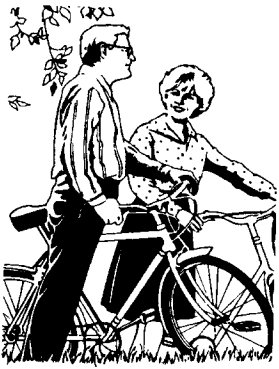
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

استعمل زيت خضار أو زيت الكانولا للطبخ بدلا من شحم الخنزير أو الشحوم الحيوانية الأخرى . الزيوت النباتية أفضل لصحتك لأنها لا تحتوي على كوليسترول .

Arabic Language Version

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Better Nutrition for Mature Adults

تغذية أفضل لكبار السن

1. Drink 6 - 8 glasses of water every day.

اشرب 6 إلى 8 أكواب من الماء يوميا .

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

تناول أغذية غنية بالكالسيوم مثل الحليب والجبن واللبن والسّمك الذي له حسك وبعض الخضروات داكنة الخضرة مثل البركولي . الكالسيوم مادة معدنية هامة في تكوين العظام القوية .

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

تناول كميات كبيرة من فيتامين A وفيتامين C بأكل الفواكه والخضروات كالجوز والبرتقال . فيتامين A جيد للعينين والجلد وفيتامين C يقوي اللثة ويحفظها من التلوث .

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

تناول أطعمة غنية بالحديد والتي تزود الجسم بالطاقة ، ويتوفر الحديد بشكل كبير في اللحم الأحمر والدواجن والسّمك والبقول المجففة .

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

أضف إلى برنامج التغذية للحوم والسّمك والدواجن لتجنب نقص الزنك . الزنك يساعد على التئام الجروح بسرعة .

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

داوم على نشاط بدني بانتظام . النشاطات البدنية خارج البيت أفضل لأن جسمك يمكنه إنتاج فيتامين C بمساعدة الشمس .

Arabic Language Version

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Better Health for Mother and Baby

الصحة الأفضل للأم والطفل

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

تجنبي المشروبات الكحولية والمشروبات التي تحتوي على الكافيين مثل القهوة والمرطبات الغازية .

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

تناولي أطعمة تحتوي على الكالسيوم يوميا ، وهذا يشمل على الحليب والجبن واللبن والسّمك الذي له حسك وبعض الخضروات داكنة الخضرة .

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

كلي ٢ إلى ٣ حصص من اللحم والسّمك والبيض والبقول الخفيفة يوميا لتحصلي على البروتين اللازم .

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

كلي على الأقل ٥ حصص من الفواكه والخضار يوميا للحصول على الفيتامينات والأملاح المطلوبة . كلي مثلا شريحة من الموز مع السيريال في الصباح وتفاحة كوجبة خفيفة بعد الظهر وكذلك الجزر أو الكرفس مع الغداء والبركولي والسلطة مع العشاء .

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

كلي ٦ إلى ١١ حصة صغيرة من الأغذية التي تحتوي على الطحين الأسمر والتي هي ضرورية من أجل الصحة والطاقة ، وهذا يشمل الخبز الأسمر والرز البني .

6. See your doctor early in your pregnancy.

راجعني الطبيب في وقت مبكر من الحمل .

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

تأكدي من أنك أضفت المقدار الصحيح لوزنك أثناء الحمل ، وهذا المقدار يتراوح بين ٢٥ و ٣٥ رطلا لمعظم النساء . استفسري من طبيبك حول هذا الأمر .

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Good Food for Kids

طعام أفضل للأطفال

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

الكالسيوم مطلوب لتكوين العظام والنمو ، ويوجد في الحليب واللبن والسمك الذي له حسك وبعض الخضروات داكنة الخضرة مثل البركولي .

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

الحديد يساعد الجسم على إنتاج الطاقة ، ويوجد في اللحم الأحمر والدواجن والسمك والبقول المجففة .

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

الجزر والسبانخ وغيرها من الفواكه والخضروات غنية بفيتامين A وفيتامين C . فيتامين A مهم للنظر الجيد وصحة الجلد وفيتامين C يقوي اللثة ويحفظها من التلوث .

4. Energy is important and comes from breads, rice, cereal, and pasta.

الطاقة مهمة وتأتي من الخبز والأرز والسيريال والباستا .

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

تناول أطعمة صحية للوجبات الخفيفة مثل الفواكه والخضار والمشتقات اللبنية والبنديق ، وهذه الأطعمة مغذية وصحية ، وهي أفضل لأسنان الأولاد من المشروبات الغازية (صودا) ورقاقات البطاطس (تشيبس) والحلويات .

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

النشاطات البدنية اليومية مهمة للأطفال كي تنمو أجسامهم قوية صحية .

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Better Health Begins With You!

بداية الصحة الجيدة تكون منك أنت

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

تناول ٦ إلى ١١ حصة قليلة الدسم من الخبز أو السيريال أو الأرز أو الباستا يوميا . تناول مثلا الشوفان (أوتميل) للفتور وساندويشة للفتاء ورز خالص للفتاء .

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

تناول ٥ حصص من الفواكه والخضروات يوميا ، فعلى سبيل المثال يمكنك تناول عصير يرتقال للفتور وأكل وجبة سلطة للفتاء وتناول بقول خضراء وبطاطا مسلوقة وعنب للفتاء .

3. Drink at least 8 glasses of pure, fresh water every day.

اشرب على الأقل ٨ أكواب من الماء النقي العذب كل يوم .

4. Eat lean, low-fat meats, such as chicken or fish.

كل من اللحوم الهيرة قليلة الدسم مثل الدجاج أو السمك .

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

اختر مشتقات لبنية قليلة الدسم أو خالية من الدسم مثل الحليب المقشود واللبن المثلج .

6. Limit your intake of sweets and alcoholic beverages.

تناول الحد الأدنى من الحلويات والمشروبات الكحولية .

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

قم بنشاط بدني يوميا كالمشي أو الرقص أو اللعب .

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

استعمل زيت خضار أو زيت الكانولا للطبخ بدلا من شحم الخنزير أو الشحوم الحيوانية الأخرى . الزيوت النباتية أفضل لصحتك لأنها لا تحتوي على كوليسترول .

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The Food Pyramid

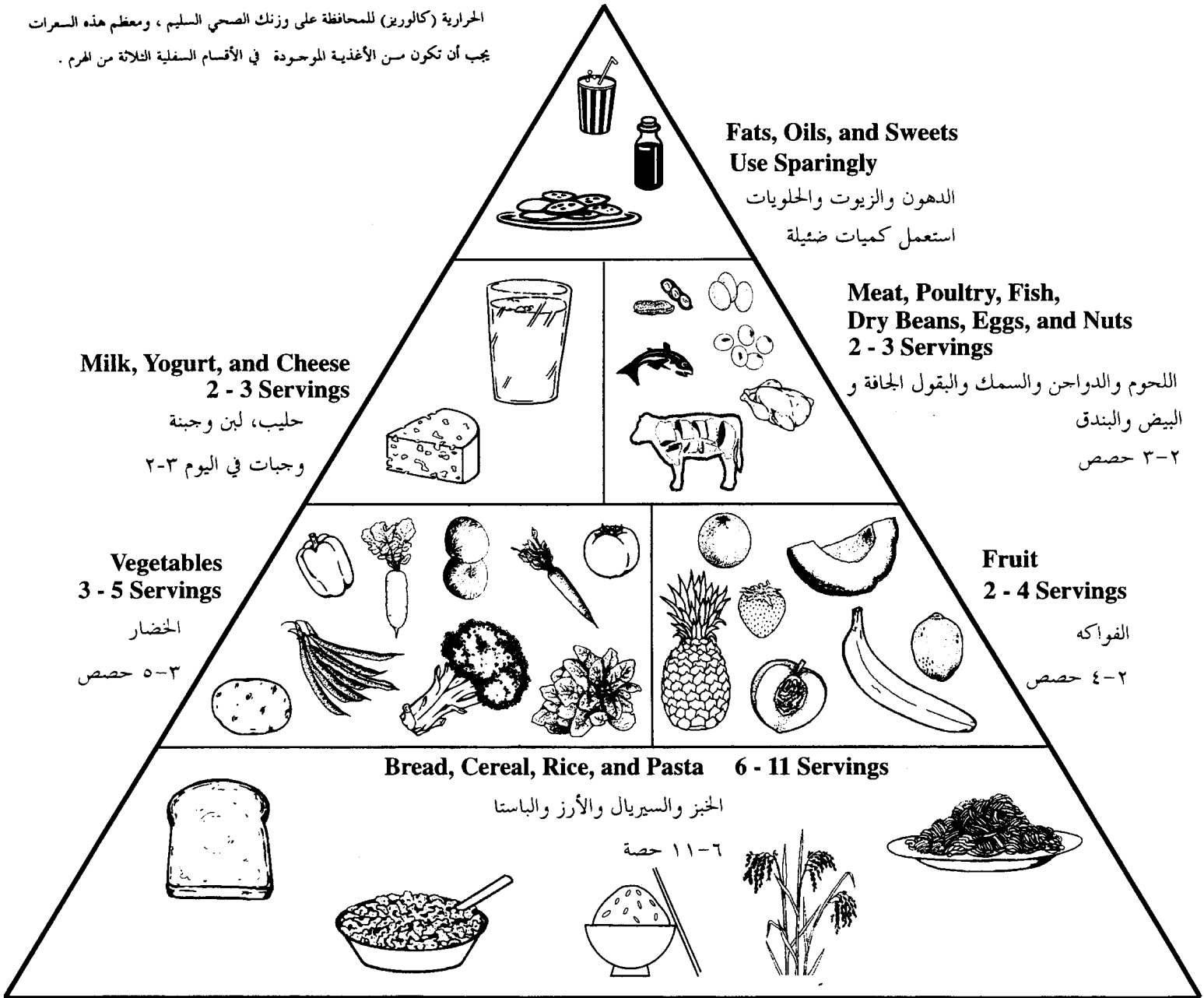
المهرم الغذائي

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

توفر كل مجموعة من هذه المجموعات بعض - ولكن ليس كل - المواد الغذائية التي تحتاج إليها ، والأغذية في مجموعة ما لا يمكن أن تحل محل غيرها في مجموعة أخرى ، و ليس هناك مجموعة أغذية أهم من الأخرى لأنك تحتاج إليها كلها لتكون في صحة جيدة .

يعتبر هرم الدليل الغذائي دليلا عاما يعينك على اختيار برنامج تغذية صحي خاص بك ، ويوصي هذا الهرم بتناول تشكيلة من الأطعمة للحصول على المواد الغذائية التي تحتاج إليها وكذلك بتناول الكمية الصحيحة من السعرات الحرارية (كالورين) للمحافظة على وزنك الصحي السليم ، ومعظم هذه السعرات يجب أن تكون من الأغذية الموجودة في الأقسام السفلية الثلاثة من الهرم .



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Good Food for Kids

طعام أفضل للأطفال

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

الكالسيوم مطلوب لتكوين العظام والنمو ، ويوجد في الحليب واللبن والسمك الذي له حسك وبعض الخضروات داكنة الخضرة مثل البركولي .

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

الحديد يساعد الجسم على إنتاج الطاقة ، ويوجد في اللحم الأحمر والدواجن والسمك والبقول المجففة .

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

الجزر والسبانخ وغيرها من الفواكه والخضروات غنية بفيتامين A وفيتامين C . فيتامين A مهم للنظر الجيد وصحة الجلد وفيتامين C يقوي اللثة ويحفظها من التلوث .

4. Energy is important and comes from breads, rice, cereal, and pasta.

الطاقة مهمة وتأتي من الخبز والأرز والسيريال والباستا .

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

تناول أطعمة صحية للوجبات الخفيفة مثل الفواكه والخضار والمشتقات اللبنية والبنديق ، وهذه الأطعمة مغذية وصحية ، وهي أفضل لأسنان الأولاد من المشروبات الغازية (صودا) ورقاقات البطاطس (تشيبس) والحلويات .

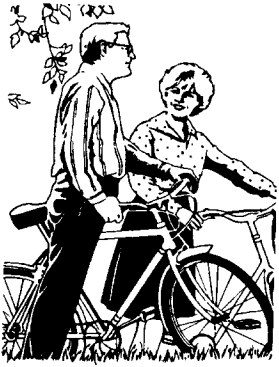
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

النشاطات البدنية اليومية مهمة للأطفال كي تنمو أجسامهم قوية صحية .

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Better Nutrition for Mature Adults

تغذية أفضل لكبار السن

1. Drink 6 - 8 glasses of water every day.

اشرب 6 إلى 8 أكواب من الماء يوميا .

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

تناول أغذية غنية بالكالسيوم مثل الحليب والجبن واللبن والسّمك الذي له حسك وبعض الخضروات داكنة الخضرة مثل البركولي . الكالسيوم مادة معدنية هامة في تكوين العظام القوية .

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

تناول كميات كبيرة من فيتامين A وفيتامين C بأكل الفواكه والخضروات كالجوز والبرتقال . فيتامين A جيد للعينين والجلد وفيتامين C يقوي اللثة ويحفظها من التلوث .

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

تناول أطعمة غنية بالحديد والتي تزود الجسم بالطاقة ، ويتوفر الحديد بشكل كبير في اللحم الأحمر والدواجن والسّمك والبقول المجففة .

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

أضف إلى برنامج التغذية للحوم والسّمك والدواجن لتجنب نقص الزنك . الزنك يساعد على التئام الجروح بسرعة .

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

داوم على نشاط بدني بانتظام . النشاطات البدنية خارج البيت أفضل لأن جسمك يمكنه إنتاج فيتامين C بمساعدة الشمس .

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Better Health for Mother and Baby

الصحة الأفضل للأم والطفل

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

تجنبي المشروبات الكحولية والمشروبات التي تحتوي على الكافيين مثل القهوة والمرطبات الغازية .

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

تناولي أطعمة تحتوي على الكالسيوم يوميا ، وهذا يشمل على الحليب والجبن واللبن والسّمك الذي له حسك وبعض الخضروات داكنة الخضرة .

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

كلي ٢ إلى ٣ حصص من اللحم والسّمك والبيض والبقول الخفيفة يوميا لتحصلي على البروتين اللازم .

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

كلي على الأقل ٥ حصص من الفواكه والخضار يوميا للحصول على الفيتامينات والأملاح المطلوبة . كلي مثلا شريحة من الموز مع السيريال في الصباح وتفاحة كوجبة خفيفة بعد الظهر وكذلك الجزر أو الكرفس مع الغداء والبركولي والسلطة مع العشاء .

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

كلي ٦ إلى ١١ حصة صغيرة من الأغذية التي تحتوي على الطحين الأسمر والتي هي ضرورية من أجل الصحة والطاقة ، وهذا يشمل الخبز الأسمر والرز البني .

6. See your doctor early in your pregnancy.

راجعي الطبيب في وقت مبكر من الحمل .

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

تأكدي من أنك أضفت المقدار الصحيح لوزنك أثناء الحمل ، وهذا المقدار يتراوح بين ٢٥ و ٣٥ رطلا لمعظم النساء . استفسري من طبيبك حول هذا الأمر .

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Diabetes

لبول السكري

Arabic

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لقد أظهر تلك المواد مشروع ثقافة التغذية للأمريكان الجدد بقسم الأنثروبولوجي و الجغرافيا في جامعة ولاية جورجيا , أطلنطا , جورجيا. التمويل من خلال إدارة الأطعمة الزراعية و خدمة المستهلك لأسر برنامج طابع الغذاء . طبقا للقانون الفيدرالي و إدارة الولايات المتحدة للسياسة الزراعية , هذه المؤسسة ممنوعة من التفرقة علي أساس الجنس , اللون , الوطن الأصلي, نوع الجنس , العمر , الدين , المعتقدات السياسية أو العجز . لمزيد من المعلومات اتصل بهاتف (404) 651 -2542



(

Diabetes

البول السكري

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

ما هو البول السكري؟ البول السكري هو مرض يمنع إفراز الأنسولين أو استعماله بشكل سليم.

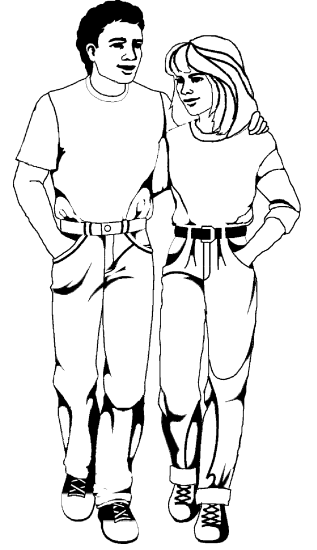
Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

الأنسولين هو هرمون يحول السكر , النشويات و أطعمة أخرى إلي طاقة يحتاجها الجسم للحياة اليومية.

How is diabetes managed?

The management of diabetes has three parts:

- ◆ Healthy Eating
- ◆ Physical Activity
- ◆ Medication (if needed)



كيف يمكن التحكم في البول السكري ؟

التحكم في الأنسولين بثلاثة جوانب:

- ◆ الطعام الصحي
- ◆ النشاط البدني
- ◆ المداواة (إذا كان ذلك ضروريا)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

كيف يمكنني التحكم في مرض البول السكري؟ يمكنك المساعدة بالتحكم في نسبة السكر في الدم (يسمى أيضا الغلوكوز) والبول السكري عندما تأكل طعاما صحياً , تمارس النشاط البدني بشكل كاف , وتستمر في الاحتفاظ بوزن صحي.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

الوزن الصحي يساعد أيضا في التحكم في نسبة الدهون في الدم (الكولستيرول) و الخفض من ضغط الدم.

Many people with diabetes also need to take medicine to help control their blood sugar.

الكثير من مرضى البول السكري في حاجة أيضا إلي تناول الدواء للتحكم في نسبة السكر في الدم.

Eat Healthy

كيف أتناول الطعام بشكل صحي ؟

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

دليل بيراميد للطعام يساعدك في تناول مجموعة متنوعة من الأطعمة . مجموعة متنوعة يعني تناول طعام من كل مجموعة غذائية كل يوم. عندما تتناول الأنواع المتنوعة من الأطعمة كل يوم , تحصل علي الفيتامينات و المعادن التي تحتاجها.

Here is an example of getting a variety of foods each day.



فيما يلي مثال للحصول علي مجموعة متنوعة من الطعام كل يوم.

	Day 1	Day 2
Grains:	tortilla	brown rice
Fruit:	apple	mango
Vegetable:	broccoli	tomatoes
Dairy:	milk	yogurt
Protein:	chicken	beans

اليوم 2

اليوم 1

أرز أسمر	الترتية	الحبوب:
المانجو	تفاح	الفاكهة:
طماطم (بندورة)	البركلي (نوع من القرنبيط)	الخضروات:
الزبادي	حليب	الألبان:
فول – فاصوليا	دجاج (فروج)	البروتين:

Eat From all the Food Groups

الأكل من كل مجموعات الأطعمة

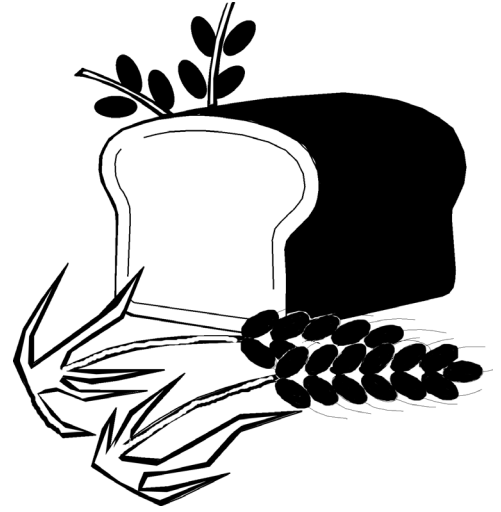


الديسم.

- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
◆ اشترى خبز من الحبوب الكاملة وأطعمة من الحبوب. بعض الأمثلة خبز من الحبوب الكاملة , من نخالة الرقائق , من الأرز الأسمر, معكرون من حبات القمح الكاملة , بالجوهر ونبات الديسم.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
◆ لا تتناول الكثير من النشويات المقلية و عالية الدهون مثل المعجنات , البسكويت و الموفينيه.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
◆ اختيارك الأفضل هو الفواكه الطازجة . عند شرائك طعام معلب , ابحث عن كلمات , " معلب في نفس عصير الفاكهة " .
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
◆ اشترى قطع الفاكهة الصغيرة , و اشرب عصير الفواكه بكميات قليلة.
- ◆ Eat raw and cooked vegetables with very little fat.
◆ تناول الخضروات الغير مطبوخة واطهيها بقليل من الدهن .
- ◆ Use mustard instead of mayonnaise on a sandwich.
◆ استخدم الخردل بدلا من المايونيز في عمل سندويتش.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
◆ استخدم الزيت النباتي المرشوش للطهي بدلا من الزيت , السمن , الزبد أو السمن النباتي , أو دهن الخنزير.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
◆ طرق الطهي الجيدة بالنسبة لك هي: الخبز , الشواء , السلق , التحميص , البخار , بالغلي البطيء . تجنب طهي الطعام في كميات كبيرة من الزيت.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
◆ اختار قطع اللحم قليلة الدهن مثل : لحم الدجاج (الفروج) , الديك الرومي . عند شرائك اللحم الخنزير , اللحم ألبقري و فخذ الخنزير , اقطع الدهن الزائد.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
◆ اختار اللبن الخالي من الدسم (منزوع الدسم) أو قليل الدسم (1%) , أو الأطعمة المصنوعة من اللبن.

Grains, Beans and Starchy Vegetables

الحبوب , الفول و الخضراوات النشوية



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables.

Eat some starches/carbohydrates at each meal. People might tell you not

to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

ما هي النشويات و الكربوهيدرات؟

النشويات هي الخبز, الحبوب, حبوب القمح, المعكرون, الفول أو الخضراوات النشوية. وتناول بعض النشويات/ الكربوهيدرات في كل وجبة. قد ينصحك بعض الناس بعدم أكل الكثير من النشويات / الكربوهيدرات, ولكنها لم تعد النصيحة السليمة. تناول النشويات / الكربوهيدرات صحي لكل الناس, ويشمل ذلك مرضي البول السكري.

How many starches/carbohydrates do I need each day? 6-11 servings each day

ما هي كمية النشويات و الكربوهيدرات التي أحتاجها كل يوم؟ 6-11 حصة كل يوم

The number of servings you should eat each day depends on:

- ◆ The calories you need
- ◆ Your diabetes plan

كمية الحصص التي يجب أن تتناولها كل يوم تعتمد علي:

- ◆ كمية السعرات الحرارية التي تحتاجها
- ◆ خططك لعلاج البول السكري

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

ماذا تفعل النشويات و الكربوهيدرات لجسمي؟

النشويات تمد جسمك بالطاقة, فيتامين ب, المعادن و الألياف. الحبوب الكاملة صحيحة بشكل أكبر لأنها تحتوي علي فيتامينات و معادن و ألياف أكثر. تساعد الألياف علي الاحتفاظ بالانحناء المنتظم. و تساعد كذلك في التحكم الأفضل في سكر الدم.

Grains, Beans and Starchy Vegetables, continued

الحبوب, الفول, الخضراوات النشوية, تكملة

How much is one serving of starch/carbohydrate?

- ◆ 1 slice of bread
- ◆ 1 small potato, casaba or plantain
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
- ◆ ¾ cup dry cereal such as corn flakes
- ◆ ⅓ cup of cooked rice
- ◆ 1 small tortilla, roti bread or enjira bread

ما هي كمية حصة النشويات و الكربوهيدرات ؟

- ◆ 1 شريحة خبز
- ◆ 1 حبة طماطم (بندوره) صغيرة, بطيخ أو شمام أو موز إفريقي
- ◆ ½ كوب من الغلال المطهية مثل طحين الشوفان أو قشطة القمح
- ◆ ¾ كوب من الغلال الجافة مثل رقائق القمح (الكورن فلاكس)
- ◆ ⅓ كوب من الأرز المطبوخ
- ◆ 1 ترتيه صغير, خبز روتي أو أنجيرا

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Dinner: ½ cup of pasta and one bread stick—2 servings

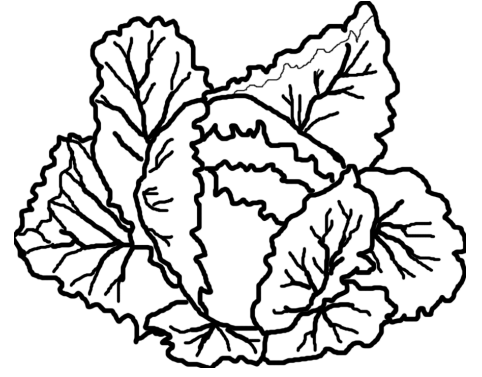
Snack: 6 crackers—1 serving

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

قد تحتاج إلي أكل حصة وحصتين أو ثلاثة من النشويات/ الكربوهيدرات في كل وجبة. إذا إحتجت لأكل أكثر من حصة واحدة في كل وجبة اختار أطعمة مختلفة من هذه المجموعة من الأطعمة. علي سبيل المثال:
الإفطار: ¾ كوب من الغلال الجافة و شريحة واحدة من الخبز - 2 حصة
الغداء: ⅓ كوب من الأرز و 2/1 كوب من لسان الحمل المطهي - 2 حصة
العشاء: ½ كوب من الباستا (نوع من المعكرون) و شريحة من الخبز - عدد 2 حصة
وجبة خفيفة: 6 قرأقيش بسكويت - 1 حصة
الإجمالي اليومي: 7 حصص . لاحظ توازن الكربوهيدرات في الوجبات. سوف يساعدك ذلك في التحكم في السكر في الدم.

Vegetables

الخضراوات



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

الخضراوات صحية لكل شخص , يتضمن ذلك المرضي بالبول السكري. تناول الخضراوات النيئة و المطبوخة كل يوم. الخضروات تمدك بالفيتامينات , المعادن و الألياف بوحدة حرارية قليلة . ابحث عن الخضراوات ذات الألوان الزاهية . بعض الأمثلة القليلة مثل : الجزر , الفلفل , الباذنجان , البركولي (نوع من القرنبيط) , الطماطم (البندوره) و الإسفناخ (السيانخ).

You should have 3 to 5 servings every day.

يجب أن تتناول 3 إلى 5 حصص من الطعام في اليوم .

How much is a serving of vegetables?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice

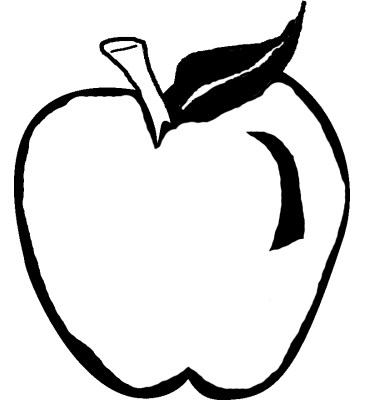
ما هي حصة (كمية) الخضراوات ؟

- ◆ ½ كوب من الخضراوات المطبوخة مثل القول الأخضر المطبوخ , الباذنجان , الإسفناخ (السيانخ) و قرع العسل.
- ◆ 1 كوب من الخضراوات النيئة : مثل السلطة , أصابع الجزر أو الخيار المقطع .
- ◆ ½ كوب من عصير الخضراوات مثل عصير الطماطم (البندوره) أو عصير الجزر.

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

قد تحتاج إلى أكل حصة واحدة , 2 إلى 3 حصص من الخضراوات في الوجبة . إذا كنت ترغب في أكل أكثر من حصة في الوجبة , اختار أنواع مختلفة من الخضراوات أو احصل على 2 إلى 3 حصص من الخضراوات .

Fruits الفاكهة



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

الفاكهة صحية للجميع و يشمل ذلك مرضي البول السكري . الفاكهة تمدك بالطاقة , الفيتامينات و المعادن و الألياف .

How many servings of fruit do I need? 2 to 4 servings

كم عدد الحصص من الفاكهة التي أحتاجها ؟ من 2 إلى 4 حصص

What is a serving of fruit?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
- ◆ ½ cup of apple or orange juice
- ◆ ½ of a grapefruit
- ◆ 1 small banana or ½ of a large banana
- ◆ ½ cup of chopped fruit
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)

ما هي حصة الفاكهة ؟

- ◆ 1 حبة تفاح أو كمثري صغيرة (الحجم يقارب قبضة يد امرأة)
- ◆ ½ كوب من عصير التفاح أو البرتقال
- ◆ ½ الكريب فروت (ليمون الجنة)
- ◆ موزة صغيرة أو 2/1 موزة كبيرة
- ◆ ½ كوب من شرائح الفاكهة
- ◆ ¼ كوب من العنب أو الفاكهة المجففة (تقريبا حجم راحة اليد)

You might need to eat one or two servings of fruit at a meal.

قد تحتاج إلي أكل حصة أو حصتين من الفاكهة في كل وجبة .

How should I eat fruit?

- ◆ Eat fruits raw, or as juice with no sugar added.
- ◆ Buy smaller pieces of fruit.

كيف يجب أن أكل الفاكهة؟

- ◆ تناول الفاكهة النيئة , أو كعصير بدون إضافة سكر .
- ◆ اشترى القطع الصغيرة من الفاكهة .

Milk and Yogurt Foods

الأطعمة من الألبان و الزبادي

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

اللبن الخالي من الدسم و قليل الدسم و الزبادي صحي لكل الناس , و يشمل ذلك مرضي البول السكري . يمدك اللبن و الزبادي بالطاقة , البروتين , الكالسيوم , فيتامين أ , و فيتامينات أخرى و معادن.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

اشرب لبن خالي الدسم (منزوع الدسم أو خالي من الدهون) أو قليل الدسم (1%) كل يوم . تناول

زبادي قليل الدهون أو خالي من الدهون . فهم يحتون قي الإجمال علي دهون و دهن مشبع و كوليسترول أقل ,



How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

كم عدد الحصص التي أحتاجها كل يوم ؟ 2 إلي 3 حصص كل يوم. ملحوظة: في حالة الحمل أو الرضاعة الطبيعية , تناول 4 إلي 5 حصص من اللبن و الزبادي كل يوم .

How much is a serving of milk and yogurt?

- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
- ◆ 1 cup skim or low-fat milk

ما هي حصة مقدار اللبن و الزبادي؟

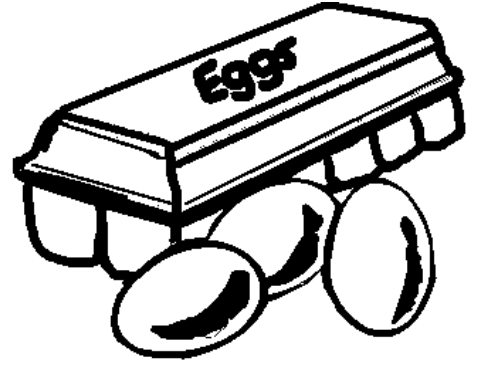
◆ 1 كوب من الزبادي الخالي من الدسم العادي (ابحث عن الزبادي بنكهة الأسبارتيم (مادة محلبة)

◆ 1 كوب من اللبن المنزوع الدسم أو قليل الدسم.

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

ملحوظة : تجنب الزبادي الذي يحتوي عبارة , " يحتوي فاكهة في الأسفل " . فهم يحتون علي كميات كبيرة مضافة من السكر .

Meat, Poultry, Fish, Eggs and Nuts



اللحوم , الدجاج , السمك , البيض و المكسرات

This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

هذه المجموعة من الأطعمة تحتوي اللحم (اللحم ألبقري , لحم الخنزير, لحم الحمل), الدجاج , الديك الرومي , البيض , الأسماك , المكسرات التوفو (مادة مثل الجبن الأبيض الناعم مصنعة من لبن فول الصويا) أو من منتجات طحين الصويا. تناول كميات قليلة من بعض تلك المجموعات كل يوم . كل تلك الأطعمة تمد أجسامنا بالبروتين.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

الأطعمة التي بها بروتين تساعد أجسامنا على بناء الأنسجة و العضلات . إنها تمد جسمك كذلك بالفيتامينات و المعادن.

How many protein foods do I need each day? 2 to 3 servings

ما هي كمية الطعام الذي احتاجة كل يوم من البروتين؟ من 2 إلى 3 حصص

How much is a serving of meat, poultry, fish, eggs and nuts?

- ◆ 2 to 3 ounces of cooked fish
- ◆ 2 to 3 ounces cooked chicken
- ◆ 3 to 4 ounces tofu (½ cup)
- ◆ 1 egg (equals one ounce of protein)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
- ◆ 2 tablespoons of peanut butter (equals one ounce)

ما هي حصة اللحم , الدجاج , السمك , البيض و المكسرات؟

- ◆ من 2 إلى 3 أونس من السمك المطبوخ
- ◆ من 2 إلى 3 أونس من الدجاج المطبوخ
- ◆ من 3 إلى 4 أونس من التوفو (½ كوب)
- ◆ بيضة واحدة (تساوي أونس واحد من البروتين)
- ◆ شريحة واحدة من الجبن أو أونس من الجبن (توازي ما يقرب من حجم البطارية الكهربائية (حاشدة مقاس د)
- ◆ 2 ملعقة سفر من زبد الفول السوداني (تساوي أونس واحد)

Meat, Poultry, Fish, Eggs and Nuts, continued

اللحوم , الدجاج , السمك , البيض , المكسرات , تكمله

Helpful Tips:

- ◆ The serving size you eat now may be too big.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
- ◆ Eat chicken or turkey without the skin.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.

معلومات سريعة مفيدة:

- ◆ قد تكون الحصة التي تتناولها الآن كبيرة الحجم جدا
- ◆ ألقى نظرة علي بطاقات المائدة . هذا الحجم يساوي من 2 إلي 3 أونس
- ◆ اشترى قطع اللحم البقري , لحم الخنزير, فخذ الخنزير و لحم الحمل التي تحتوي علي قليل من الدهن , انزع الدهن الذائد منهم,
- ◆ تناول الدجاج أو الديك الرومي بدون الجلد.
- ◆ اطهي الأطعمة التي تحتوي بروتين بوسائل تحتوي علي دهن قليل: المشوي , بالبخار, الغلي أو بالغلي البطيء.
- ◆ استخدم كميات قليلة من الزيت عند طهي اللحم , أو استخدام رشاش الزيت بدلا من الزيت.
- ◆ تناول وجبة بدون لحم . جرب التوفو كمصدر بروتيني.

Fats, Oils and Sweets

الدهون , الزيوت و الحلويات



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

الدهون و الزيوت تشمل الزبد , السمن الصناعي النباتي , شحم الخنزير , و الزيوت التي نضيفها علي الأطعمة و نستخدمها لطهي الطعام . بعض الزيوت هي: كانولا, زيتون و خضروات . الدهون هي أيضا توجد في اللحم , منتجات اللبن , أطعمة الوجبات الخفيفة و بعض الحلوي. للتحكم في مرض البول السكري , من الأفضل تناول الأطعمة التي تحتوي علي كميات أقل من الدهون و أقل تشبعا بالدهن (الدهن الذي نجده في اللحم و المنتجات الحيوانية)

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

الحلويات هي الأطعمة السكرية التي تحتوي علي وحدات حرارية بدون الكثير من الفيتامينات و المعادن . بعض الحلوى عالية الدهن جدا- مثل الكعكات , الفطائر و الكعكات المحلاة.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

تناول الكثير من الأطعمة التي تحتوي علي كمية وفيرة من السكريات و الدهون تجعل من الصعب التحكم في السكر في الدم و الوزن . إذا تناولت دهون و سكريات تناول كميات قليلة.

How much is a serving of fats, oils and sweets?

- ◆ 1 teaspoon oil
- ◆ 1 tablespoon regular salad dressing
- ◆ 2 teaspoons light mayonnaise
- ◆ 1 strip of bacon
- ◆ 1 cookie
- ◆ 1 plain doughnut
- ◆ 1 tablespoon syrup
- ◆ 10–15 chips

ما هو مقدار حصة الدهون , الزيوت و الحلويات ؟

- 1 ملعقة شاي زيت
- 1 ملعقة شاي عادية مطيبات للسلطة
- 2 ملعقة شاي من المايونيز الخفيف
- 1 شريحة من لحم الخنزير المملح
- 1 قطعة من الكعك المحلي
- 1 قطعة من عجين محلي بدون حشو
- 1 ملعقة شاي شراب
- 10-15 قطعة من رقائق البطاطس المقلي (شيبس)

Arabic

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The Food Pyramid

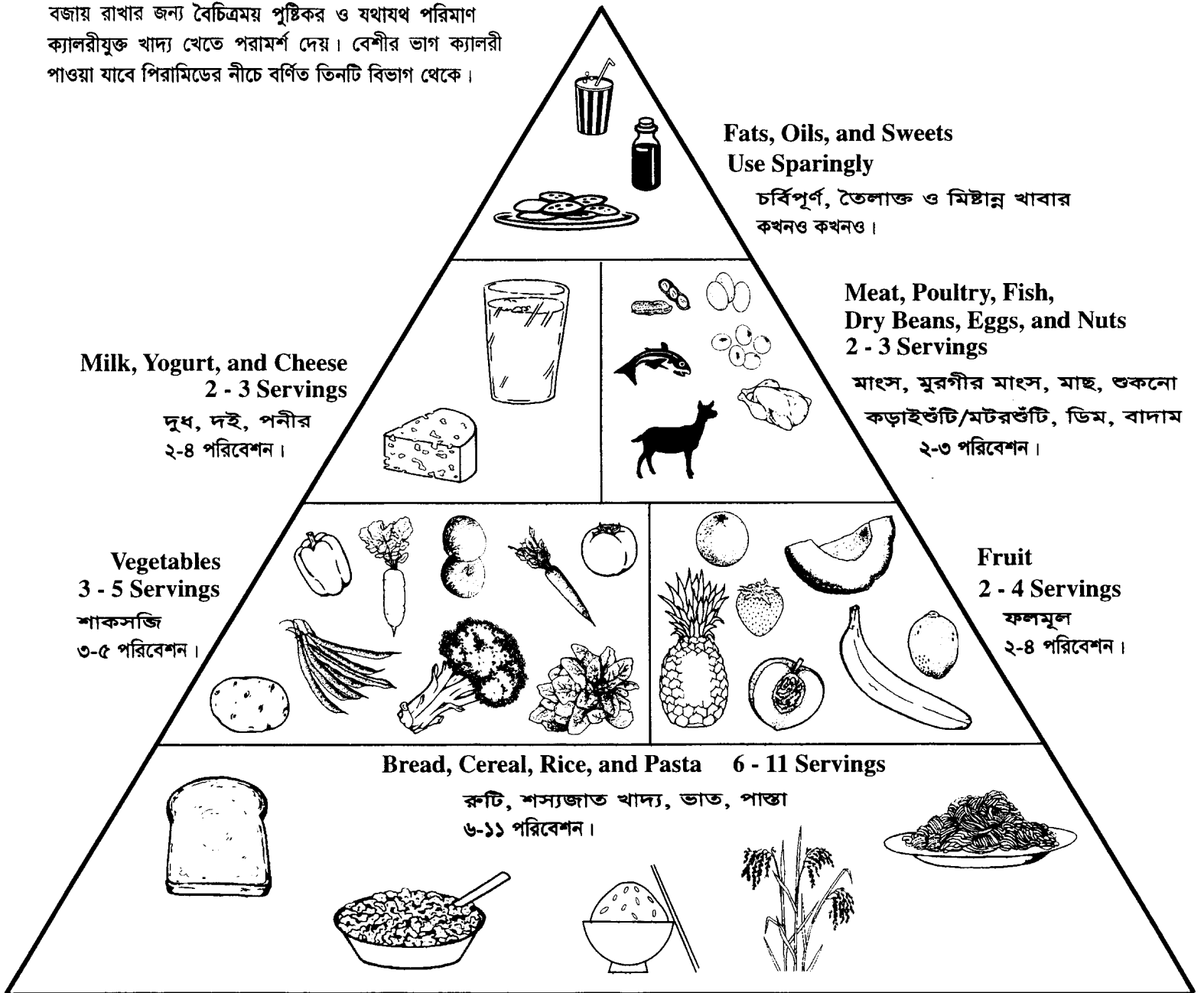
খাদ্য পিরামিড

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

খাদ্য নির্দেশিকা পিরামিড হচ্ছে একটি সাধারণ নির্দেশিকা যার মাধ্যমে আপনার নিজের জন্য উপযুক্ত ও স্বাস্থ্যসম্মত খাবার পছন্দ করতে পারেন। এই পিরামিড স্বাস্থ্যকর ওজনমাত্রা বজায় রাখার জন্য বৈচিত্রময় পুষ্টিকর ও যথাযথ পরিমাণ ক্যালরীয়ুক্ত খাদ্য খেতে পরামর্শ দেয়। বেশীর ভাগ ক্যালরী পাওয়া যাবে পিরামিডের নীচে বর্ণিত তিনটি বিভাগ থেকে।

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

এই তিনটি বিভাগের প্রত্যেকটি থেকে পাওয়া যাবে আপনার প্রয়োজনীয় কিছুটা (সবটুকু নয়) পুষ্টিকর পদার্থ। এক শ্রেণীর খাদ্যগুলি অন্য শ্রেণীর খাদ্যগুলির পরিবর্তে ব্যবহার করা যায় না। কোনো একটি শ্রেণীর খাদ্য অন্যটির চেয়ে গুরুত্বপূর্ণ নয়। সুস্বাস্থ্যের জন্য আপনার সবগুলিরই প্রয়োজন।



Bengali Language Version



Better Health Begins With You!

সুস্বাস্থ্য আপনার সাথেই শুরু হয়

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

প্রতিদিন ৮ থেকে ১১ ছোট ছোট পরিবেশন নিতে পারেন — কম-চর্বিযুক্ত রুটি, শস্যজাত খাবার, ভাত কিম্বা পাস্তা। যেমন : সকালের নাস্তার জন্য ওটমিল, দুপুরের খাবারের জন্য স্যাণ্ডউইচ, এবং রাতের খাবারের জন্য সাদা ভাত।

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

প্রতিদিন ৫ পরিবেশনে ফলমূল ও শাকসব্জি খেতে পারেন। যেমন : সকালের নাস্তার জন্য কমলালেবুর রস, দুপুরের খাবারের জন্য স্যালাড, রাতের খাবারের জন্য কিছু সবুজ সিম/কড়াই-মটরগুঁটি, সিদ্ধ আলু এবং আঙ্গুর।

3. Drink at least 8 glasses of pure, fresh water every day.

প্রতিদিন অন্ততঃপক্ষে ৮ গ্লাস বিশুদ্ধ টাটকা জল পান করবেন।

4. Eat lean, low-fat meats, such as chicken or fish.

চর্বিহীন, কম-চর্বিযুক্ত মাংস, যেমন মুরগীর মাংস, কিম্বা মাছ খাবেন।

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

কম-চর্বিযুক্ত কিম্বা চর্বিহীন দুগ্ধজাত খাবার, যেমন : সর-তোলা দুধ এবং হিমায়িত দই খাবেন।

6. Limit your intake of sweets and alcoholic beverages.

মিষ্টি এবং সুরাবিশিষ্ট পানীয়-র মাত্রা নিয়ন্ত্রণে রাখবেন।

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

প্রতিদিন যে কোনো রকমের দৈহিক ক্রিয়াকলাপে অংশগ্রহণ করবেন। হাঁটবেন, নাচে যোগ দেবেন, অথবা খেলাধুলা করবেন।

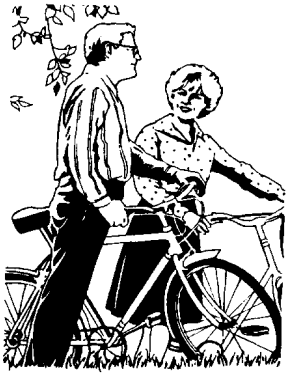
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

রান্নার জন্য ভেজিটেবল অথবা ক্যানোলা তেল ব্যবহার করবেন শূকরচর্বি বা পশুচর্বির পরিবর্তে। ভেজিটেবল তেল আপনার জন্য সবচেয়ে ভাল কারণ এতে কোলেস্টেরল নেই।

Bengali Language Version

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Better Nutrition for Mature Adults

পরিণত বয়স্কের জন্য পুষ্টিবিধান

1. Drink 6 - 8 glasses of water every day.

প্রতিদিন ৬ থেকে ৮ গ্লাস জল পান করবেন।

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

ক্যালসিয়ামযুক্ত খাবার খাবেন, যেমন : দুধ, পনির, দই, কাঁটায়ুক্ত মাছ, এবং ব্রোকোলি-জাতীয় কিছু গাঢ় সবুজ শাকসজী। স্বাস্থ্যবান হাড়ের জন্য ক্যালসিয়াম অত্যাবশ্যিক।

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

যথেষ্ট পরিমাণ ভিটামিন 'এ' এবং ভিটামিন 'সি' পাওয়ার জন্য ফলমূল ও শাকসজী খাবেন, যেমন : গাজর এবং কমলালেবু। ভিটামিন 'এ' আপনার চোখ ও ত্বকের জন্য ভাল। ভিটামিন 'সি' আপনার দাঁতের মাড়ি সুস্থ ও রোগমুক্ত রাখবে।

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

প্রচুর আইরনযুক্ত খাবার খাবেন যা শরীরের শক্তি ব্যবহারে সাহায্য করে। গরু/ভেড়া/ছাগলের ও মুরগীর মাংসে, মাছে এবং শুকনো সিম/কড়াই-মটরগুঁটিতে যথেষ্ট পরিমাণ আইরন থাকে।

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

'জিঙ্ক'-এর মাত্রাস্বল্পতা থেকে রক্ষা পাবার জন্য আপনার খাদ্য তালিকায় মাংস, সামুদ্রিক খাদ্য ও মুরগী-জাতীয় সামগ্রী যোগ করবেন। জিঙ্ক যে কোনো ক্ষতের আরোগ্য ত্বরান্বিত করে।

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

নিয়মিত দৈহিক কর্মতৎপরতা অভ্যাস করবেন। বহিরঙ্গন তৎপরতা সবচেয়ে ভাল, কেননা সূর্যের সাহায্যে আপনার শরীর তখন ভিটামিন 'ডি' উৎপাদন করতে পারে।

Bengali Language Version

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Better Health for Mother and Baby

মা-ও শিশুর জন্য সুস্বাস্থ্য

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

সুরাবিশিষ্ট এবং ক্যাফেনযুক্ত পানীয় থেকে বিরত থাকবেন, যেমন : কফি এবং হাল্কা পানীয় ।

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

প্রতিদিন ক্যালসিয়ামযুক্ত খাবার খাবেন । এর মধ্যে পড়ে : দুধ, পনির, দই, কাঁটায়ুক্ত মাছ এবং কিছু গাঢ় সবুজ-জাতীয় শাকসজী ।

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

প্রোটিনের জন্য ২ থেকে ৩ পরিবেশন মাংস, মাছ, ডিম কিম্বা শুকনো সিম/কড়াই-মটরশুঁটি খাবেন প্রতিদিন ।

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

ভিটামিন ও মিনারেল-এর জন্য প্রতিদিন ৫ পরিবেশন ফলমূল এবং শাকসজী খাবেন । যেমন : সকালে শস্যজাত খাবারের সাথে একটা কলা কেটে নিতে পারেন, বিকেলের নাস্তা হিসেবে একটা আপেল খেতে পারেন । দুপুরের খাবারের সাথে গাজর কিম্বা ডাঁটা খেতে পারেন, এবং রাতের খাবারের সাথে ব্রোকোলি ও স্যালাড ।

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

স্বাস্থ্য ও শক্তির জন্য উপকারী অভগ্ন শস্যাদি ৬ থেকে ১১ ছোট ছোট পরিবেশন খেতে পারেন । এর মধ্যে পড়ে : আ-কাঁড়া গমের রুটি এবং লাল চালের ভাত ।

6. See your doctor early in your pregnancy.

গর্ভসঞ্চারণের প্রাথমিক সময়ে আপনার ডাক্তারের সাথে সাক্ষাৎ করবেন ।

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

গর্ভকালীন সময় আপনার শারীরিক ওজন-বৃদ্ধির পরিমাণ যেন আনুপাতিক হারে হয় সে সম্বন্ধে সচেতন থাকবেন । বেশীর ভাগ মহিলার ক্ষেত্রে ২৫ থেকে ৩৫ পাউন্ডের মধ্যে । আপনার ডাক্তারের কাছে পরামর্শ চাইবেন ।

Bengali Language Version

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Good Food for Kids

শিশুদের জন্য সুখাদ্য

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

শরীরের হাড়ের ক্রমোন্নতি ও বৃদ্ধিসাধনের জন্য ক্যালসিয়াম প্রয়োজন। এটি পাওয়া যায় দুধ, দই, কাঁটাযুক্ত মাছ এবং ব্রোকোলি-জাতীয় কিছু গাঢ় সবুজ সব্জি থেকে।

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

শরীরে শক্তি উৎপাদন করতে সাহায্য করে আইরন। এটি পাওয়া যায় গরু/ভেড়া/ছাগল ও মুরগী-জাতীয় মাংসে, মাছে ও শুকনো সিম/কড়াই-মটরশুঁটিতে।

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

গাজর, শাক এবং অন্যান্য ফলমূল ও সব্জিতে যথেষ্ট পরিমাণ ভিটামিন 'এ' এবং ভিটামিন 'সি' থাকে। ভিটামিন 'এ' ভাল দৃষ্টিশক্তি ও স্বাস্থ্যবান ত্বকের সহায়ক। ভিটামিন 'সি' দাঁতের মাড়ী সুস্থ ও রোগমুক্ত রাখে।

4. Energy is important and comes from breads, rice, cereal, and pasta.

কর্মশক্তি অত্যন্ত প্রয়োজনীয় এবং তা আসে রুটি, ভাত, শস্যজাতীয় খাবার ও পাস্তা থেকে।

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

স্বাস্থ্যসম্মত নাস্তা খাবেন যেমন : ফলমূল, শাকসব্জি, দুগ্ধজাতীয় খাবার এবং বাদাম। এগুলি খুব পুষ্টিকর, এবং শিশুদের দাঁতের জন্য উপকারী (সোডা, চিপস ও মিষ্টির চাইতে)।

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

প্রাত্যহিক শারীরিক তৎপরতা শিশুদের জন্য অত্যন্ত প্রয়োজন যেন তাদের শরীর শক্তিশালী ও স্বাস্থ্যসম্মতভাবে বেড়ে ওঠে।

Bengali Language Version

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সুস্বাস্থ্য আপনার সাথেই শুরু হয়

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

প্রতিদিন ৮ থেকে ১১ ছোট ছোট পরিবেশন নিতে পারেন — কম-চর্বিযুক্ত রুটি, শস্যজাত খাবার, ভাত কিম্বা পাস্তা। যেমন : সকালের নাস্তার জন্য ওটমিল, দুপুরের খাবারের জন্য স্যাণ্ডউইচ, এবং রাতের খাবারের জন্য সাদা ভাত।

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

প্রতিদিন ৫ পরিবেশনে ফলমূল ও শাকসব্জি খেতে পারেন। যেমন : সকালের নাস্তার জন্য কমলালেবুর রস, দুপুরের খাবারের জন্য স্যালাড, রাতের খাবারের জন্য কিছু সবুজ সিম/কড়াই-মটরগুঁটি, সিদ্ধ আলু এবং আঙ্গুর।

3. Drink at least 8 glasses of pure, fresh water every day.

প্রতিদিন অন্ততঃপক্ষে ৮ গ্লাস বিশুদ্ধ টাটকা জল পান করবেন।

4. Eat lean, low-fat meats, such as chicken or fish.

চর্বিহীন, কম-চর্বিযুক্ত মাংস, যেমন মুরগীর মাংস, কিম্বা মাছ খাবেন।

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

কম-চর্বিযুক্ত কিম্বা চর্বিহীন দুগ্ধজাত খাবার, যেমন : সর-তোলা দুধ এবং হিমায়িত দই খাবেন।

6. Limit your intake of sweets and alcoholic beverages.

মিষ্টি এবং সুরাবিশিষ্ট পানীয়-র মাত্রা নিয়ন্ত্রণে রাখবেন।

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

প্রতিদিন যে কোনো রকমের দৈহিক ক্রিয়াকলাপে অংশগ্রহণ করবেন। হাঁটবেন, নাচে যোগ দেবেন, অথবা খেলাধুলা করবেন।

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

রান্নার জন্য ভেজিটেবল অথবা ক্যানোলা তেল ব্যবহার করবেন শূকরচর্বি বা পশুচর্বির পরিবর্তে। ভেজিটেবল তেল আপনার জন্য সবচেয়ে ভাল কারণ এতে কোলেস্টেরল নেই।

Bengali Language Version

These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service. For more information, call (404) 651-2542.



The Food Pyramid

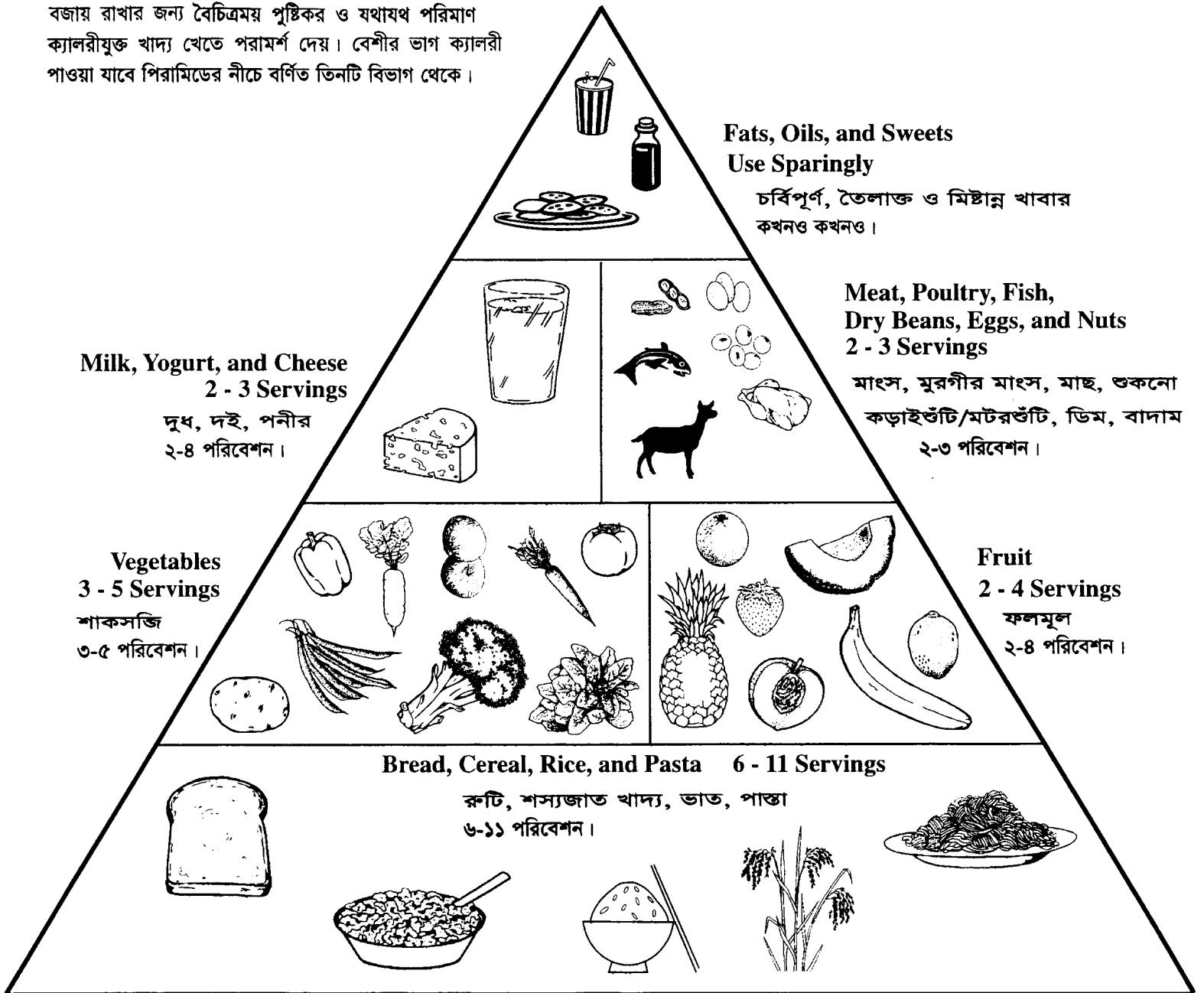
খাদ্য পিরামিড

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

খাদ্য নির্দেশিকা পিরামিড হচ্ছে একটি সাধারণ নির্দেশিকা যার মাধ্যমে আপনার নিজের জন্য উপযুক্ত ও স্বাস্থ্যসম্মত খাবার পছন্দ করতে পারেন। এই পিরামিড স্বাস্থ্যকর ওজনমাত্রা বজায় রাখার জন্য বৈচিত্রময় পুষ্টিকর ও যথাযথ পরিমাণ ক্যালরীয়ুক্ত খাদ্য খেতে পরামর্শ দেয়। বেশীর ভাগ ক্যালরী পাওয়া যাবে পিরামিডের নীচে বর্ণিত তিনটি বিভাগ থেকে।

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

এই তিনটি বিভাগের প্রত্যেকটি থেকে পাওয়া যাবে আপনার প্রয়োজনীয় কিছুটা (সবটুকু নয়) পুষ্টিকর পদার্থ। এক শ্রেণীর খাদ্যগুলি অন্য শ্রেণীর খাদ্যগুলির পরিবর্তে ব্যবহার করা যায় না। কোনো একটি শ্রেণীর খাদ্য অন্যটির চেয়ে গুরুত্বপূর্ণ নয়। সুস্বাস্থ্যের জন্য আপনার সবগুলিরই প্রয়োজন।



Bengali Language Version



Good Food for Kids

শিশুদের জন্য সুখাদ্য

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

শরীরের হাড়ের ক্রমোন্নতি ও বৃদ্ধিসাধনের জন্য ক্যালসিয়াম প্রয়োজন। এটি পাওয়া যায় দুধ, দই, কাঁটাযুক্ত মাছ এবং ব্রোকোলি-জাতীয় কিছু গাঢ় সবুজ সব্জি থেকে।

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

শরীরে শক্তি উৎপাদন করতে সাহায্য করে আইরন। এটি পাওয়া যায় গরু/ভেড়া/ছাগল ও মুরগী-জাতীয় মাংসে, মাছে ও শুকনো সিম/কড়াই-মটরশুঁটিতে।

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

গাজর, শাক এবং অন্যান্য ফলমূল ও সব্জিতে যথেষ্ট পরিমাণ ভিটামিন 'এ' এবং ভিটামিন 'সি' থাকে। ভিটামিন 'এ' ভাল দৃষ্টিশক্তি ও স্বাস্থ্যবান ত্বকের সহায়ক। ভিটামিন 'সি' দাঁতের মাড়ী সুস্থ ও রোগমুক্ত রাখে।

4. Energy is important and comes from breads, rice, cereal, and pasta.

কর্মশক্তি অত্যন্ত প্রয়োজনীয় এবং তা আসে রুটি, ভাত, শস্যজাতীয় খাবার ও পাস্তা থেকে।

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

স্বাস্থ্যসম্মত নাস্তা খাবেন যেমন : ফলমূল, শাকসব্জি, দুগ্ধজাতীয় খাবার এবং বাদাম। এগুলি খুব পুষ্টিকর, এবং শিশুদের দাঁতের জন্য উপকারী (সোডা, চিপস ও মিষ্টির চাইতে)।

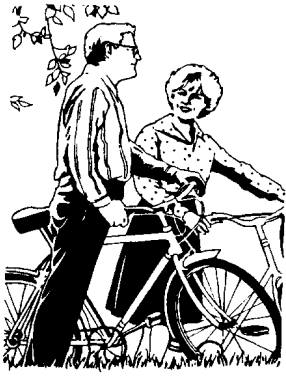
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

প্রাত্যহিক শারীরিক তৎপরতা শিশুদের জন্য অত্যন্ত প্রয়োজন যেন তাদের শরীর শক্তিশালী ও স্বাস্থ্যসম্মতভাবে বেড়ে ওঠে।

Bengali Language Version

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Better Nutrition for Mature Adults

পরিণত বয়স্কের জন্য পুষ্টিবিধান

1. Drink 6 - 8 glasses of water every day.

প্রতিদিন ৬ থেকে ৮ গ্লাস জল পান করবেন।

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

ক্যালসিয়ামযুক্ত খাবার খাবেন, যেমন : দুধ, পনির, দই, কাঁটায়ুক্ত মাছ, এবং ব্রোকোলি-জাতীয় কিছু গাঢ় সবুজ শাকসজী। স্বাস্থ্যবান হাড়ের জন্য ক্যালসিয়াম অত্যাবশ্যিক।

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

যথেষ্ট পরিমাণ ভিটামিন 'এ' এবং ভিটামিন 'সি' পাওয়ার জন্য ফলমূল ও শাকসজী খাবেন, যেমন : গাজর এবং কমলালেবু। ভিটামিন 'এ' আপনার চোখ ও ত্বকের জন্য ভাল। ভিটামিন 'সি' আপনার দাঁতের মাড়ি সুস্থ ও রোগমুক্ত রাখবে।

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

প্রচুর আইরনযুক্ত খাবার খাবেন যা শরীরের শক্তি ব্যবহারে সাহায্য করে। গরু/ভেড়া/ছাগলের ও মুরগীর মাংসে, মাছে এবং শুকনো সিম/কড়াই-মটরগুঁটিতে যথেষ্ট পরিমাণ আইরন থাকে।

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

'জিঙ্ক'-এর মাত্রাস্বল্পতা থেকে রক্ষা পাবার জন্য আপনার খাদ্য তালিকায় মাংস, সামুদ্রিক খাদ্য ও মুরগী-জাতীয় সামগ্রী যোগ করবেন। জিঙ্ক যে কোনো ক্ষতের আরোগ্য ত্বরান্বিত করে।

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

নিয়মিত দৈনিক কর্মতৎপরতা অভ্যাস করবেন। বহিরঙ্গন তৎপরতা সবচেয়ে ভাল, কেননা সূর্যের সাহায্যে আপনার শরীর তখন ভিটামিন 'ডি' উৎপাদন করতে পারে।

Bengali Language Version

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Better Health for Mother and Baby

মা ও শিশুর জন্য সুস্বাস্থ্য

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

সুরাবিশিষ্ট এবং ক্যাফেনযুক্ত পানীয় থেকে বিরত থাকবেন, যেমন : কফি এবং হালকা পানীয়।

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

প্রতিদিন ক্যালসিয়ামযুক্ত খাবার খাবেন। এর মধ্যে পড়ে : দুধ, পনীর, দই, কাঁটায়ুক্ত মাছ এবং কিছু গাঢ় সবুজ-জাতীয় শাকসজী।

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

প্রোটিনের জন্য ২ থেকে ৩ পরিবেশন মাংস, মাছ, ডিম কিম্বা শুকনো সিম/কড়াই-মটরশুঁটি খাবেন প্রতিদিন।

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

ভিটামিন ও মিনারেল-এর জন্য প্রতিদিন ৫ পরিবেশন ফলমূল এবং শাকসজী খাবেন। যেমন : সকালে শস্যজাত খাবারের সাথে একটা কলা কেটে নিতে পারেন, বিকেলের নাস্তা হিসেবে একটা আপেল খেতে পারেন। দুপুরের খাবারের সাথে গাজর কিম্বা ডাঁটা খেতে পারেন, এবং রাতের খাবারের সাথে ব্রোকোলি ও স্যালাড।

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

স্বাস্থ্য ও শক্তির জন্য উপকারী অভগ্ন শস্যাদি ৬ থেকে ১১ ছোট ছোট পরিবেশন খেতে পারেন। এর মধ্যে পড়ে : আ-কাঁড়া গমের রুটি এবং লাল চালের ভাত।

6. See your doctor early in your pregnancy.

গর্ভসঞ্চারণের প্রাথমিক সময়ে আপনার ডাক্তারের সাথে সাক্ষাৎ করবেন।

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

গর্ভকালীন সময় আপনার শারীরিক ওজন-বৃদ্ধির পরিমাণ যেন আনুপাতিক হারে হয় সে সম্বন্ধে সচেতন থাকবেন। বেশীর ভাগ মহিলার ক্ষেত্রে ২৫ থেকে ৩৫ পাউন্ডের মধ্যে। আপনার ডাক্তারের কাছে পরামর্শ চাইবেন।

Bengali Language Version

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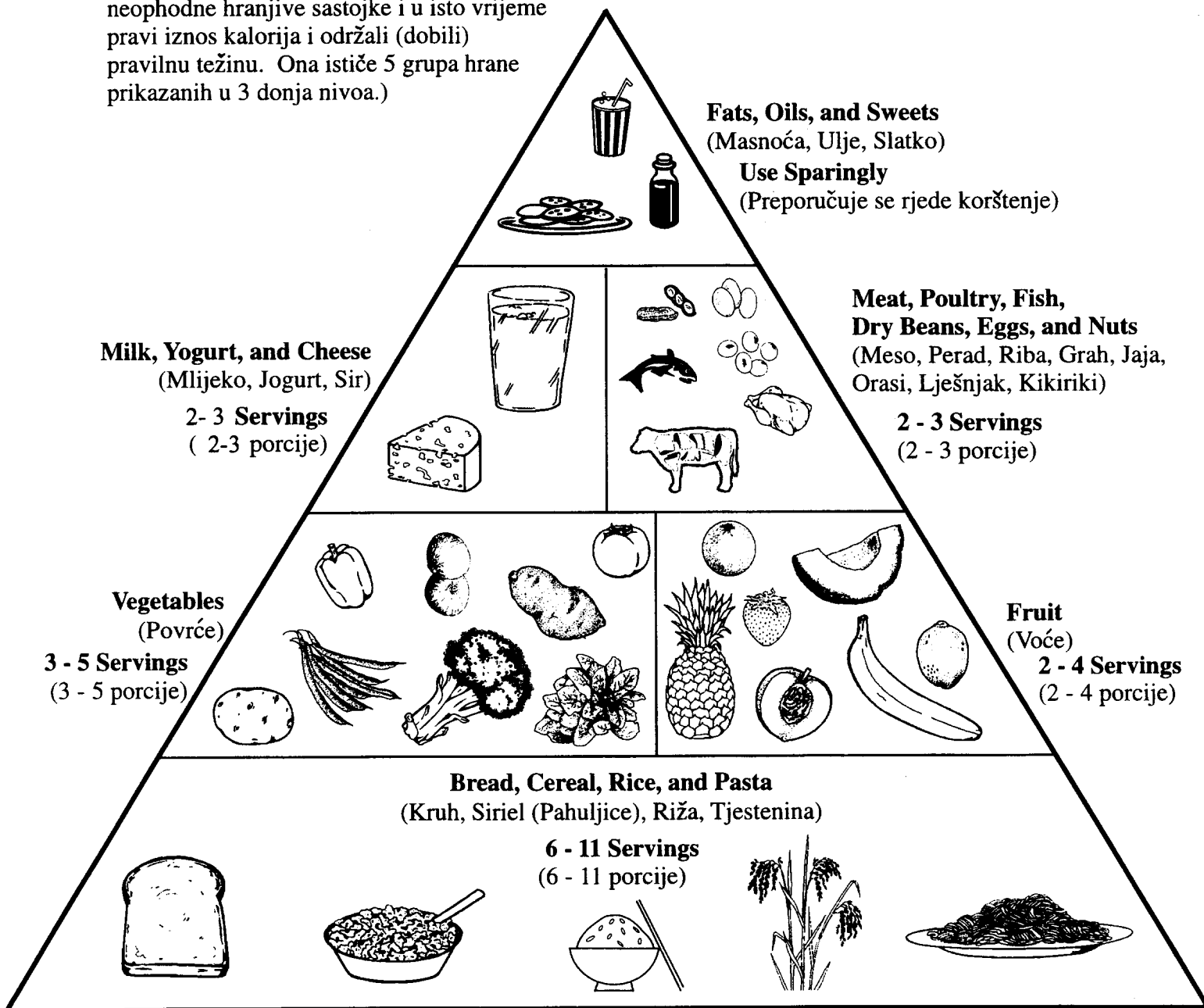
The Food Pyramid (Piramida Pravilne Ishrane)

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eat the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

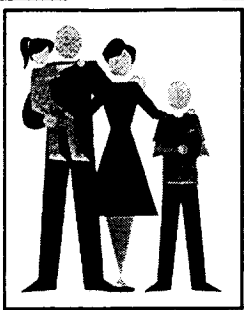
(Piramida pravilne ishrane je vodič koji vam omogućava da izaberete odgovarajuću dijetu. Ova Piramida predlaže korištenje različitih vrsta hrane čime biste dobili neophodne hranjive sastojke i u isto vrijeme pravi iznos kalorija i održali (dobili) pravilnu težinu. Ona ističe 5 grupa hrane prikazanih u 3 donja nivoa.)

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

(Svaka od ovih grupa obezbjeđuje neke ali ne sve neophodne hranjive sastojke. Hrana iz jedne grupe ne može biti zamjenjena hranom iz druge grupe. Za dobro zdravlje je potrebno korištenje hrane iz svih grupa.)



Boenian Language Version



Better Health Begins With You!

Bolje Zdravlje Počinje sa Vama!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Dnevno uzmite 6 do 11 malih porcija hljeba malog procenta masnoće, cerealija, pirinča ili testenina. Naprimer, za doručak ovsena kaša, sendvič za ručak, i nezačinjen pirinač za večeru.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Uzmite svakoga dana po 5 porcija voća i povrća. Naprimer, za doručak možete imati sok od narandže, za ručak salatu, i malo zelenog povrća sa kuvanim krompirom i groždem uveče.

3. Drink at least 8 glasses of pure, fresh water every day.

Popite najmanje 8 čaša čiste, sveže vode dnevno.

4. Eat lean, low-fat meats, such as chicken or fish.

Jedite posno meso malog procenta masnoće, pileće ili ribu.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Od mlječnih proizvoda birajte one sa malo ili nimalo procenta masnoće, kao naprimer obrano mlijeko ili voćni jogurt.

6. Limit your intake of sweets and alcoholic beverages.

Ograničite količinu slatkiša i alkoholnih napitaka.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Svakoga dana budite fizički aktivni. Šetajte, plešite ili igrajte.

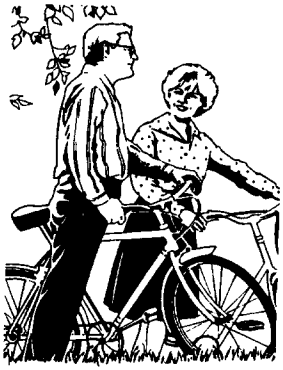
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Za kuvanje koristite biljno ili canola ulje umjesto sala ili životinjskih masti. Biljna ulja su bolja za vas jer ne sadrže holesterol.

Bosnian Language Version

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Better Nutrition for Mature Adults

Bolja Ishrana za Odrasle

1. Drink 6 - 8 glasses of water every day.

Popite 6-8 čaša vode svakoga dana.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Jedite hranu bogatu kalcijumom, kao što je mlijeko, sir, jogurt, riba sa kostima i tamno zelenog povrća, kao što je brokoli. Kalcijum je važan za jake kosti.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Uzimajte dosta Vitamina A i Vitamina C sa voćem i povrćem kao što su šargarepa i narandže. Vitamin A je dobar za vaše oči i kožu. Vitamin C održava zdravim vaše desni i štiti od infekcije.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Jedite hranu bogatu gvoždem, koje pomaže telu da koristi energiju. Bogati gvoždem su crveno meso, živina, riba i sasušeno zrnevlje.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Vaša dijeta treba da uključi mesa, hranu iz mora i živinu da biste održali nivo cinka koji je organizmu potreban. Zink pomaže da rane brže zacele.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Redovno fizički vežbajte. Najbolje je vežbati na otvorenom jer tada vaš organizam, uz pomoć sunca, može da proizvodi Vitamin D.

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Better Health for Mother and Baby

Bolje Zdravlje za Majku i Bebu

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

Izbegavajte alkoholna i pića sa kofeinom, kao što su kafa i bezalkoholni napitci.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

Svakoga dana konzumirajte hranu koja sadrži kalcijum. To su mlijeko, sir, jogurt, riba sa kostima i neka od tamno zelenih povrća.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

Pojedite svakoga dana 2 do 3 porcije mesa, ribe, jaja ili sasušenog zrnevlja, jer ova hrana sadrži protein.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

Zbog vitamina i minerala, svakoga dana uzmite 5 porcija voća i povrća. Naprimjer, krišku banane sa vašim jutarnjim cerealijama i jabuku za užinu popodne. Takođe, možete dodati malo šargarepe ili celera za ručak i brokolija i salate za večeru.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

Pojedite 6 do 11 malih porcija žitarica, koje su važne za zdravlje i energiju. Tu spadaju žitni hljeb i mrki pirinač.

6. See your doctor early in your pregnancy.

Posetite vašeg doktora u ranoj fazi vaše trudnoće.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

Nastojte da za vreme trudnoće dobijete na težini onoliko koliko je potrebno. Za većinu žena to je 11-16 kilograma. Pitajte lekara za savet

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Good Food for Kids

Dobra Hrana za Decu

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Kalcijum je potreban za razvoj kostiju i rast. Ima ga u mlijeku, jogurtu, ribi sa kostima i nekom tamno zelenom povrću, kao što je brokoli.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Gvožđe pomaže telu da proizvodi energiju. Ima ga u crvenom mesu, živini, ribi i sasušenom zrnevlju.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Šargarepa, spanać i drugo voće i povrće su bogati vitaminom A i vitaminom C. Vitamin A je važan za dobar vid i zdravu kožu. Vitamin C održava zdravim desni i štiti od infekcije.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Energija je važna i dobija se iz hljeba, pirinča, cerealija i testenina.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Za užinu birajte zdravu hranu kao što su voće, povrće, mlječni proizvodi i orasi. Oni su hranljiviji i bolji za dečije zube od soda, čipsa i slatkiša.

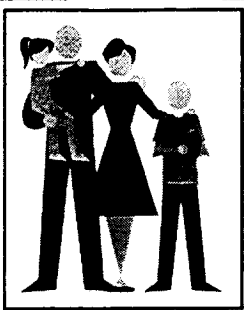
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Dnevne fizičke aktivnosti su važne za decu i čine da telo raste jako i zdravo.

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Better Health Begins With You!

Bolje Zdravlje Počinje sa Vama!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Dnevno uzmite 6 do 11 malih porcija hljeba malog procenta masnoće, cerealija, pirinča ili testenina. Naprimer, za doručak ovsena kaša, sendvič za ručak, i nezačinjen pirinač za večeru.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Uzmite svakoga dana po 5 porcija voća i povrća. Naprimer, za doručak možete imati sok od narandže, za ručak salatu, i malo zelenog povrća sa kuvanim krompirom i grožđem uveče.

3. Drink at least 8 glasses of pure, fresh water every day.

Popite najmanje 8 čaša čiste, sveže vode dnevno.

4. Eat lean, low-fat meats, such as chicken or fish.

Jedite posno meso malog procenta masnoće, pileće ili ribu.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Od mlječnih proizvoda birajte one sa malo ili nimalo procenta masnoće, kao naprimer obrano mlijeko ili voćni jogurt.

6. Limit your intake of sweets and alcoholic beverages.

Ograničite količinu slatkiša i alkoholnih napitaka.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Svakoga dana budite fizički aktivni. Šetajte, plešite ili igrajte.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Za kuvanje koristite biljno ili canola ulje umjesto sala ili životinjskih masti. Biljna ulja su bolja za vas jer ne sadrže holesterol.

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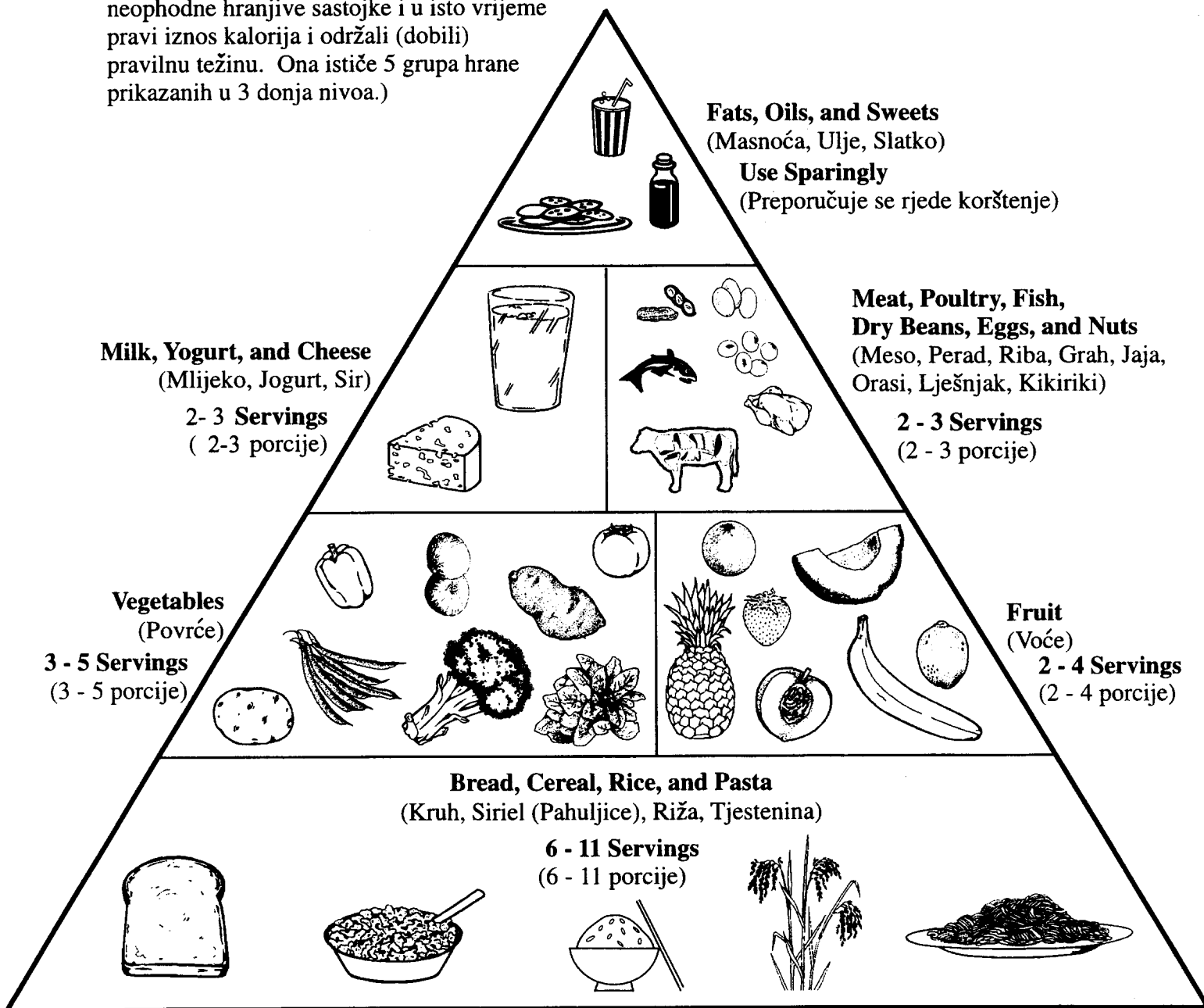
The Food Pyramid (Piramida Pravilne Ishrane)

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eat the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

(Piramida pravilne ishrane je vodič koji vam omogućava da izaberete odgovarajuću dijetu. Ova Piramida predlaže korištenje različitih vrsta hrane čime biste dobili neophodne hranjive sastojke i u isto vrijeme pravi iznos kalorija i održali (dobili) pravilnu težinu. Ona ističe 5 grupa hrane prikazanih u 3 donja nivoa.)

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

(Svaka od ovih grupa obezbjeđuje neke ali ne sve neophodne hranjive sastojke. Hrana iz jedne grupe ne može biti zamjenjena hranom iz druge grupe. Za dobro zdravlje je potrebno korištenje hrane iz svih grupa.)



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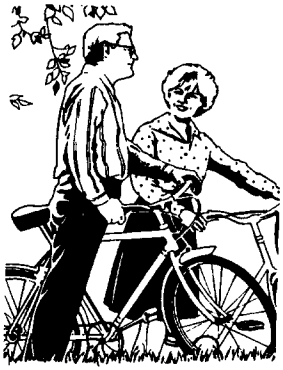
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Diabetes

Dijabetis

Bosnian

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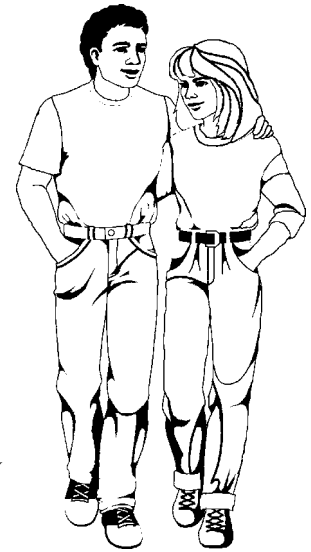
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Diabetes

Dijabetis



What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

Sta je dijabetis (secerna bolest)? Dijabetis ili secerna bolest je oboljenje zbog kojeg tijelo ne proizvodi ili nepravilno upotrebljava insulin.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

Insulin je hormon koji pretvara secer, skrob ili drugu hranu u energiju koja je potrebna za tvoj svakodnevni zivot.

How is diabetes managed?

Kako rukovoditi sa dijabetisom?

The management of diabetes has three parts:

Rukovodjenje dijabetisom se obavlja na tri nacina:

- ◆ Healthy Eating
Zdrava ishrana
- ◆ Physical Activity
Fizicke aktivnosti
- ◆ Medication (if needed)
Lijekovi (ako su potrebni)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

Kako ja mogu kontrolisati moj dijabetis? Mozes pomoci kontrolisati tvoj secer u krvi (koji se takodje zove i glukoza) i dijabetis kada jedes zdravu hranu, obavljas dovoljno fizickih aktivnosti i ako ostanes u zdravoj tezini.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Zdrava tezina ti takodje pomaze da kontrolises masnocu u tvojoj krvi (kolesterol) i smanjuje tvoj krvni pritisak.

Many people with diabetes also need to take medicine to help control their blood sugar.

Mnogi ljudi sa dijabetisom takodje trebaju upotrebljavati lijekove koji im pomazu da kontrolisu njihov secer u krvi.

Eat Healthy Kako ja mogu jesti zdravo?



Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

Ako upotrebljavas Upute Piramide Ishrane to ce ti pomoci ti da jades raznoliku hranu. Raznolika ishrana znaci jesti hranu iz svake grupe ,svaki dan. Kada jades razlicitu hranu svaki dan, dobijas vitamine I minerale koji su ti potrebni.

Here is an example of getting a variety of foods each day.
Ovo je primjer kako mozes jesti raznoliku hranu svaki dan.

	Day 1 Dan 1	Day 2 Dan 2
Grains:	tortilla	brown rice
Zito:	tortilja	smedja riza
Fruit:	apple	mango
Voce:	jabuka	mango
Vegetable:	broccoli	tomatoes
Povrce:	brokoli	paradajz
Dairy:	milk	yogurt
Mlijecni proizvodi:	mlijeko	jogurt
Protein:	chicken	beans
Proteini:	piletina	grasak, grah

Eat From all the Food Groups

Jedi hranu iz svih grupa



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.

Kupi hljeb i zitne pahuljice sa cijelim zrnima.

Primjeri su : hljeb sa zitaricama, zitne pahuljice sa

mekinjama, smeđja riza, tjestenina sa pšenice brašnom, bulgur i amarant.

- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Jedi manje pržene i masne tjestenine i peciva kao što su kolaci, biskviti ili mafins.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Svježe voće je najbolji izbor. Kad kupuješ konzervirano voće traži ono sa naznakom “konzervirano u sopstvenom soku”.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Kupuj manje komade voća i pij voćne sokove u manjim količinama.
- ◆ Eat raw and cooked vegetables with very little fat.
Jedi svježe ili kuhano povrće sa vrlo malo masnoće.
- ◆ Use mustard instead of mayonnaise on a sandwich.
Upotrebljavaj senf umjesto majoneze na sendviču.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Upotrebljavaj ulje od povrća u spreju za kuhanje umjesto ulja, putera ili margarina ili masti kada kuhaš jela.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
Nacini kuhanja koji su dobri za tebe su: pečenje, prženje bez masnoće u rerni (brojling), kuhanje, prženje u tavi bez masnoće, kuvanje na pari, dinstanje i gril.

Eat From All the Food Groups (continued)

Jedi hranu iz svih grupa

- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Izaberi komade mesa sa manje mesnoce kao sto su: piletina, curetina. Kada kupujes svinjetinu, govedinu ili sunku odstrani visak masnoce sa mesa.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Izaberi nemasno (skim) ili nisko-masno (1%) mlijeko ili mlijecne proizvode.

Grains, Beans and Starchy Vegetables

Zitarice, Grah, Grasak i Skrobno Povrce



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

Sta su skrob ili ugljeni hidrati?

Skrob je u hljebu, zitaricama, zitnim pahuljicama, grahu, grasku ili skrobnom povrcu. Jedi malo skroba/ugljenih hidrata u svakom obroku. Ljudi ti mogu reci da ne jedes skrob/ugljene hidrate, ali to vise nije ispravan savjet. Jesti skrob/ugljene hidrate je zdravo za svakoga, ukljucujuci i ljude sa dijabetisom.

How many starches/carbohydrates do I need each day? 6–11 servings each day

Koliko skroba/ugljenih hidrata ja trebam svaki dan? 6 do 11 serviranja svaki dan

The number of servings you should eat each day depends on:

Broj serviranja koje trebas jesti svaki dan zavisi od:

- ◆ The calories you need
Kalorija koje trebas
- ◆ Your diabetes plan
Tvog dijabetis tretman plana

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

Sta skrob I ugljeni hidrati rade za moje tijelo? Skrob daje tvom tijelu energiju, B vitamine, minerale I vlaknasta tkiva (fiber). Cijele zitarice su zdravije jer imaju vise vitamina, minerala i vlaknastih tkiva (fibera). Vlaknasta tkiva ti pomazu u regulisanju stolice. Oni ti takodje pomazu da bolje regulises tvoj secer u krvi.

Grains, Beans and Starchy Vegetables (continued)

Zitarice, Grah, Grasak i Skrobno Povrce

How much is one serving of starch/carbohydrate?

Koliko je jedno serviranje skroba/ugljenih hidrata?

- ◆ 1 slice of bread
1 kriska hljeba
- ◆ 1 small potato, casaba or plantain
1 mali krompir, kasaba ili plantejn (zelena banana)
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ cup kuhanih pahuljica kao sto je zobna ili pšenična kasa
- ◆ ¾ cup dry cereal such as corn flakes
¾ cup suvih pahuljica kao sto su kukuruzne
- ◆ ⅓ cup of cooked rice
⅓ cup kuhane riže
- ◆ 1 small tortilla, roti bread or enjira bread
1 mala tortija, roti hljeb ili endjira hljeb

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example: **Ti ces mozda trebati da jades jedno, dva ili tri serviranja skroba/ugljenih hidrata u jednom obroku. Ako trebas da jedes vise od jednog serviranja u obroku, izaberi razlicitu hranu iz ove vrste hrane. Na primjer:**

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Dorucak: ¾ cup suvih pahuljica i 1 kriska hljeba—2 serviranja

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Rucak: ⅓ cup rize I ½ cup kuhanih plantejns—2 serviranja

Dinner: ½ cup of pasta and one bread stick—2 servings

Vecera: ½ cup tjestenine i 1 bredstik—2 serviranja

Snack: 6 crackers—1 serving

Uzina: 6 krejera—1 serviranje

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Ukupno za jedan dan: 7 serviranja. Mozes primijetiti da su ugljeni hidrati pravilno rasporedjeni po obrocima. Ovo ti moze pomoci da kontrolises svoj secer u krvi.

Vegetables

Povrce



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Povrce je zdrava hrana za svakoga, uključujući i ljude sa dijabetesom. Jedi svjeze ili kuhano povrce svaki dan. Povrce ti daje vitamine, minerale, vlaknasta tkiva (fiber) i vrlo malo kalorija. Traži povrce koje je svjetlije boje. Primjeri su : mrkva, paprika, patlidzan, brokoli, paradajz i spinac.

You should have 3 to 5 servings every day.
Trebali bi imati 3 do 5 serviranja svaki dan.

How much is a serving of vegetables? Koliko je jedno serviranje povrca?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
½ cup kuhanog povrca, kao sto je kuhana zelena buranija, patlidzan, spinat ili tikva
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
1 cup svježeg povrca, kao sto je salata, stapici mrkve ili komadici krastavca
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
½ cup soka od povrca, kao sto je sok od paradajza ili sok od mrkve

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

Mozda ces trebati jesti jedan, dva ili tri serviranja povrca u jednom obroku. Ako trebas da jades vise nego jedno serviranje u obroku, izaberi razlicite vrste povrca ili uzmi dva ili tri serviranja jednog povrca.

Fruits

Voce



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

Voce je zaista zdravo za svakoga, uključujući i ljude sa dijabetesom. Voce ti daje energiju, vitamine i minerale i vlaknasta tkiva (fiber).

How many servings of fruit do I need?

Koliko serviranja voca trebam?

2 to 4 servings

2 do 4 serviranja

What is a serving of fruit?

Sta je jedno serviranje voca?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 mala jabuka ili kruska (otprilike velicina zenske sake)
- ◆ ½ cup of apple or orange juice
½ cup soka od jabuke ili narandze
- ◆ ½ of a grapefruit
½ grejpfruta
- ◆ 1 small banana or ½ of a large banana
1 mala banana ili ½ velike banane
- ◆ ½ cup of chopped fruit
½ cup isjeckanog voca
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ cup grozdjica ili susenog voca (otprilike onoliko koliko ti moze stati na dlan)

You might need to eat one or two servings of fruit at a meal.

Mozda ces trebati da jades jedno ili dva serviranja u obroku.

How should I eat fruit?

Kako treba da jedem voce?

- ◆ Eat fruits raw, or as juice with no sugar added.
Jedi sirovo voce ili sok od voca bez dodatog secera.
- ◆ Buy smaller pieces of fruit.
Kupuj manje komade voca.

Milk and Yogurt Foods

Mlijeko i Jogurt

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Nemasno i nisko-masno mlijeko i jogurt su zdravi za svakoga, uključujući i ljude sa dijabetesom. Mlijeko i jogurt ti daju energiju, proteine, kalcijum, vitamin A i druge vitamine i minerale.



Drink fat-free (skim or nonfat) or low-fat (1%) milk each day.

Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Pij nemasno (skim ili nonfat) ili nisko-masno (1%) mlijeko svaki dan. Jedi nisko-masni ili nemasni jogurt. Oni imaju manje ukupne masnoće, zasićene masnoće i kolesterola.

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

Koliko serviranja trebam svaki dan? 2 do 3 serviranja svaki dan. *Napomena: Ako ste trudni ili dojite bebu, jedite četiri do pet serviranja mlijeka i jogurta svaki dan.*

How much is a serving of milk and yogurt?

Koliko je jedno serviranje mlijeka ili jogurta?

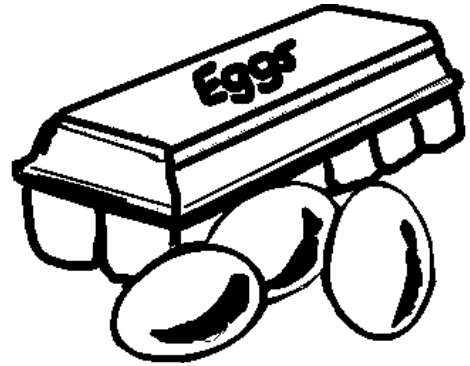
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 cup nemasnog jogurta bez dodataka (traži jogurt sa dodatkom aspartama također)
- ◆ 1 cup skim or low-fat milk
1 cup nemasnog ili nisko-masnog mlijeka

Note: Avoid yogurts that say, "fruit on the bottom." They contain high amounts of added sugar.

Napomena: Izbjegavaj jogurt na kojem stoji, "voće na dnu". On sadrži velike količine dodatog šećera.

Meat, Poultry, Fish, Eggs and Nuts

Meso, perad, riba, jaja i orasaste sjemenke (orasi, bademi, ljesnjaci)



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Ova grupa hrane sadrzi meso (govedina, svinjetina, jagnjetina), piletinu, curetinu, jaja, ribu, orasaste sjemenke i tofu ili sojine proizvode. Jedi manje kolicine neke od ove hrane svaki dan. Sva ova hrana daje nasem tijelu proteine.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Hrana sa proteinima pomaze da tvoje tijelo izgradjuje tkivo i misice. Ona takodje daje tvom tijelu vitamine i minerale.

How many protein foods do I need each day? 2 to 3 servings

Koliko hrane sa proteinima ja trebam svaki dan? 2 do 3 serviranja

How much is a serving of meat, poultry, fish, eggs and nuts?

Koliko je jedno serviranje mesa, peradi, ribe, jaja ili orasastih sjemenki?

- ◆ 2 to 3 ounces of cooked fish
2 do 3 unca (60–80 grama) kuhane ribe
- ◆ 2 to 3 ounces cooked chicken
2 do 3 unca (60–80 grama) kuhane piletine
- ◆ 3 to 4 ounces tofu (½ cup)
3 do 4 unca (80–110 grama) tofu (½ cup)
- ◆ 1 egg (equals one ounce of protein)
1 jaje (isto sto I jedan unc proteina)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
1 komad sira ili jedna unca sira (otprilike velicina baterije D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 supene kasike putera od kikirikija (isto sto I jedna unca)

Meat, Poultry, Fish, Eggs and Nuts (continued)

Meso, perad, riba, jaja i orasaste sjemenke (orasi, bademi, ljesnjaci)

Helpful Tips:

Savjeti koji mogu pomoci:

- ◆ The serving size you eat now may be too big.
Velicina serviranja koje ti sada jedes je mozda previse velika.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Pogledaj tezinu paketa karata za igranje. To je otprilike tezina 2 do 3 unca.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Kupi komade govedine, svinjetine, sunke ili jagnjetine koji imaju malo masnoce. Odstrani visak masnoce sa njih.
- ◆ Eat chicken or turkey without the skin.
Jedi piletinu ili curetinu bez koze.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Kuhaj hranu sa proteinima sa malo masnoce: u rerni, gril, u tavi, na pari, kuhano ili dinstano.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Upotrebljavaj male kolicine ulja kada kuhas meso, ili upotrebljavaj sprej za kuhanje umjesto ulja.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Jedi obrok bez mesa. Probaj grasak, grah ili tofu kao izvor proteina.

Fats, Oils and Sweets

Masnoce, Ulja i Slatkisi



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Masnocu i ulja sadrže puter, margarin, mast i ulja koje mi dodajemo u hranu i upotrebljavamo za kuhanje. Neka ulja su od suncokreta, maslina ili povrća. Masnoce se nalaze također u mesu, mliječnim proizvodima, snekovima i nekim slatkisima. Da bi kontrolisao svoj dijabetes, najbolje je jesti hranu sa manje masnoce i manje zasícene masnoce (masnoca koju dobijamo iz mesa i zivotinjskih proizvoda).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Slatkisi su hrana sa secerom koja ima kalorije ali ne mnogo vitamina i minerala. Neki slatkisi takodje sadrže visoku masnocu—kao sto su kolaci, slatke pite i keksi.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Jedenje previse slatkisa i visoko-masne hrane otezava kontrolu tvog secera u krvi i kontrolu tvoje tezine. Ako jedes masti i slatkise, jedi male porcije.

How much is a serving of fats, oils and sweets?

Koliko je jedno serviranje masnoce, ulja ili slatkisa?

- ◆ 1 teaspoon oil
1 čajna kasika ulja
- ◆ 1 tablespoon regular salad dressing
1 supena kasika regularnog preliva za salatu
- ◆ 2 teaspoons light mayonnaise
2 čajne kasike nisko-masne majoneze
- ◆ 1 strip of bacon
1 narezak slanine
- ◆ 1 cookie
1 keks
- ◆ 1 plain doughnut
1 nenamazan donat
- ◆ 1 tablespoon syrup
1 supena kasika slatkog sirupa
- ◆ 10–15 chips
10–15 cipsova

Bosnian

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Diabetes

អ្វីជាជំងឺទឹកនោមផ្អែម?

Khmer

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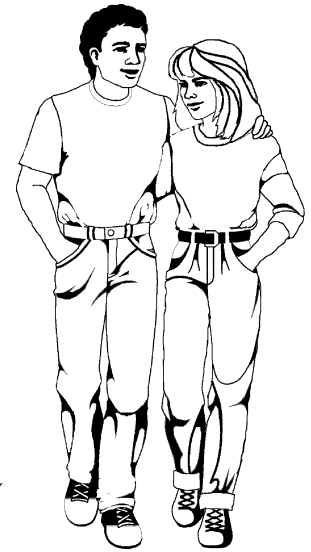
ឯកសារចែកជូន

ឯកសារទាំងអស់នេះត្រូវបានអភិវឌ្ឍន៍ដោយកម្មវិធីអប់រំចំណីអាហារ សំរាប់កម្មវិធីថ្មីរបស់អាមេរិក នៃ នាយកដ្ឋានសិក្សាមនុស្សសាស្ត្រ និង ភូមិសាស្ត្រនៃសកលវិទ្យាល័យរដ្ឋចប្បជឿ ក្រុងអាតឡង់តា រដ្ឋចប្បជឿ។ កម្មវិធីនេះត្រូវបានឧបត្ថម្ភដោយនាយកដ្ឋានកសិកម្មចំណីអាហារ និង សេវាតម្រូវការប្រើប្រាស់សំរាប់កម្មវិធីម្ហូបអាហារគ្រួសាររបស់សហរដ្ឋអាមេរិក។ ដោយអនុលោមទៅតាម ច្បាប់សហព័ន្ធរបស់សហរដ្ឋអាមេរិក គោលការណ៍របស់នាយកដ្ឋានកសិកម្ម ស្ថាប័ននេះត្រូវបានគេហាមឃាត ពីការរើសអើងពីដំបូងទៅលើជាតិសាសន៍. ពណ៌សម្បុរ. សញ្ជាតិដើម. ភេទ អាយុ ជំនឿសាសនា ឬ ពិការភាព។ សំរាប់ព័ត៌មានបន្ថែម សូមទូរស័ព្ទលេខ (៤០៤) ៦៥១-២៥៤២ ។



Diabetes

អ្វីជាជម្ងឺទឹកនោមផ្អែម?



What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

ជម្ងឺទឹកនោមផ្អែម គឺជាជម្ងឺមួយកើតនៅក្នុងរាងកាយ មិនបង្កើត ឬ ប្រើប្រាស់អង់សូលីន ។

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

អង់សូលីន គឺជាអកម៉ូនដែលប្តូរសារជាតិស្ករ, សារធាតុអាហារជាច្រើន និង ចំណីអាហារផ្សេងៗ អោយទៅជាថាមពលសំរាប់ជីវិតរស់នៅរាល់ថ្ងៃ ។

How is diabetes managed?

The management of diabetes has three parts:

- ◆ Healthy Eating
- ◆ Physical Activity
- ◆ Medication (if needed)

តើត្រូវព្យាបាលជម្ងឺទឹកនោមផ្អែមយ៉ាងដូចម្តេច?

ការព្យាបាលជម្ងឺទឹកនោមផ្អែមមាន ៣ ផ្នែក :

សុខភាពលើកចំណីអាហាររហូបចុក

លំហាត់ប្រាណ

ថ្នាំព្យាបាល (ប្រសិនបើចាំបាច់)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

តើខ្ញុំអាចត្រួតពិនិត្យជម្ងឺទឹកនោមផ្អែមរបស់ខ្ញុំដោយវិធីណា?

អ្នកអាចជួយត្រួតពិនិត្យលើសារធាតុស្ករក្នុងឈាមរបស់អ្នក (អាចហៅថា ស្ករក្នុងឈាម) និង ទទួលបានចំណី អាហារមានអនាម័យ ធ្វើការហាត់ប្រាណគ្រប់គ្រាន់ និង រក្សាសុខភាពល្អដោយធ្វើអោយទម្ងន់នៅថេរ ។

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

ការរក្សាទម្ងន់ឱ្យនៅថេរ ជួយត្រួតពិនិត្យផងដែរនូវសារធាតុខ្លាញ់ក្នុងឈាមរបស់អ្នក (ខ្លាញ់ក្នុងឈាម) ហើយ ធ្វើឱ្យសម្ពាធឈាមរបស់អ្នកធ្លាក់ចុះ ។

Many people with diabetes also need to take medicine to help control their blood sugar.

មនុស្សជាច្រើនដែលកើតជម្ងឺទឹកនោមផ្អែមត្រូវការពិសារថ្នាំពេទ្យដើម្បីជួយត្រួតពិនិត្យស្ករក្នុងឈាមរបស់ពួកគេ ។

Eat Healthy

តើខ្ញុំអាចទទួលបានចំណីអាហារឱ្យមានសុខភាពល្អយ៉ាងដូចម្តេច?

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

ការប្រើវិធានការណ៍ណែនាំអំពីចំណីអាហារ ជួយលោកអ្នក ទទួលបានអាហារដោយប្រុងប្រយ័ត្ន អំពីចំណី អាហារល្អ។ ការទទួលបានដោយប្រុងប្រយ័ត្ន មានន័យថា ការទទួលបានចំណីអាហារ ពីក្រុមចំណីអាហារនីមួយៗ ជារៀងរាល់ថ្ងៃ។ នៅពេលលោកអ្នកទទួលបាន ម្ហូបអាហារ ផ្សេងៗក្នុងមួយថ្ងៃ លោកអ្នកនឹងទទួលបាន គ្រូ វីតាមីន និង ជាតិថ្លៃដែលអ្នកត្រូវការ ។



Here is an example of getting a variety of foods each day.

	Day 1	Day 2
Grains:	tortilla	brown rice
Fruit:	apple	mango
Vegetable:	broccoli	tomatoes
Dairy:	milk	yogurt
Protein:	chicken	beans

នេះគឺជាឧទាហរណ៍មួយ នៃការទទួលបានចំណីអាហារដោយប្រុងប្រយ័ត្នប្រយោជន៍ ក្នុងមួយថ្ងៃ។

	ថ្ងៃទី ១	ថ្ងៃទី ២
ធញ្ញជាតិ :	នំទ្រាបលាច	អង្ករសំរូប
ផ្លែឈើ :	ផ្លែប៉េប	ផ្លែស្វាយ
បន្លែ :	ផ្កាខាត់នា	ប៉េងប៉ោះ
ទឹកដោះ :	ទឹកដោះគោ	ទឹកយូហុត
ប្រូតេអ៊ីន :	សាច់មាន់	សណ្តែកសៀង

Eat From all the Food Groups

តើមធ្យោបាយសុវត្ថិភាពទាំងឡាយណាដើម្បីទិញ ចំអិន និង ទទួលបាន ពីគ្រប់ក្រុមចំណីអាហារ ទាំងនេះ?



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.

១. ទិញគ្រប់បំប៉ងជាសារជាតិធញ្ញជាតិ និង ធញ្ញជាតិ ។ ឧទាហរណ៍ខ្លះ គឺដូចជា បំប៉ង បំប៉ង អង្ករសំរូប ម្សៅធញ្ញជាតិលាយម្សៅដំណើប ធញ្ញជាតិរបស់ទូក្រីស និង ផ្លិបន្លា ។

- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.

២. ទទួលបានចំណីអាហារចៀន និង សាធាតុអាហារខ្លាញ់ខ្ពស់តិចតួច ដូចជា ធុំធុំម្សៅ, ធុំប៊ីស្កិត ឬបំប៉ងដុត។

- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”

៣. ផ្លែឈើស្រស់ គឺជាជម្រើសដ៏ល្អបំផុត។ នៅពេលលោកអ្នកទិញផ្លែឈើកំប៉ងចូរក្រឡេករកមើលពាក្យ ថា “ដាក់ក្នុងកំប៉ងនូវទឹករបស់វាផ្ទាល់” ។

- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.

៤. រកទិញទឹកផ្លែឈើ ដែលមានរាងតូចៗ ហើយផឹកទឹកផ្លែឈើនោះ ក្នុងចំនួនតិចតួច។

- ◆ Eat raw and cooked vegetables with very little fat.

៥. ទទួលបានបន្លែឆៅ និងចំអិនដែលមានជាតិខ្លាញ់តិចតួច។

- ◆ Use mustard instead of mayonnaise on a sandwich.

៦. ប្រើស្ពៃខ្មៅ ជំនួស ទឹកជ្រលក់នៅលើនំសេន្យិច។

- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.

៧. ប្រើប្រេងបន្លែជំនួសប្រេងឆារដោយដាក់ប៊ីរី ឬក៏ប៊ីរីរុក្ខជាតិ ឬដាក់ខ្លាញ់ជ្រូកនៅពេលចំអិនអាហារ។

- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.

៨. បច្ចេកទេសចំអិនប្លុមអាហារដែលល្អសំរាប់អ្នកគឺ ការដុតនំ ការអាំងសាច់ ការស្ងោរ ឆា អាំង, ចំហុយ ស្លសម្លរ និង អាំងសាច់ ។ ជៀសវាងការចំអិនអាហារដោយប្រើប្រេងឆាច្រើន ។

Eat from All the Food Groups (continued)

តើមធ្យោបាយសុវត្ថិភាពទាំងឡាយណាដើម្បីទិញ ចំអិន និង ទទួលបាន ពីគ្រប់ក្រុមចំណីអាហារ

ទាំងនេះ?

- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.

៩. ចូរជ្រើសរើសចំណីអាហារដែលមានជាតិខ្លាញ់តិច : សាច់មាន់ សាច់មាន់ទៅ ។

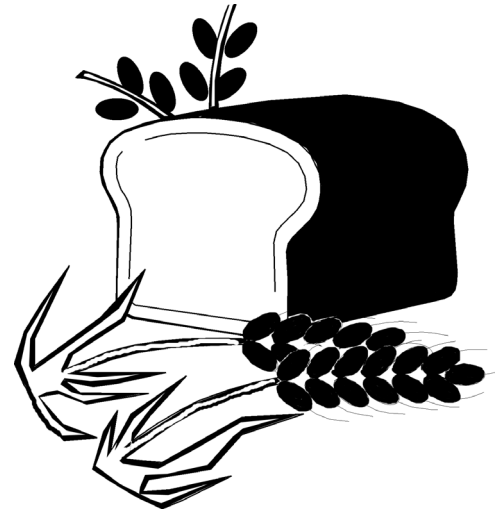
នៅពេលទិញសាច់ជ្រូក សាច់គោ និង សាច់ចៀម ចូរកាត់ខ្លាញ់ដែលជាប់សាច់ចេញ

- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.

១០. ចូរកាត់យកខ្លាញ់ចេញ ឬ ខ្លាញ់តិច ១% នៃទឹកដោះគោ ឬ អាហារដែលមានជាតិទឹកដោះ។

Grains, Beans and Starchy Vegetables

តើគ្រាប់ធញ្ញជាតិ សណែក និង បន្លែជ្រូលក់ម្សៅ គឺជាអ្វី?



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

តើ បន្លែជ្រូលក់ម្សៅ ឬ អាហារដែលមានជាតិកាបូន(កាបូអ៊ីដ្រាត)គឺជាអ្វី?

បន្លែជ្រូលក់ម្សៅ គឺជានំប៉័ង ធញ្ញជាតិ, ប៉ាស្តា សណែក ឬ បន្លែជ្រូលក់ម្សៅ ។ ទទួលបាន បន្លែលាយម្សៅ/អាហារដែលមានជាតិកាបូន ក្នុងនាពេលវិភោគអាហារម្តងៗ ។ មនុស្សជាច្រើនអាចប្រាប់ អ្នកមិនអោយទទួលបានអាហារមាន ជ្រូលក់ម្សៅ/ កាបូអ៊ីដ្រាតច្រើន ប៉ុន្តែនេះមិនមែនជាជំនួយដ៏ត្រឹមត្រូវ ទៀតទេ ។ ទទួលបានអាហារបន្លែ ជ្រូលក់ម្សៅ/ កាបូអ៊ីដ្រាត គឺមានសុខភាពល្អសំរាប់មនុស្សគ្រប់រូបរួម ទាំងមនុស្សមានកើតជំងឺទឹកនោមផ្អែម ។

How many starches/carbohydrates do I need each day? 6-11 servings each day

តើខ្ញុំត្រូវការបរិភោគបន្លែលាយម្សៅ/កាបូអ៊ីដ្រាតមួយថ្ងៃចំនួនប៉ុន្មានដង ? ៦-១១ ដងក្នុងមួយថ្ងៃ

The number of servings you should eat each day depends on:

ចំនួននៃការបរិភោគ ដែលអ្នកគួរបរិភោគមួយថ្ងៃៗ វាអាស្រ័យទៅលើ:

- ◆ The calories you need ចំនួនកាឡូរីដែលអ្នកត្រូវការ
- ◆ Your diabetes plan គំរោងព្យាបាលទឹកនោមផ្អែមរបស់អ្នក

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

តើអាហារលាយម្សៅ/កាបូអ៊ីដ្រាតសំរាប់រាងកាយរបស់ខ្ញុំមានអ្វីខ្លះ?

អាហារលាយម្សៅជួយផ្តល់ថាមពលដល់រាងកាយរបស់អ្នក, វីតាមីន បេ, ជាតិរ៉ែ និង ដែក។ គ្រាប់ ធញ្ញជាតិ ទាំងមូលមានសុខភាពល្អជាង ពីព្រោះ ពួកវាមាន វីតាមីន, ជាតិរ៉ែ និង ដែកច្រើន។ ជាតិដែក ជួយសម្រួលដល់ការធ្វើចលនារបស់ ពោះវៀនឱ្យបានទៀងទាត់ ។ ពួកវាជួយផងដែរនូវការត្រួតពិនិត្យ ជាតិស្ករនៅក្នុងឈាមរបស់អ្នក ។

Grains, Beans and Starchy Vegetables (continued)

តើគ្រាប់ធញ្ញជាតិ សណ្តែក និង បន្លែជ្រូលក់ម្សៅ គឺជាអ្វី?

How much is one serving of starch/carbohydrate?

តើការប្រើអាហារលាយម្សៅ/កាបូអ៊ីដ្រាតចំនួនប៉ុន្មាន ?

- ◆ 1 slice of bread នំប៉័ងមួយចំណិត
- ◆ 1 small potato, casaba or plantain ដំឡូងតូចមួយដុំ កាសាបា ឬ ចេកស្នាប់មុខ
- ◆ 1/2 cup cooked cereal such as oatmeal or cream of wheat ដាក់កន្លះវែកចំអិនអាហារ នៃធញ្ញជាតិ ដូចជា ម្សៅអារ៉ែន ឬក្រុមស្រូវសាលី
- ◆ 3/4 cup dry cereal such as corn flakes ដាក់ ៣/៤ គ្រាប់ធញ្ញជាតិស្ងួត ដូចជា ពោត,
- ◆ 1/3 cup of cooked rice បាយ ១/៣ នៃកុំប៉ុង
- ◆ 1 small tortilla, roti bread or enjira bread នំទ្រាបលាចមួយ, នំប៉័ងរោទី ឬ នំប៉័ងអាំង

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

- Breakfast:* 3/4 cup dry cereal and 1 slice of bread—2 servings
- Lunch:* 1/3 cup of rice and 1/2 cup of cooked plantains—2 servings
- Dinner:* 1/2 cup of pasta and one bread stick—2 servings
- Snack:* 6 crackers—1 serving

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

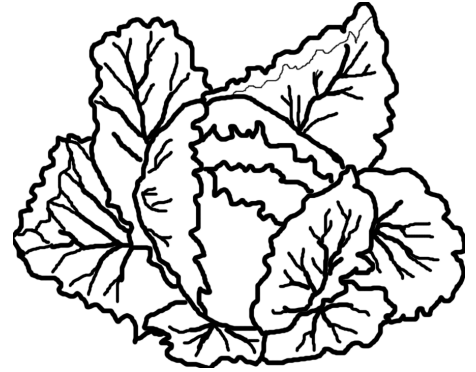
អ្នកត្រូវតែទទួលបាន មួយ ពីរ ឬ បី នៃអាហារសំខាន់/កាបូអ៊ីដ្រាតនៅពេល បរិភោគម្តងៗ ។ ប្រសិនបើអ្នក ទទួលបានច្រើនជាងមួយមុខនៅពេលបរិភោគ ចូរជ្រើសរើសក្រុមអាហារផ្សេងៗ ក្រៅពីក្រុមអាហារនេះ។ ឧទាហរណ៍ :

- អាហារពេលព្រឹក: ៣/៤ ពែងគ្រាប់ធញ្ញជាតិ និង នំប៉័ងមួយចំណិត--ពីរលើក
- អាហារថ្ងៃត្រង់: ១/៣ ពែងអង្ករ និង ១/២ ផ្លែចេកស្នាប់មុខផ្លិន --ពីរលើក
- អាហារពេលល្ងាច: ១/២ ប៉ាស្តា និងនំប៉័ង--ពីរលើក
- អាហារក្រៅពេល: នំប៊ីស្ក្រី ៦ដុំ-- ១ លើក

សរុបសំរាប់បរិភោគក្នុងមួយថ្ងៃ: ៧លើក ចូរកត់ចំណាំថា កាបូអ៊ីដ្រាត ត្រូវបានធ្វើឱ្យមានតុល្យភាពនៅពេលទទួលបាន ។ នេះអាចជួយអោយអ្នកត្រួតពិនិត្យជាតិស្ករ ក្នុងឈាមរបស់អ្នកផងដែរ ។

Vegetables

តើបន្លែទាំងនោះគឺជាអ្វី?



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

បន្លែ គឺជាសុខភាពដ៏ល្អមួយសំរាប់មនុស្សគ្រប់រូប រួមទាំងមនុស្សកើតជម្ងឺទឹកនោមផ្អែមផង។ ការទទួលទានបន្លែនៅ និង ឆ្លិនរាល់ថ្ងៃ ផ្តល់ឱ្យអ្នកនូវ វីតាមីន ជាតិប៊ែរហើយនឹងបន្លែសសៃដោយមានជាតិកាឡូរីយ៉ាងតិច ។ ចូររកទិញបន្លែទាំងនោះ ដែលនៅស្រស់ ដូចជា: ការុត ម្ទេសឆ្នោក ក្របំ ផ្កាខាត់នា ប៉េងប៉ោះ និង អេពីណារ(ស្ពៃខ្មៅ) ។

You should have 3 to 5 servings every day.

អ្នកគួរបរិភោគអាហារទាំងនោះ ពី ៣ ទៅ ៥ មុខ ជារៀងរាល់ថ្ងៃ។

How much is a serving of vegetables?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice

តើត្រូវបរិភោគបន្លែប៉ុន្មាន?

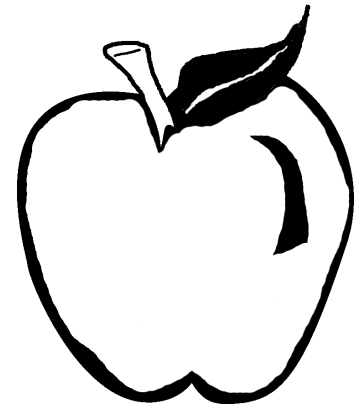
- កន្លះចានបន្លែ ដូចជាសន្លែខៀវពណ៌បៃតង, ក្របំ ស្ពៃអេពីណា ព្រមទាំងច្របាច់បញ្ចូលគ្នា
- បន្លែនៅមួយចាន ដូចជា សាលាដ, ការុតកាត់ជាចំណិត ឬ ត្រសក់កាត់ជាចំណិត
- កន្លះកែវទឹកផ្លែឈើ ដូចជា ទឹកប៉េងប៉ោះ ឬ ទឹកការុត

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

អ្នកត្រូវតែទទួលទានបន្លែមួយមុខ ពីរមុខ ឬ បីមុខនៅពេលបរិភោគអាហារម្តងៗ។
ប្រសិនបើអ្នកត្រូវការបរិភោគបន្លែមុខក្នុងពេលបរិភោគអាហារម្តង អ្នកត្រូវតែជ្រើសរើស ប្រភេទបន្លែខុសៗគ្នា ឬ មុខបន្លែខុសគ្នា ពី ២ ឬ ៣ មុខបន្លែ ។

Fruits

តើផ្លែឈើ គឺជាអ្វី ?



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

ផ្លែឈើ ធ្វើឱ្យយើងគ្រប់គ្នាមានសុខភាពល្អ រួមទាំងមនុស្សដែលមានជម្ងឺទឹកនោមផ្អែម ។ ផ្លែឈើផ្តល់ឱ្យនូវថាមពលម៉ាមូន មានវីតាមីន និង សារជាតិរ៉ែ និង ជាតិដែក ។

How many servings of fruit do I need? 2 to 4 servings

តើខ្ញុំត្រូវការបរិភោគផ្លែឈើប៉ុន្មានដង ? ២ ទៅ ៤ ដង

What is a serving of fruit?

តើត្រូវបរិភោគផ្លែឈើអ្វីខ្លះ ?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
ផ្លែប៉ោមមួយ ឬ ផ្លែពែរមួយ(ប្រហែលមានទំហំប៉ុនកណ្តាប់ដៃស្ត្រី)
- ◆ 1/2 cup of apple or orange juice ទឹកផ្លែប៉ោម ឬ ផ្លែគ្រូចកន្លះកែវ
- ◆ 1/2 of a grapefruit ទំពាំងបាយកន្លះកែវ
- ◆ 1 small banana or 1/2 of a large banana ចេកមួយ តូចមួយ ឬ ពាក់កណ្តាលចេកធំ
- ◆ 1/2 cup of chopped fruit ផ្លែឈើចិតកន្លះចាន
- ◆ 1/4 cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
១/៤ តំណាប់ទំពាំងបាយជូ ឬផ្លែឈើគ្រៀម(ប្រហែលប៉ុនអ្វីដែលក្តាប់នៅក្នុងដៃរបស់អ្នក)

You might need to eat one or two servings of fruit at a meal.

អ្នកត្រូវតែទទួលបានផ្លែឈើ មួយមុខ ឬ ពីរមុខនៅពេលបរិភោគអាហារ ។

How should I eat fruit? តើខ្ញុំបរិភោគផ្លែឈើដោយរបៀបណា ?

- ◆ Eat fruits raw, or as juice with no sugar added. បរិភោគផ្លែឈើស្មុំ ឬ ទឹកផ្លែឈើ ដោយគ្មានបន្ថែមជាតិស្ករ។
- ◆ Buy smaller pieces of fruit. រកទិញកញ្ចប់តូចៗ នៃផ្លែឈើទាំងនោះ។

Milk and Yogurt Foods

តើទឹកដោះគោ និង ចំណីអាហារ(ផ្លែឃ្មុត)គឺជាអ្វី ?

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.



ខ្លាញ់ច្រើន និង ខ្លាញ់តិចរបស់ទឹកដោះគោ និង ឃ្មុត គឺធ្វើអោយអ្នកមានសុខភាពល្អគ្រប់គ្នា រួមទាំង អ្នកមានជម្ងឺទឹកនោមផ្អែមផង ។ ទឹកដោះគោ និង ឃ្មុត ផ្តល់ឱ្យយើងនូវថាមពល ប្រូតេអ៊ីន វីតាមីនអា, កាល់ស្យូម និង វីតាមីនដទៃទៀត ហើយនឹងជាតិវ៉ែផែនដែរ ។ ផឹកទឹកដោះគោដែលមាន ជាតិខ្លាញ់តិច(ទឹកដោះដែលគេយកក្រែមចេញ ឬ គ្មានខ្លាញ់) ឬខ្លាញ់តិច(១%) ក្នុងមួយថ្ងៃ។ បិទភោគ អាហារដែលមានជាតិខ្លាញ់តិច ឬ គ្មានខ្លាញ់នៃឃ្មុត ។ អាហារទាំងនោះមានចំនួនខ្លាញ់ ធាតុនិងជាតិខ្លាញ់ ក្នុងឈាមតិចបំផុត ។

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

តើខ្ញុំត្រូវបរិភោគមួយថ្ងៃ ប៉ុន្មានដង ?

២ ទៅ ៣ ដង ក្នុងមួយថ្ងៃ

ចំណាំ: ប្រសិនបើអ្នកមានផ្ទៃពោះឬ បញ្ចេញដោះដំណើរ ចូរផឹកទឹកដោះគោនិង ទឹកឃ្មុត ៤ ទៅ៥ដងក្នុង មួយថ្ងៃ ។

How much is a serving of milk and yogurt?

- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
- ◆ 1 cup skim or low-fat milk

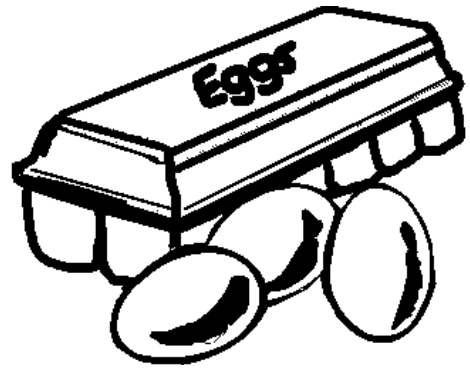
Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

តើការផឹកទឹកដោះគោ និង ឃ្មុត ប៉ុន្មាន ?

ទឹកឃ្មុត ១ពែង ដែលគ្មានជាតិខ្លាញ់(ចូររកចំណីអាហារមានជាតិឃ្មុត រួមទាំងមានជាតិផ្អែម ដែល មានកាឡូរីតិច ផងដែរ)។ ទឹកដោះគោដែលគេយកក្រែមចេញ ឬ ទឹកដោះគោ មាន ជាតិខ្លាញ់ តិចក្នុងមួយពែង។

ចំណាំ : ចូរជៀសវាងទឹកឃ្មុតដែលសរសេរថា " ផ្លែឈើនៅខាងក្រោម " ។ ពួកវាមានបន្ថែម ជាតិស្ករ កំរិតខ្ពស់ ។

Meat, Poultry, Fish, Eggs and Nuts



សាច់ សាច់បក្សី ត្រី ស៊ុត និង សណ្តែកដី

This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

អាហារក្រុមនេះមានសាច់(សាច់គោ, សាច់មាន់ និង សាច់ចៀម) សាច់មាន់ សាច់មាន់ទោ ស៊ុត ត្រី សណ្តែកដី និង តូហ្វូ(តៅហ្វូ) ឬ ផលិតផលសណ្តែកសៀង ។ ទទួលបានចំណីអាហារទាំងនេះ ក្នុងចំនួន តិចក្នុងមួយថ្ងៃ ។ គ្រប់ចំណីអាហារទាំងនេះ វាផ្តល់ដល់រាងកាយរបស់យើងនូវប្រូតេអ៊ីន។ ចំណី អាហារប្រូតេអ៊ីនជួយរាងកាយរបស់អ្នកបង្កើតជាលិកា និង សាច់ដុំ ។ អាហារទាំងនេះផ្តល់ដល់រាងកាយ របស់អ្នកនូវ វីតាមីន និង សារធាតុរ៉ែផងដែរ ។

How many protein foods do I need each day? 2 to 3 servings

តើខ្ញុំត្រូវការអាហារប្រូតេអ៊ីនប៉ុន្មានក្នុងមួយថ្ងៃ? ២ទៅ៣

How much is a serving of meat, poultry, fish, eggs and nuts?

- ◆ 2 to 3 ounces of cooked fish
- ◆ 2 to 3 ounces cooked chicken
- ◆ 3 to 4 ounces tofu (1/2 cup)
- ◆ 1 egg (equals one ounce of protein)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
- ◆ 2 tablespoons of peanut butter (equals one ounce)

តើត្រូវការទទួលបានពពួកសាច់គោ ពពួកសាច់មាន់ ត្រី ស៊ុត និង សណ្តែកដីប៉ុន្មាន?

- ត្រីឆ្អិន ២ទៅ ៣អោន(១អោន = ២៨,៣៥ ក្រាម)
- សាច់មាន់ឆ្អិន ២ ទៅ ៣ អោន
- តៅហ្វូ(១/២ ពែង) ៣ ទៅ ៤ អោន
- ស៊ុតមួយ(ស៊ុតមួយ =១ អោននៃប្រូតេអ៊ីន)
- ដាក់ប្រហុក(ប្រមូម៉ា)មួយចំណិត ឬ ប្រមូម៉ាមួយអោន(ប្រហែលទំហំ ដេ)
- ២ ស្លាបព្រា នៃប៊ឺរីសណ្តែកដី(ស្ទើ មួយ អោន)

Meat, Poultry, Fish, Eggs and Nuts (continued)

សាច់ សាច់បក្សី ត្រី ស៊ុត និង សណែ្តកដី

Helpful Tips:

សញ្ញាជំនួយ :

- ◆ The serving size you eat now may be too big.
បច្ចុប្បន្ននេះ ទំហំនៃការទទួលទានអាហារដែលអ្នកត្រូវការ អាចមានចំនួនច្រើន។
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
ចូរក្រឡេកមើលបៀមួយហ្វី ។ ទំហំនេះស្មើ ២ ទៅ ៣ អោន។
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
ទិញ សាច់គោ, សាច់ជ្រូក, សាច់ភ្នំជ្រូក សាច់ចៀម ដែលមានខ្លាញ់នៅ ជាប់តិចតួចនឹងសាច់
។កាត់យកខ្លាញ់ចេញ ។
- ◆ Eat chicken or turkey without the skin.
ទទួលទានសាច់មាន់ ឬ មាន់ទៅ ដោយយកស្បែកចេញ។
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
ចំអិនអាហារប្រូតេអ៊ីន ដែលមានជាតិខ្លាញ់តិច: អាំងសាច់, សាច់អាំង, សាច់ចៀន, សាច់ដុត,
ដាំស្ល។
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
ចូរប្រើប្រេងឆាក្នុងចំនួនតិចតួចនៅពេលចំអិនសាច់ ឬដោយប្រើការបាញ់ប្រេងដាក់ពីលើសាច់ ជំនួស
ការប្រើប្រេងឆា ។
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
ទទួលទានអាហារដោយគ្មានសាច់ ។ ព្យាយាមទទួលទាន សណែ្តក ឬ តៅហ្វូ ជាប្រភពប្រូតេអ៊ីន
របស់អ្នក ។

Fats, Oils and Sweets

តើខ្លាញ់ ប្រេងឆា ហើយនិង បង្កែម គឺជាអ្វី?



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

ខ្លាញ់ និង ប្រេងឆា រាប់បញ្ចូលទាំងប៊េរី ឬ ប៊េរីធ្វើពីប្រេងរុក្ខជាតិ, ខ្លាញ់ជ្រូក និង ប្រេង ដែលយើងបាន បន្ថែមនៅលើចំណីអាហារ និង ប្រើប្រាស់សំរាប់ចម្អិនអាហារ ។ ប្រេងឆាខ្លះមាន ជាតិ កាតូឡា, អូលីវ និង បន្លែ ។ ជាតិខ្លាញ់មាននៅក្នុងសាច់ អាហារធ្វើពីទឹកដោះ អាហារក្រៅពេល និង បង្កែមខ្លះទៀតផងដែរ ។ ដើម្បីត្រួតពិនិត្យជម្ងឺទឹកនោមផ្អែមរបស់អ្នក វាគឺជាមធ្យោបាយដ៏ល្អដើម្បីទទួលបានអាហារដែលមាន ជាតិខ្លាញ់តិច និងអាហារដែលមិនសំបូរខ្លាញ់(ខ្លាញ់ ដែលយើងទទួលបានពីសាច់ និង ផលិតផលសត្វពាហៈនៈ)

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

បង្កែម គឺចំណីអាហារមានរសជាតិស្ករ ដែលវាមានសារធាតុ កាឡូរី ប៉ុន្តែមិនមានសារធាតុវីតាមីន និង រ៉ែច្រើនទេ ។ បង្កែមខ្លះមានជាតិខ្លាញ់ខ្ពស់ ដូចជា នំកងកូចៗ(នំខេក) និង នំដុតធ្វើពីមោស្ត ។

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

ការទទួលបានអាហារមានជាតិស្ករនិង អាហារមានជាតិខ្លាញ់ខ្ពស់ ធ្វើឱ្យវាពិបាកត្រួតពិនិត្យស្ករនៅក្នុងឈាម និង ទម្ងន់របស់អ្នក ។ ប្រសិនបើអ្នកពិតជាទទួលបានអាហារមានជាតិខ្លាញ់ និង បង្កែម អ្នកទទួលបានចំនួនតិច។

How much is a serving of fats, oils and sweets?

តើការប្រើប្រាស់ខ្លាញ់ ប្រេងឆា និង បង្កែម ប៉ុន្មាន ?

- ◆ 1 teaspoon oil
ប្រេងឆា ១ កូនស្លាបព្រាកាហ្វេ
- ◆ 1 tablespoon regular salad dressing
ទឹកសាលាដ ១ ស្លាបព្រា

◆ 2 teaspoons light mayonnaise

ដាក់ទឹកម៉ែយ៉ូណេតឺចៗ ២ ស្លាបព្រា

◆ 1 strip of bacon

ដាក់សាច់ប៊ីជាន់ ១ បន្ទុះ

◆ 1 cookie

នំដុត(នំយូឃី)មួយ

◆ 1 plain doughnut

នំសណែកដីមួយដុំ

◆ 1 tablespoon syrup

ទឹកស្រព្វឹម ១ ស្លាបព្រា

◆ 10–15 chips

ដំឡូងចៀន ១០ ទៅ ១៥ ចំណិត

Khmer

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For more information call (404) 651-2542.

ឯកសារចែកជូន

ឯកសារទាំងអស់នេះត្រូវបានអភិវឌ្ឍន៍ដោយកម្មវិធីអប់រំចំណីអាហារ សំរាប់កម្មវិធីថ្មីរបស់អាមេរិក នៃ នាយកដ្ឋានសិក្សាមនុស្សសាស្ត្រ និង ភូមិសាស្ត្រនៃសកលវិទ្យាល័យរដ្ឋចហ្សឺ ក្រុងអាតាឡង់តា រដ្ឋចហ្សឺ។ កម្មវិធីនេះត្រូវបានឧបត្ថម្ភដោយនាយកដ្ឋានកសិកម្មចំណីអាហារ និង សេវាតម្រូវការប្រើប្រាស់សំរាប់កម្មវិធីម្ហូបអាហារគ្រួសាររបស់សហរដ្ឋអាមេរិក។ ដោយអនុលោមទៅតាម ច្បាប់សហព័ន្ធរបស់សហរដ្ឋអាមេរិក គោលការណ៍របស់នាយកដ្ឋានកសិកម្ម ស្ថាប័ននេះត្រូវបានគេហាមឃាត ពីការរើសអើងពីដំបូងទៅលើជាតិសាសន៍. ពណ៌សម្បុរ. សញ្ជាតិដើម. ភេទ អាយុ ជំនឿសាសនា ឬ ពិការភាព។ សំរាប់ព័ត៌មានបន្ថែម សូមទូរស័ព្ទលេខ (៤០៤) ៦៥១-២៥៤២ ។



The Food Pyramid

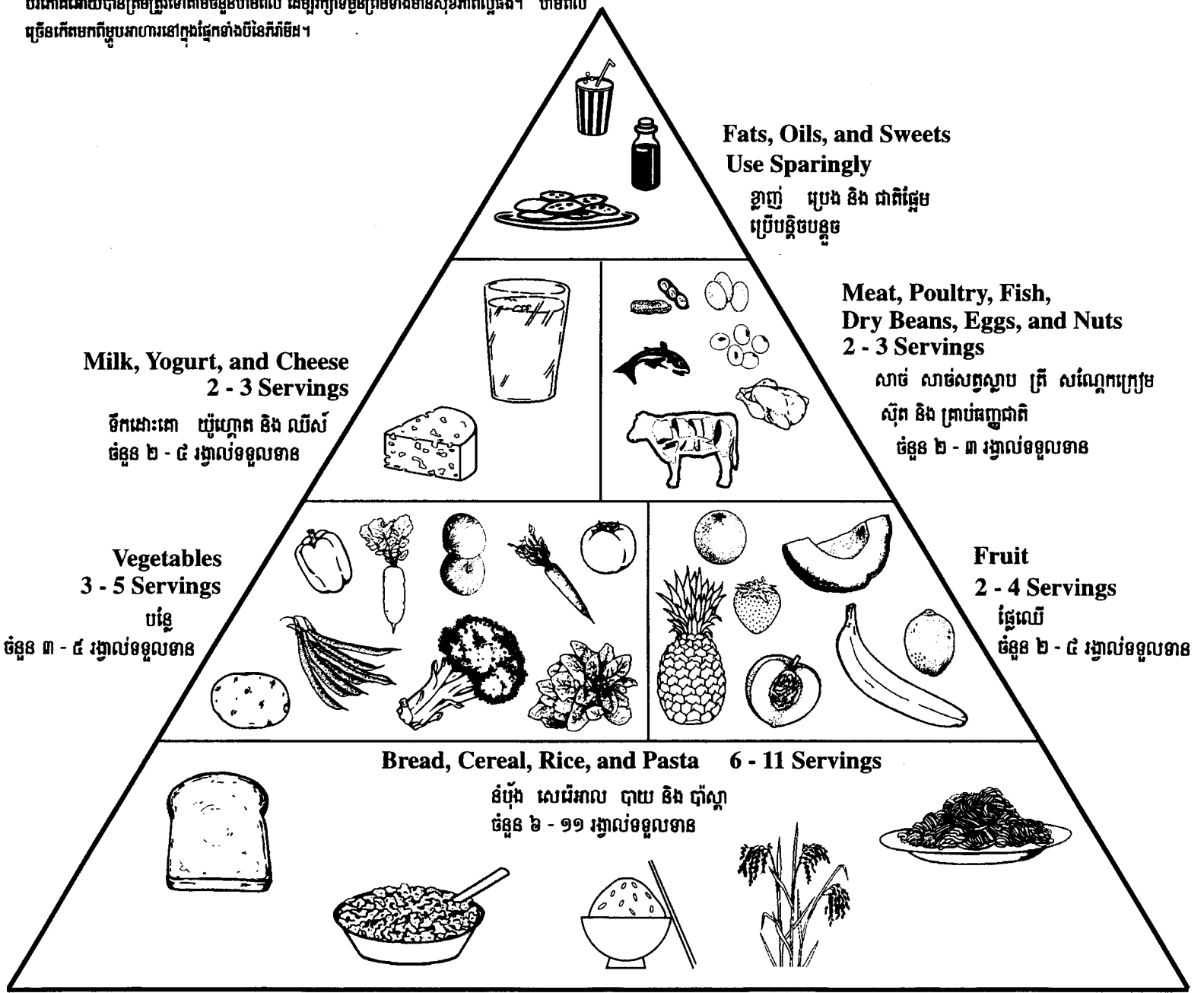
គ្រូនណែនាំភិវឌ្ឍន៍ស្តីអំពីម្ហូបអាហារ

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

ក្រុមអាហារនីមួយៗផ្តល់ជីវិតខ្លះៗក្នុងការបំប៉នរាងកាយដែលអ្នកត្រូវការ តែមិនបានសព្វថ្ងៃទាំងអស់ទេ។ ម្ហូបអាហារនៅក្នុងក្រុមមួយ មិនអាចជំនួសអាហារនៅក្រុមផ្សេងទៀតបានឡើយ។ ហើយក៏គ្មានក្រុមអាហារណាមួយមានសារៈសំខាន់ជាងមួយណាដែរ។ ដើម្បីអោយមានសុខភាពល្អ លោក-អ្នកត្រូវការអាហារទាំងអស់នោះ។

ការណែនាំតាមក្រុមភិវឌ្ឍន៍ស្តីអំពីម្ហូបអាហារ គឺជាការណែនាំទូទៅមួយដែលអាចអោយលោក-អ្នកជ្រើសរើសយកចំណីអាហារប្រកបដោយសុខភាពល្អ ហើយនិងត្រឹមត្រូវសមស្របសំរាប់លោក-អ្នកផង។ ភិវឌ្ឍន៍ប្រាប់អ្នកពីការបរិភោគអាហារផ្សេងៗ ដើម្បីអោយរាងកាយបានធំធាត់តាមសេចក្តីត្រូវការរបស់លោក-អ្នក និងការបរិភោគអោយបានត្រឹមត្រូវទៅតាមចំនួនថាមពល ដើម្បីរក្សាទម្ងន់ព្រមទាំងមានសុខភាពល្អផង។ ថាមពលច្រើនកើតមកពីម្ហូបអាហារនៅក្នុងផ្នែកទាំងបីនៃភិវឌ្ឍន៍។



Fats, Oils, and Sweets
Use Sparingly

ខ្លាញ់ ម្សៅ និង ជាតិផ្អែម
ប្រើបន្តិចបន្តួច

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts
2 - 3 Servings

សាច់ សាច់សត្វស្លាប ត្រី សណ្តែកក្រៀម ស៊ីត និង គ្រាប់ធញ្ញជាតិ
ចំនួន ២ - ៣ រង្វាល់ទទួលបាន

Milk, Yogurt, and Cheese
2 - 3 Servings

ទឹកដោះគោ យ៉ូហ្គឺត និង ឈ្នីស
ចំនួន ២ - ៥ រង្វាល់ទទួលបាន

Vegetables
3 - 5 Servings

បន្លែ
ចំនួន ៣ - ៥ រង្វាល់ទទួលបាន

Fruit
2 - 4 Servings

ផ្លែឈើ
ចំនួន ២ - ៥ រង្វាល់ទទួលបាន

Bread, Cereal, Rice, and Pasta 6 - 11 Servings

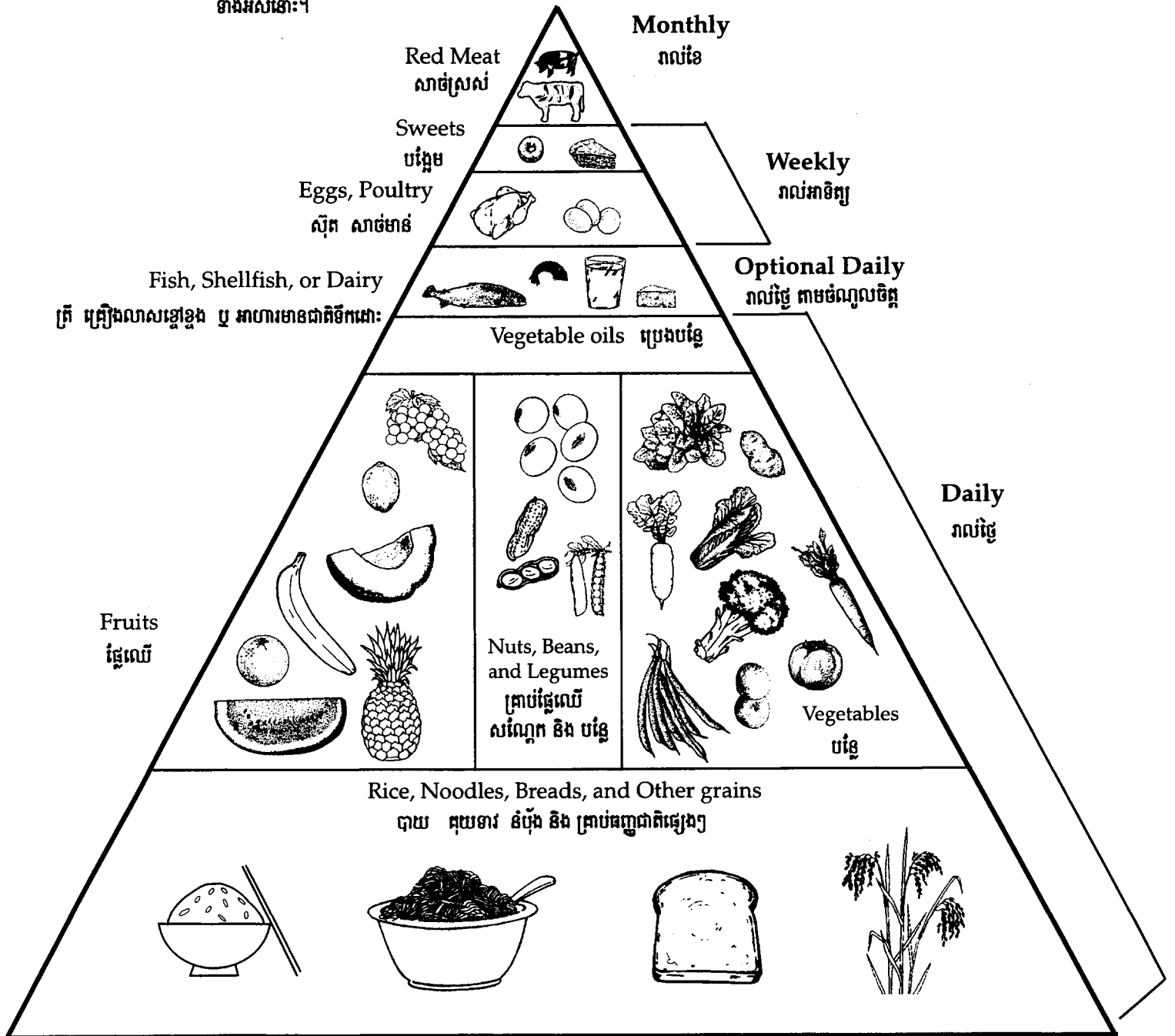
នំប៉័ង សេដ្ឋីអាល បាយ និង ប៉ាស្តា
ចំនួន ៦ - ១១ រង្វាល់ទទួលបាន

Asian Food Pyramid

តួនាទីនៃអាហារក្រុមផ្សេងៗគ្នា

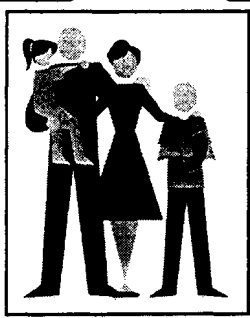
The Food Pyramid is a general guide that lets you choose a healthy diet that's right for you. Each of these food groups provide some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

ការណែនាំអាហារក្រុមផ្សេងៗគ្នា គឺជាការណែនាំទូទៅមួយដែលប្រាប់អ្នកអំពីការជ្រើសរើសអាហារដែលមានសុខភាពល្អ ហើយដែលត្រូវសំរាប់ប្រើប្រាស់។ ក្រុមអាហារនីមួយៗផ្តល់នូវគ្រប់ប្រភេទអាហារធាតុខ្លះៗដែលអ្នកត្រូវការ តែមិនមែនគ្រប់ប្រភេទអាហារទេ។ អាហារក្នុងក្រុមមួយមិនអាចយកទៅជំនួសក្រុមផ្សេងទៀតបានឡើយ។ គ្មានក្រុមអាហារណាមួយសំខាន់ជាងក្រុមណាទេ។ ដើម្បីអោយមានសុខភាពល្អ អ្នកត្រូវការប្រើប្រាស់អាហារទាំងអស់នោះ។



Cambodian Language Version

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Better Health Begins With You!

សុខភាពល្អចាប់ផ្តើមជាមួយនិរន្តរ៍!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

បរិភោគនំប៉័ង សេដ៍អាណ បាយ ឬ ប៉ាស្តា ដែលមានជាតិខ្លាញ់តិច អោយបានចំនួន៦ទៅ១១រង្វាល់ ទទួលបានជារៀងរាល់ថ្ងៃ។
ឧបមាដូចជា ទទួលបាននំអាវ៉ាននៅពេលព្រឹក នំប៉័ងដាក់សាច់សំរាប់ពេល ថ្ងៃត្រង់ និង បាយសុទ្ធសំរាប់អាហារពេលល្ងាច។

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

រាល់ថ្ងៃត្រូវទទួលបានផ្លែឈើនិងបន្លែ អោយបានចំនួន៥រង្វាល់ទទួលបាន។ ឧទាហរណ៍ អ្នកផឹកទឹកក្រូច នៅពេលព្រឹក ញ៉ាំសាឡាដ៍ពេលថ្ងៃត្រង់ និងនៅពេលអាហារល្ងាចទទួលបានសណ្តែកខៀវនិង ដំឡូង ស្ពោរ និង ផ្លែទំពាំងបាយជូរផង។

3. Drink at least 8 glasses of pure, fresh water every day.

ផឹកទឹកសុទ្ធយ៉ាងហោចណាស់អោយបាន ៨កែវរៀងរាល់ថ្ងៃ។

4. Eat lean, low-fat meats, such as chicken or fish.

ទទួលបានសាច់ស្អុន សាច់ដែលមានខ្លាញ់តិច ដូចជាសាច់មាន់ និង ត្រី។

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ជ្រើសយកចំណីអាហារមានជាតិទឹកដោះដែលមានខ្លាញ់តិច ឬក៏គ្មានខ្លាញ់សោះ ដូចជាទឹកដោះគោដែលគេ បានយកជាតិក្រែមចេញអស់ហើយ និង យ៉ូហ្គឺតកក។

6. Limit your intake of sweets and alcoholic beverages.

កម្រិតនូវការទទួលបានបង្កែម និង រោសផ្លែដែលមានជាតិស្រវឹង។

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ចូលរួមចំណែកខ្លះក្នុងការហាត់ប្រាណរៀងរាល់ថ្ងៃ។ ដើរលេង រាំ ឬ លេងកំសាន្ត។

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ដើម្បីធ្វើការចម្អិនម្ហូបអាហារ ត្រូវប្រើប្រេងបន្លែ ឬប្រេងកាណូឡា ជំនួសខ្លាញ់ជ្រូក ឬខ្លាញ់សត្វ។ ប្រេង បន្លែល្អប្រសើរសំរាប់អ្នក ពីព្រោះវាគ្មានកូលេស្តេរ៉ុលទេ។

Cambodian Language Version

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Better Nutrition for Mature Adults

ចំណីអាហារដ៏ល្អប្រសើរសំរាប់មនុស្សពេញវ័យ

1. Drink 6 - 8 glasses of water every day.

ផឹកទឹកអោយបាន ៦ទៅ៨កែវរៀងរាល់ថ្ងៃ។

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

បរិភោគអាហារដែលមានជាតិកាល់ស៊ីយ៉ូមដូចជា ទឹកដោះគោ ឈ្នីស៍ យ៉ូហ្គឺត ត្រីមានឆ្អឹង និង បន្លែស្រស់ដូចប្រូកកូលីជាដើម។ កាល់ស៊ីយ៉ូមមានសារៈសំខាន់សំរាប់ធ្វើអោយឆ្អឹងបានរឹងប៉ឹងមាំមួន។

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

បរិភោគផ្លែឈើនិងបន្លែដែលបរិបូណ៌ដោយវីតាមីន A និង វីតាមីន C ដូចជាការ៉ុត និង ផ្លែក្រូច។ វីតាមីន A គឺល្អសំរាប់ភ្នែកនិងស្បែករបស់អ្នក។ វីតាមីន C ជួយរក្សាជើងធ្មេញនិងអញ្ចាញធ្មេញ អោយមានសុខភាពល្អ និង ការពារទប់ទល់នឹងការចម្លងជំងឺ។

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

បរិភោគអាហារដែលមានជាតិដែកច្រើន ដែលជួយដល់រាងកាយក្នុងការប្រើកម្លាំង។ ជាតិដែកមាននៅក្នុងសាច់ស្រស់ សាច់មាន់ ត្រី និង សណ្តែកក្រៀម។

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

ដើម្បីការពារកុំអោយមានកង្វះជីវជាតិ Zinc ត្រូវរាប់បញ្ចូល សាច់ ត្រី ឆ្កែង សមុទ្រ និង សាច់មាន់ នៅក្នុងម្ហូបអាហាររបស់អ្នកផង។ ជីវជាតិ Zinc ជួយឱ្យរបួសអោយបានឆាប់ជា។

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

ធ្វើការហាត់ប្រាណជាប្រក្រតី។ ការធ្វើសកម្មភាពខាងក្រៅផ្ទះគឺជាការប្រសើរបំផុត ពីព្រោះរាងកាយរបស់អ្នកធ្វើអោយមានជីវជាតិ D ដោយមានជំនួយពីពន្លឺព្រះអាទិត្យ។



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Better Health for Mother and Baby

សុខភាពល្អរបស់ម្តាយនិងទារក

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

ចៀសវាងភេសជ្ជៈដែលមានជាតិស្រា និងទឹកជាតិកាហ្វេអ៊ីនដូចជាកាហ្វេ និង ទឹកភេសជ្ជៈផ្សេងៗ។

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

ទទួលបានម្ហូបអាហារដែលមានជាតិកាល់ស៊ីយ៉ូមរៀងរាល់ថ្ងៃ។ អាហារទាំងនេះមាន ទឹកដោះគោ ឈ្នីស៍ យ៉ូហ្គឺត ត្រីដែលមានឆ្អឹង និង បន្លែខ្លះដែលមានពណ៌បៃតងស្រដាត។

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

បរិភោគម្ហូបអាហារដែលមានជាតិប្រូតេអ៊ីន ចំនួន២ទៅ៣ដងរាល់ថ្ងៃដូចជា សាច់ ត្រី ស៊ុត ឬ សណ្តែកក្រៀម។

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

រាល់ថ្ងៃត្រូវបរិភោគផ្លែឈើនិងបន្លែដែលមានវីតាមីននិងជាតិមីណេរ៉ាល់ យ៉ាងតិចណាស់អោយបានចំនួន ៥ដងរាល់ថ្ងៃដូចជា ឧទាហរណ៍ដូចជា ចិតចេកមួយដាក់ជាមួយសេដ៍អាលស៍រាប់អាហារពេលព្រឹក និងយកផ្លែប្រេងមួយមកទទួលបានលេងពេលរសៀល។ បរិភោគកាបូត ឬ ដើមស៊ីលីវី ជាមួយនឹង អាហារថ្ងៃត្រង់ និង ប្រកបដោយសារធាតុជាមួយនឹងអាហារពេលល្ងាច។

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

បរិភោគគ្រាប់ធញ្ញជាតិសំរូបដែលជាអាហារមានសារៈសំខាន់សំរាប់សុខភាពនិងថាមពល អោយបាន ចំនួន៦ទៅ ១១ដងរាល់ថ្ងៃដូចជា អាហារទាំងនេះមាននំប៉័ងម្សៅសាឡីសំរូប និង អង្ករសំរូប។

6. See your doctor early in your pregnancy.

ទៅជួបជាមួយវេជ្ជបណ្ឌិតរបស់អ្នកនៅពេលដែលអ្នកមានផ្ទៃពោះភ្លាម។

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

ក្នុងពេលដែលអ្នកមានផ្ទៃពោះ ត្រូវដឹងច្បាស់ពីការកើនឡើងទម្ងន់អោយបានត្រឹមត្រូវ។ ចំពោះស្ត្រីភាគ ច្រើន ទម្ងន់នឹងកើនឡើងពី ២៥ ទៅ ៣៥ផោន។ សូមសាកសួរវេជ្ជបណ្ឌិតរបស់អ្នកអំពី រឿងនេះ។

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Good Food for Kids

ម្ហូបអាហារល្អសំរាប់កុមារ

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

កាល់ស៊ីយ៉ូម គឺជាជីវជាតិចាំបាច់សំរាប់ជួយអោយឆ្អឹងមានការចម្រើនលូតលាស់។ ជីវជាតិនេះមាននៅក្នុង ទឹកដោះគោ យ៉ូហ្គឺរត ត្រីមានឆ្អឹង និង បន្លែស្រស់ខ្លះដូចប្រូកកូលីជាដើម។

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

ជាតិដែកជួយដល់រាងកាយក្នុងការបង្កើតថាមពល។ គេរកឃើញជាតិដែកមាននៅក្នុងសាច់ស្រស់ សាច់ មាន់ ត្រី និង សណ្តែកក្រៀម។

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

ការ៉ុត ស្ពីណាច ព្រមទាំងផ្លែឈើនិងបន្លែខ្លះទៀតមានវីតាមីន A និងវីតាមីន C ច្រើនណាស់។ វីតាមីន A មានសារៈសំខាន់សំរាប់ភ្នែកមើលបានភ្លឺច្បាស់ និង ស្បែកបានល្អ។ វីតាមីន C ជួយរក្សាអញ្ចាញធ្មេញ ជើងធ្មេញអោយបានល្អ និង ការការពារបំបាត់ការចម្លងរោគ។

4. Energy is important and comes from breads, rice, cereal, and pasta.

ថាមពលមានសារៈសំខាន់ ហើយមាននៅក្នុងនំប៉័ង បាយ សេដ៍អាល និង ប៉ាស្តា។

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

ជ្រើសយកចំណីសំរាប់ទទួលបានលេងដែលមានសុខភាពល្អដូចជា ផ្លែឈើ បន្លែ ចំណីអាហារមានជាតិ ទឹកដោះគោ និង គ្រាប់ផ្លែឈើ។ ចំណីអាហារនេះបំប៉នអោយវិញតែធាតុ និងប្រសើរដល់ធ្មេញរបស់ក្មេង ជាងការទទួលបានទឹកក្រូច ឈឺប និង បន្លែម។

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

ការហាត់ប្រាណរៀងរាល់ថ្ងៃមានប្រយោជន៍ដល់កុមារ។ គឺធ្វើអោយរាងកាយកុមារបានធំធាត់លូតលាស់ រឹងប៉ឹង និងប្រកបដោយសុខភាពល្អផង។

Cambodian Language Version

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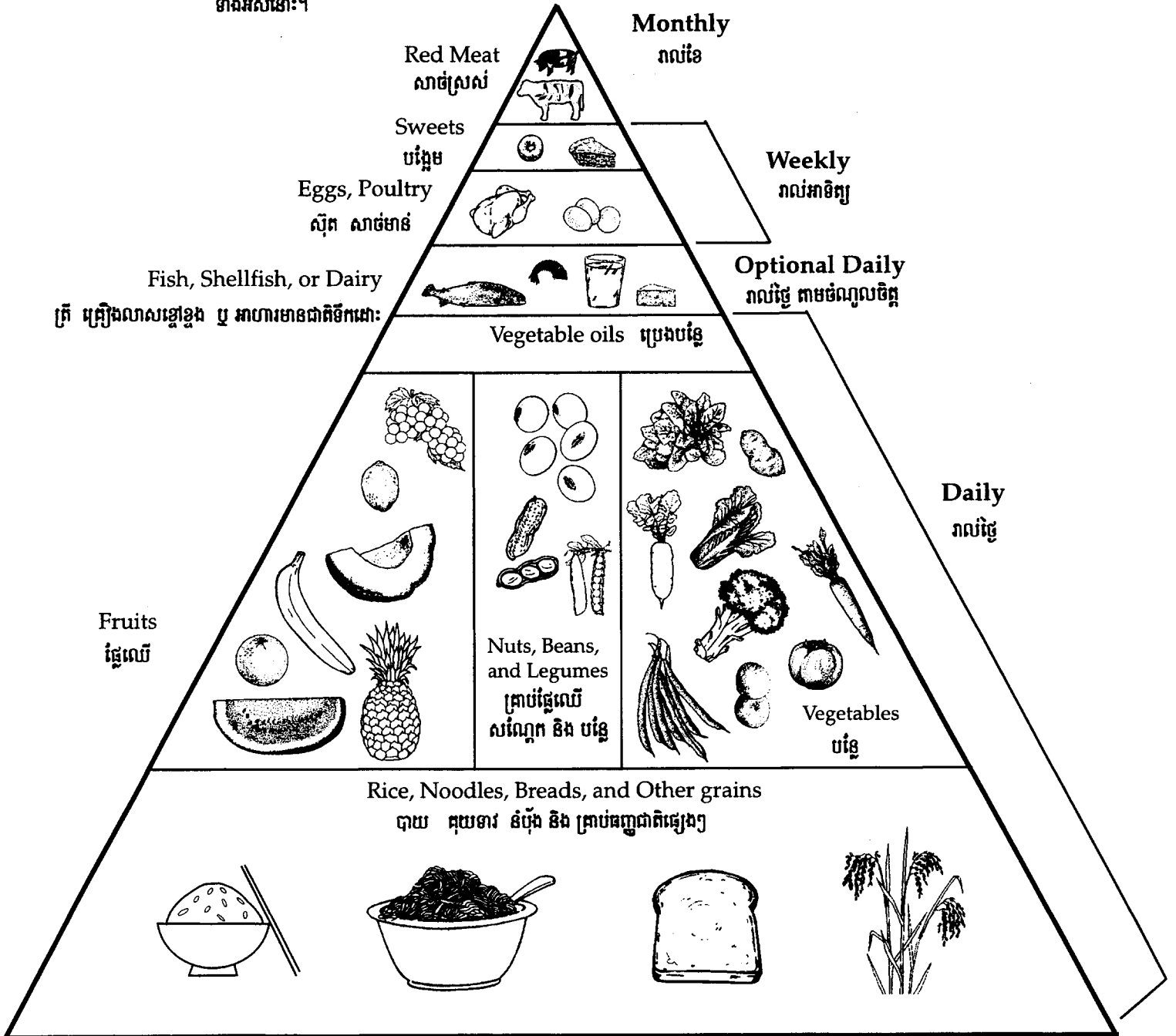


Asian Food Pyramid

តួនាទីនៃអាហារក្រុមនីមួយៗក្នុងប្រព័ន្ធគ្រប់គ្រងអាហារ

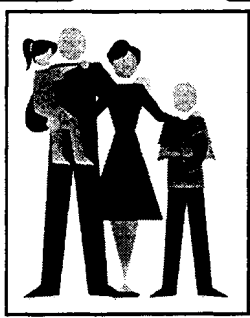
The Food Pyramid is a general guide that lets you choose a healthy diet that's right for you. Each of these food groups provide some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

ការណែនាំក្នុងប្រព័ន្ធគ្រប់គ្រងអាហារ គឺជាការណែនាំទូទៅមួយដែលប្រាប់អ្នកអំពីការជ្រើសរើសអាហារដែលមានសុខភាពល្អ ហើយដែលត្រូវប្រើប្រាស់ប្រកបដោយសុខភាពល្អ។ ក្រុមអាហារនីមួយៗផ្តល់នូវគ្រប់ប្រភេទអាហារធាតុខ្លះៗដែលអ្នកត្រូវការ តែមិនមែនគ្រប់ប្រភេទអាហារទេ។ អាហារក្នុងក្រុមមួយមិនអាចយកទៅជំនួសក្រុមផ្សេងទៀតបានឡើយ។ គ្មានក្រុមអាហារណាមួយសំខាន់ជាងក្រុមណាទេ។ ដើម្បីអោយមានសុខភាពល្អ អ្នកត្រូវការប្រើប្រាស់អាហារទាំងអស់នោះ។



Cambodian Language Version

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Better Health Begins With You!

សុខភាពល្អចាប់ផ្តើមជាមួយនិរន្តរ៍!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

បរិភោគនំប៉័ង សេដ៍អាណ បាយ ឬ ប៉ាស្តា ដែលមានជាតិខ្លាញ់តិច អោយបានចំនួន៦ទៅ១១ដងរាល់ថ្ងៃ។ ឧបមាដូចជា ទទួលបាននំអាវ៉ាននៅពេលព្រឹក នំប៉័ងដាក់សាច់សំរាប់ពេល ថ្ងៃត្រង់ និង បាយសុទ្ធសំរាប់អាហារពេលល្ងាច។

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

រាល់ថ្ងៃត្រូវទទួលបានផ្លែឈើនិងបន្លែ អោយបានចំនួន៥ដងរាល់ថ្ងៃ។ ឧទាហរណ៍ អ្នកផឹកទឹកក្រូច នៅពេលព្រឹក ញ៉ាំសាឡាដ៍ពេលថ្ងៃត្រង់ និងនៅពេលអាហារល្ងាចទទួលបានសណ្តែកខៀវនិង ដំឡូង ស្ពោរ និង ផ្លែទំពាំងបាយជូរផង។

3. Drink at least 8 glasses of pure, fresh water every day.

ផឹកទឹកសុទ្ធយ៉ាងហោចណាស់អោយបាន ៨កែវរៀងរាល់ថ្ងៃ។

4. Eat lean, low-fat meats, such as chicken or fish.

ទទួលបានសាច់ស្អុន សាច់ដែលមានខ្លាញ់តិច ដូចជាសាច់មាន់ និង ត្រី។

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ជ្រើសយកចំណីអាហារមានជាតិទឹកដោះដែលមានខ្លាញ់តិច ឬក៏គ្មានខ្លាញ់សោះ ដូចជាទឹកដោះគោដែលគេ បានយកជាតិក្រែមចេញអស់ហើយ និង យ៉ូហ្គឺតកក។

6. Limit your intake of sweets and alcoholic beverages.

កម្រិតនូវការទទួលបានបង្កែម និង រោសផ្លែដែលមានជាតិស្រវឹង។

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ចូលរួមចំណែកខ្លះក្នុងការហាត់ប្រាណរៀងរាល់ថ្ងៃ។ ដើរលេង រាំ ឬ លេងកំសាន្ត។

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ដើម្បីធ្វើការចម្អិនម្ហូបអាហារ ត្រូវប្រើប្រេងបន្លែ ឬប្រេងកាណូឡា ជំនួសខ្លាញ់ជ្រូក ឬខ្លាញ់សត្វ។ ប្រេង បន្លែល្អប្រសើរសំរាប់អ្នក ពីព្រោះវាគ្មានកូលេស្តេរ៉ុលទេ។

Cambodian Language Version

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The Food Pyramid

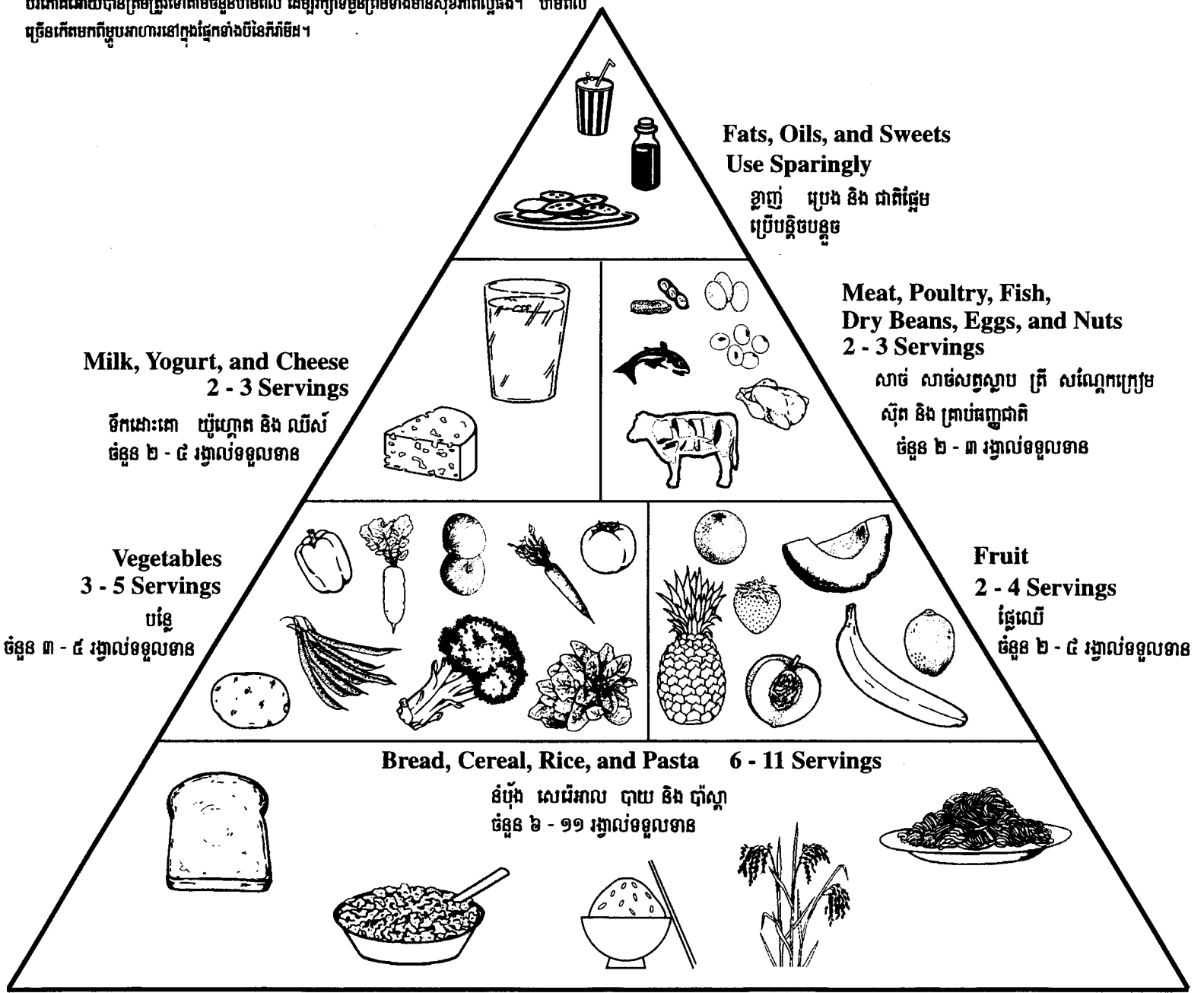
គ្រូនណែនាំភិវឌ្ឍន៍ស្តីអំពីម្ហូបអាហារ

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

ក្រុមអាហារនីមួយៗផ្តល់ជីវិតខ្លះៗក្នុងការបំប៉នរាងកាយដែលអ្នកត្រូវការ តែមិនបានសព្វថ្ងៃទាំងអស់ទេ។ ម្ហូបអាហារនៅក្នុងក្រុមមួយ មិនអាចជំនួសអាហារនៅក្រុមផ្សេងទៀតបានឡើយ។ ហើយក៏គ្មានក្រុមអាហារណាមួយ មានសារៈសំខាន់ជាងមួយណាដែរ។ ដើម្បីអោយមានសុខភាពល្អ លោក-អ្នកត្រូវការអាហារទាំងអស់នោះ។

ការណែនាំតាមក្រុមភិវឌ្ឍន៍ស្តីអំពីម្ហូបអាហារ គឺជាការណែនាំទូទៅមួយដែលអាចអោយលោក-អ្នកជ្រើសរើសយកចំណីអាហារប្រកបដោយសុខភាពល្អ ហើយនិងត្រឹមត្រូវសមស្របសំរាប់លោក-អ្នកផង។ ភិវឌ្ឍន៍ប្រាប់អ្នកពីការបរិភោគអាហារផ្សេងៗ ដើម្បីអោយរាងកាយបានធំធាត់តាមសេចក្តីត្រូវការរបស់លោក-អ្នក និងការបរិភោគអោយបានត្រឹមត្រូវទៅតាមចំនួនថាមពល ដើម្បីរក្សាទម្ងន់ព្រមទាំងមានសុខភាពល្អផង។ ថាមពលច្រើនកើតមកពីម្ហូបអាហារនៅក្នុងផ្នែកទាំងបីនៃភិវឌ្ឍន៍។



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Good Food for Kids

ម្ហូបអាហារល្អសំរាប់កុមារ

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

កាល់ស៊ីយ៉ូម គឺជាជីវជាតិចាំបាច់សំរាប់ជួយអោយឆ្អឹងមានការចម្រើនលូតលាស់។ ជីវជាតិនេះមាននៅក្នុង ទឹកដោះគោ យ៉ូហ្គឺរត ត្រីមានឆ្អឹង និង បន្លែស្រស់ខ្លះដូចប្រូកកូលីជាដើម។

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

ជាតិដែកជួយដល់រាងកាយក្នុងការបង្កើតថាមពល។ គេរកឃើញជាតិដែកមាននៅក្នុងសាច់ស្រស់ សាច់ មាន់ ត្រី និង សណ្តែកក្រៀម។

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

ការ៉ុត ស្ពីណាច ព្រមទាំងផ្លែឈើនិងបន្លែខ្លះទៀតមានវីតាមីន A និងវីតាមីន C ច្រើនណាស់។ វីតាមីន A មានសារៈសំខាន់សំរាប់ភ្នែកមើលបានភ្លឺច្បាស់ និង ស្បែកបានល្អ។ វីតាមីន C ជួយរក្សាអញ្ចាញធ្មេញ ជើងធ្មេញអោយបានល្អ និង ការពារទប់ទល់នឹងការចម្លងរោគ។

4. Energy is important and comes from breads, rice, cereal, and pasta.

ថាមពលមានសារៈសំខាន់ ហើយមាននៅក្នុងនំប៉័ង បាយ សេដ៍អាល និង ប៉ាស្តា។

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

ជ្រើសយកចំណីសំរាប់ទទួលបានលេងដែលមានសុខភាពល្អដូចជា ផ្លែឈើ បន្លែ ចំណីអាហារមានជាតិ ទឹកដោះគោ និង គ្រាប់ផ្លែឈើ។ ចំណីអាហារនេះបំប៉នអោយវិកតែធុរត្រាត និងប្រសើរដល់ធ្មេញរបស់ក្មេង ជាងការទទួលបានទឹកក្រូច ឈឺប និង បង្កើម។

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

ការហាត់ប្រាណរៀងរាល់ថ្ងៃមានប្រយោជន៍ដល់កុមារ។ គឺធ្វើអោយរាងកាយកុមារបានធំធាត់លូតលាស់ រឹងប៉ឹង និងប្រកបដោយសុខភាពល្អផង។

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Better Nutrition for Mature Adults

ចំណីអាហារដ៏ល្អប្រសើរសំរាប់មនុស្សពេញវ័យ

1. Drink 6 - 8 glasses of water every day.

ផឹកទឹកអោយបាន ៦ទៅ៨កែវរៀងរាល់ថ្ងៃ។

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

បរិភោគអាហារដែលមានជាតិកាល់ស៊ីយ៉ូមដូចជា ទឹកដោះតោ ឈ្នីស៍ យ៉ូហ្គឺត ត្រីមានឆ្អឹង និង បន្លែស្រស់ដូចប្រូកកូលីជាដើម។ កាល់ស៊ីយ៉ូមមានសារៈសំខាន់សំរាប់ធ្វើអោយឆ្អឹងបានរឹងប៉ឹងមាំមួន។

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

បរិភោគផ្លែឈើនិងបន្លែដែលបរិបូណ៌ដោយវីតាមីន A និង វីតាមីន C ដូចជាការ៉ុត និង ផ្លែក្រូច។ វីតាមីន A គឺល្អសំរាប់ភ្នែកនិងស្បែករបស់អ្នក។ វីតាមីន C ជួយរក្សាជើងធ្មេញនិងអញ្ចាញធ្មេញ អោយមានសុខភាពល្អ និង ការពារទប់ទល់នឹងការចម្លងជំងឺ។

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

បរិភោគអាហារដែលមានជាតិដែកច្រើន ដែលជួយដល់រាងកាយក្នុងការប្រើកម្លាំង។ ជាតិដែកមាននៅក្នុងសាច់ស្រស់ សាច់មាន់ ត្រី និង សណ្តែកក្រៀម។

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

ដើម្បីការពារកុំអោយមានកង្វះជីវជាតិ Zinc ត្រូវរាប់បញ្ចូល សាច់ ត្រី ឆ្កែង សមុទ្រ និង សាច់មាន់ នៅក្នុងម្ហូបអាហាររបស់អ្នកផង។ ជីវជាតិ Zinc ជួយឱ្យរបួសអោយបានឆាប់ជា។

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

ធ្វើការហាត់ប្រាណជាប្រក្រតី។ ការធ្វើសកម្មភាពខាងក្រៅផ្ទះគឺជាការប្រសើរបំផុត ពីព្រោះរាងកាយរបស់អ្នកធ្វើអោយមានជីវជាតិ D ដោយមានជំនួយពីពន្លឺព្រះអាទិត្យ។



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Better Health for Mother and Baby

សុខភាពល្អរបស់ម្តាយនិងទារក

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

ចៀសវាងភេសជ្ជៈដែលមានជាតិស្រា និងទឹកជាតិកាហ្វេអ៊ីនដូចជាកាហ្វេ និង ទឹកភេសជ្ជៈផ្សេងៗ។

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

ទទួលបានម្ហូបអាហារដែលមានជាតិកាល់ស៊ីយ៉ូមរៀងរាល់ថ្ងៃ។ អាហារទាំងនេះមាន ទឹកដោះគោ ឈ្នីស៍ យ៉ូហ្គឺត ត្រីដែលមានខ្នង និង បន្លែខ្លះដែលមានពណ៌បៃតងស្រដាត។

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

បរិភោគម្ហូបអាហារដែលមានជាតិប្រូតេអ៊ីន ចំនួន២ទៅ៣ដងរាល់ថ្ងៃដូចជា សាច់ ត្រី ស៊ុត ឬ សណ្តែកក្រៀម។

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

រាល់ថ្ងៃត្រូវបរិភោគផ្លែឈើនិងបន្លែដែលមានវីតាមីននិងជាតិមីណេរ៉ាល់ យ៉ាងតិចណាស់អោយបានចំនួន ៥ដងរាល់ថ្ងៃដូចជា ឧទាហរណ៍ដូចជា ចិតចេកមួយដាក់ជាមួយសេដ៍អាលស៍រាប់អាហារពេលព្រឹក និងយកផ្លែប្រេងមួយមកទទួលបានលេងពេលរសៀល។ បរិភោគកាបូត ឬ ដើមស៊ីលីវី ជាមួយនឹង អាហារថ្ងៃត្រង់ និង ប្រកបដោយនិងសាឡាដ៍ជាមួយនឹងអាហារពេលល្ងាច។

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

បរិភោគគ្រាប់ធញ្ញជាតិសំរូបដែលជាអាហារមានសារៈសំខាន់សំរាប់សុខភាពនិងថាមពល អោយបាន ចំនួន៦ទៅ ១១ដងរាល់ថ្ងៃដូចជា អាហារទាំងនេះមាននំប៉័ងម្សៅសាឡាដ៍សំរូប និង អង្ករសំរូប។

6. See your doctor early in your pregnancy.

ទៅជួបជាមួយវេជ្ជបណ្ឌិតរបស់អ្នកនៅពេលដែលអ្នកមានផ្ទៃពោះភ្លាម។

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

ក្នុងពេលដែលអ្នកមានផ្ទៃពោះ ត្រូវដឹងច្បាស់ពីការកើនឡើងទម្ងន់អោយបានត្រឹមត្រូវ។ ចំពោះស្ត្រីភាគ ច្រើន ទម្ងន់នឹងកើនឡើងពី ២៥ ទៅ ៣៥ផោន។ សូមសាកសួរវេជ្ជបណ្ឌិតរបស់អ្នកអំពី រឿងនេះ។

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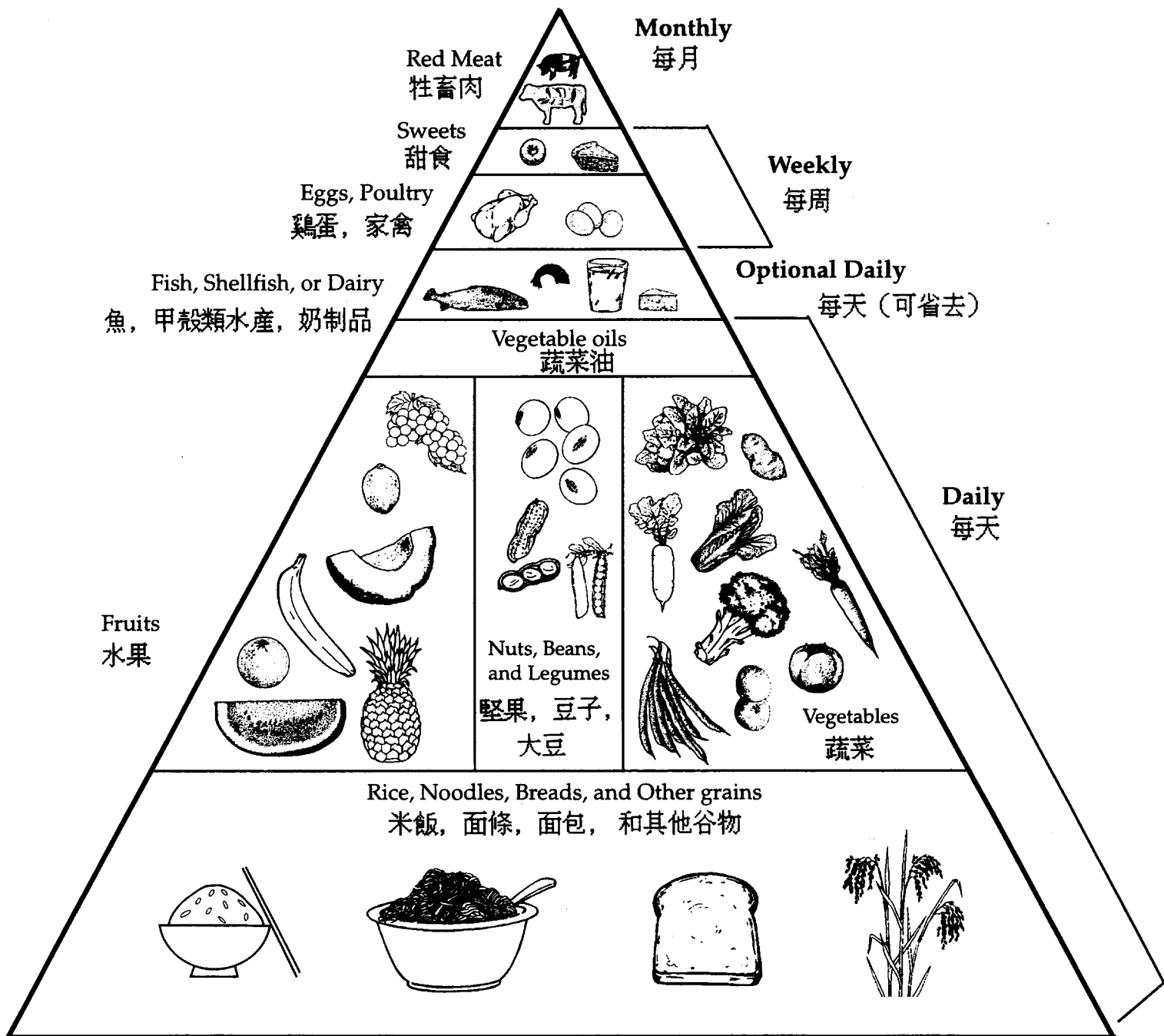


Asian Food Pyramid

亞洲食物三角

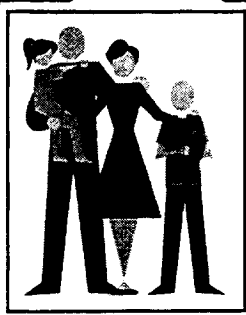
The Food Pyramid is a general guide that lets you choose a healthy diet that's right for you. Each of these food groups provide some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

食物三角指導你制定適合你的健康食譜。以下每一類食物都提供一些，但不是全部你所需要的營養，它們不能互相代替，也沒有某類食物比其他食物更重要。要使身體健康，每一類食物你都需要。



Chinese Language Version

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Better Health Begins With You!

健康從你開始!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

每天吃6 - 8小份低脂肪的面包，麥粥，米飯或面條。例如，早餐選麥片粥，中餐吃三明治，晚飯吃白飯。

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

每天吃5份蔬菜和水果。例如，你可以早餐喝桔汁，午餐吃色拉，晚餐吃新鮮的豆子和炖土豆。

3. Drink at least 8 glasses of pure, fresh water every day.

每天至少喝8杯純淨新鮮的水。

4. Eat lean, low-fat meats, such as chicken or fish.

吃低脂肪的瘦肉，如鷄和魚。

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

選擇低脂或無脂的奶制品，如脫脂牛奶和凍酸奶。

6. Limit your intake of sweets and alcoholic beverages.

少吃甜食，少喝含酒精的飲料。

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

每天參加一定形式的體力活動，散步，跳舞或遊戲。

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

用植物油代替豬油或動物油做菜。蔬菜油不含膽固醇，更有益人體。

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The Food Pyramid

食物三角

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

食物三角是幫助你制定適合你的健康食譜的指南，它指導你吃各種各樣的食物以攝取各種營養，並且食用適量的卡路裏以維持健康的體重。你應從食物三角較低的三層食物中獲取大部分的卡路裏。

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

以下每一類食物都提供一些，但不是全部，你所需要的營養，它們不能互相代替，也沒有某類食物比其他食物更重要。要使身體健康，每一類食物你都需要。



Chinese Language Version



Good Food for Kids

有利兒童的食物

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

骨骼的生長發育需要鈣。含鈣的食物包括鮮奶，酸奶，帶骨的魚類，一些深色的蔬菜，如西蘭花。

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

鐵幫助人體產生能量。富含鐵的食品包括牲畜肉，家禽，魚，幹豆等。

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

胡蘿卜，菠菜及其他蔬菜水果富含維他命A和維他命C。維他命A對良好的視力和健康的皮膚很重要。維他命C有助於保持牙齦健康和抵抗疾病傳染。

4. Energy is important and comes from breads, rice, cereal, and pasta.

人體所需的能量很重要，它主要來自于面包，米飯，麥片粥和面條。

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

選擇有利健康的零食，如蔬菜，水果，奶制品，堅果。它們與汽水，薯片，糖果相比更有營養而且更有利于孩子的牙齒。

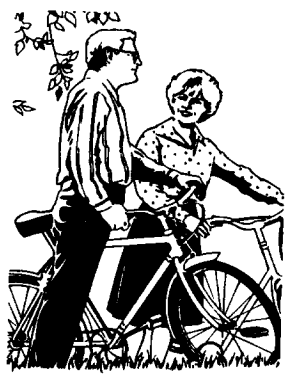
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

每天鍛煉身體對孩子們很重要，這樣他們的身體才會長得健康結實。

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Better Nutrition for Mature Adults

成年人的營養

1. Drink 6 - 8 glasses of water every day.

每天喝6 - 10杯水。

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

吃些鈣質豐富的食物，如鮮奶，酸奶，帶骨的魚，及一些深綠色的蔬菜，如西蘭花。鈣對骨骼強壯很重要。

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

吃新鮮蔬菜和水果，如胡蘿卜和柑桔，以攝取維他命C和維他命A。維他命A有助於視力和皮膚。維他命C有助於保持牙齦健康和抵抗疾病傳染。

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

吃些富含鐵的食物，這會有助於身體對能量的使用。鐵富含于牲畜肉，家禽，魚及幹豆等食物之中。

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

在食譜中包含肉，海鮮，家禽以預防缺鋅。鋅能幫助傷口盡快愈合。

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

有規律地進行一些體力活動。戶外活動最好，因為在太陽的照射下，身體能產生維他命D。

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Better Health for Mother and Baby

母親與嬰兒的健康

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

避免喝酒及喝含咖啡因的飲料，如咖啡及一些軟飲料。

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

每天吃一些含鈣的食物。這些食物包括鮮奶，奶酪，酸奶，帶骨的魚及一些深綠色的蔬菜。

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

每天吃2 - 3份的肉，魚，蛋或乾果以攝取蛋白質。

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

每天至少吃5份水果及蔬菜以攝取維他命和礦物質。例如早晨喝麥粥時吃一根香蕉，下午選蘋果作零食，午飯吃一些胡蘿卜和芹菜，晚飯吃些西蘭花和色拉。

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

每天吃6 - 10全谷類的食物。這類食物對人的精力及健康很重要。它們包括全麥面包和黑米等。

6. See your doctor early in your pregnancy.

懷孕后及早諮詢醫生。

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

確保懷孕期間你的體重有一定程度的增長。對大多數婦女而言，增長的幅度在二十五到三十磅之間。請諮詢你的醫生。

Chinese Language Version

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Diabetes

糖尿病

Chinese

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以上資料是由喬治亞州亞特蘭大Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University 提供。由美國農業部食品和消費者服務中心資助給領取公共援助的家庭。依據聯邦法例和美國農業部規定，這機構禁止歧視任何種族、膚色、原籍、性別、年齡、宗教、政黨或殘障人士。如需要更詳盡的資料，請打電話 (404)651-2542 查詢。



Diabetes

糖尿病

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

什麼是糖尿病？ 糖尿病是一種由於身體不能正確地制造或使用胰島素而產生的病變。

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

胰島素是一種荷爾蒙，它的作用是把糖、澱粉及其他食物轉變成我們日常生活所需的能量。

How is diabetes managed?

怎樣管治糖尿病？

The management of diabetes has three parts:

管治糖尿病有三部份：

- ◆ Healthy Eating
要有健康飲食
- ◆ Physical Activity
要有運動
- ◆ Medication (if needed)
藥物治療 (如有需要)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

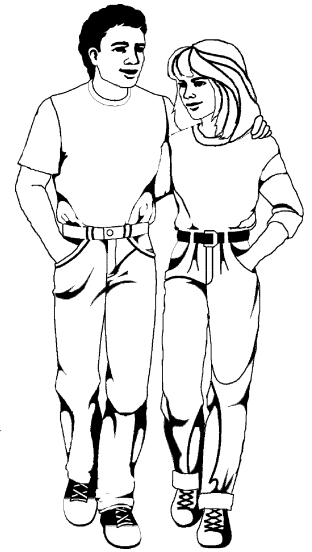
我怎樣才能控制我的糖尿病？ 當你飲食健康、有足夠的運動、和保持健康的體重，你就可以控制你的糖尿病和血糖(血糖又叫血葡萄糖)。

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

保持健康的體重可以幫助你控制血脂肪(膽固醇)同時又可以把血壓降低。

Many people with diabetes also need to take medicine to help control their blood sugar.

很多糖尿病人都有需要藥物來幫助控制他們的血糖。



Eat Healthy

健康的飲食

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

利用『食物金字塔指南』(Food Guide Pyramid) 去選擇多樣化的食物。多樣化的意思是每天都吃各食物組別內介紹的食物。當你每天都吃各類食物，你就可以得到你所需要的維他命和礦物質。

Here is an example of getting a variety of foods each day.

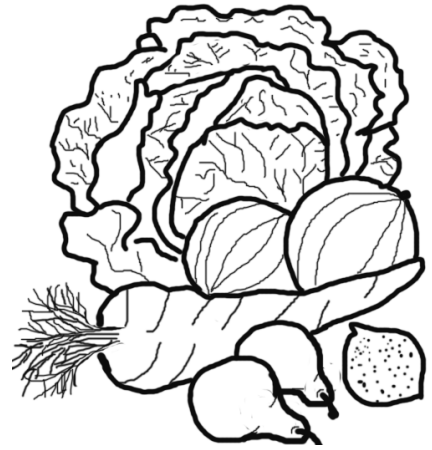
以下是一些例子教你每天如何選擇多樣化的食物：

	Day 1 第一天	Day 2 第二天
Grains: 穀米類:	tortilla 墨西哥煎餅	brown rice 糙米
Fruit: 水果類:	apple 蘋果	mango 芒果
Vegetable: 蔬菜類:	broccoli 美國芥蘭	tomatoes 蕃茄
Dairy: 奶類:	milk 牛奶	yogurt 乳酪
Protein: 蛋白質:	chicken 雞肉	beans 豆類



Eat From all the Food Groups

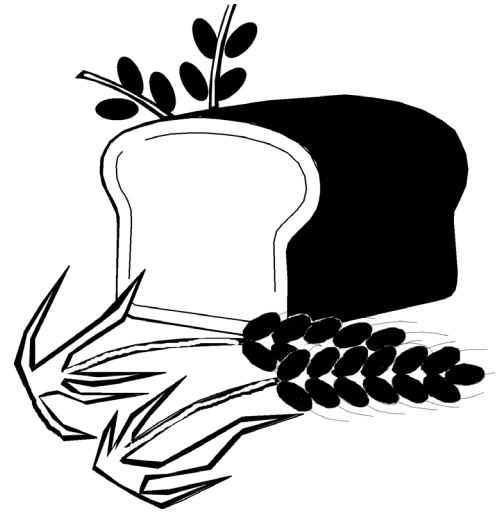
調和吃得健康



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
購買全穀麵包和玉米片。另外如全穀麵包、小麥片、糙米、全麥麵食和五穀類食物等。
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
少吃油炸和高脂澱粉類食物如糕點，美國發糕或鬆餅等。
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
新鮮水果是最好的選擇。但如要購買罐頭水果，必要買註明用本身的果汁入罐的才好。
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
購買小量水果，喝小量果汁。
- ◆ Eat raw and cooked vegetables with very little fat.
吃生的或熟的蔬菜都可以，但只可用小量油去配制。
- ◆ Use mustard instead of mayonnaise on a sandwich.
吃三文治不要用美奶茲而用芥末代替。
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
改用噴霧式菜油煮菜，不要用一般的油、酥油、牛油或馬如琳或豬油。
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
烹煮方法最好用：焗、烤、水煮、炒、烘烤、蒸、炆和燒烤。避免用多油去煮菜。
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
買脂肪少的肉類，如：雞、火雞。但豬肉、牛肉、火腿類就要把肥的部份切掉。
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
選脫脂 (Skim) 或低脂 (1%) 奶，或其他奶類食品。

Grains, Beans and Starchy Vegetables

五穀類、豆類、和澱粉類的蔬菜



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal.

People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

什麼是澱粉或碳水化合物食品？

澱粉類食品有麵包、穀麥、稻米、麵食、豆和含澱粉質多的菜。每餐都要有這類食物。有人說不要多吃澱粉質/碳水化合物，但現在這種講法是不正確的，其實吃澱粉類/碳水化合物的食物對任何人，包括有糖尿病的人的健康都有好處。

How many starches/carbohydrates do I need each day? 6-11 servings each day 我每天需要吃多少餐份的澱粉質/碳水化合物食品呢？每天 6-11 餐份

The number of servings you should eat each day depends on:

這數字須依據以下兩點來決定：

- ◆ The calories you need
你每天所需的熱量或卡路里
- ◆ Your diabetes plan
你的糖尿病治療方案

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

澱粉質/碳水化合物對我身體有什麼幫助？澱粉質是給你能量、維他命 **B**、礦物質和纖維素。吃全穀麥是比較健康，因為它含有多種維他命、礦物質和纖維素。纖維素可幫助你大便暢順，還可以幫助你控制好一點你的血糖。

Grains, Beans and Starchy Vegetables (continued)

五穀類、豆類、和澱粉類的蔬菜

How much is one serving of starch/carbohydrate?

怎樣才算是一餐份呢？

- ◆ 1 slice of bread
一片麵包
- ◆ 1 small potato, casaba or plantain
一個小的馬鈴薯、蕃薯或芋頭
- ◆ $\frac{1}{2}$ cup cooked cereal such as oatmeal or cream of wheat
 $\frac{1}{2}$ 杯煮熟的玉米片、麥片或麥糊
- ◆ $\frac{3}{4}$ cup dry cereal such as corn flakes
 $\frac{3}{4}$ 杯乾玉米片
- ◆ $\frac{1}{3}$ cup of cooked rice
 $\frac{1}{3}$ 杯米飯
- ◆ 1 small tortilla, roti bread or enjira bread
一小塊墨西哥煎餅、多穀類麵包或饅頭

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

你可能每餐需要吃一、二或三餐份的澱粉質/碳水化合物，如果你每餐要吃超過一餐份的話，最好選擇不同種類食物。例如：

Breakfast: $\frac{3}{4}$ cup dry cereal and 1 slice of bread—2 servings

早餐: $\frac{3}{4}$ 杯乾玉米片加一片麵包—2 餐份

Lunch: $\frac{1}{3}$ cup of rice and $\frac{1}{2}$ cup of cooked plantains—2 servings

午餐: $\frac{1}{3}$ 杯米飯加 $\frac{1}{2}$ 杯煮熟的馬鈴薯—2 餐份

Dinner: $\frac{1}{2}$ cup of pasta and one bread stick—2 servings

晚餐: $\frac{1}{2}$ 杯麵條加一片麵包—2 餐份

Snack: 6 crackers—1 serving

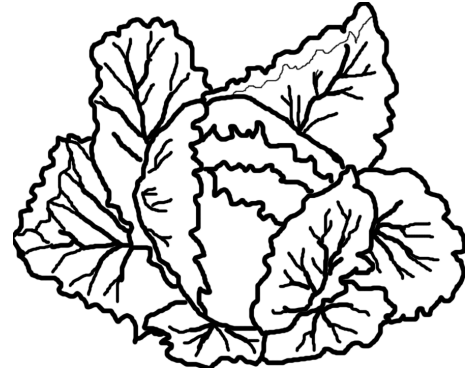
零食: 6 片餅乾—1 餐份

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

整天共有：7餐份。注意每餐像這樣的配搭就有均衡的碳水化合物，才可幫助你容易控制你的血糖。

Vegetables

蔬菜



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

蔬菜對任何人，包括有糖尿病的人的健康都有好處。每天都要吃蔬菜，生的熟的都可以。蔬菜給你維他命、礦物質、和纖維素，但它熱量不多。最好選購顏色鮮豔的蔬菜，如：胡蘿蔔、青椒、茄子、美國芥蘭、番茄和菠菜。

You should have 3 to 5 servings every day.
你每天需要吃 三 至 五餐份 (serving)

How much is a serving of vegetables?

怎樣才算是一餐份呢？

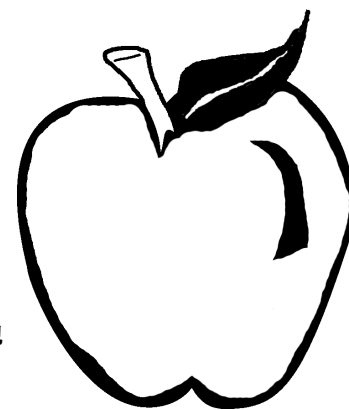
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
½ 杯煮熟的蔬菜如 熟的四季豆、茄子、菠菜或瓜類
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
一杯生的蔬菜如 沙拉、胡蘿蔔條或黃瓜片
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
½ 杯蔬菜汁如 番茄汁或胡蘿蔔汁

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

你可能每餐要吃一、二或三餐份才夠，如果真的要吃超過一餐份的話，最好選擇吃不同類別的蔬菜或吃同一種蔬菜2-3 餐份也可以。

Fruits

水果



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

水果對任何人，包括糖尿病人的健康都很有好處。水果可給你能量、多種維他命、多種礦物質和纖維素。

How many servings of fruit do I need?

我每天需要吃多少餐份的水果呢？

2 to 4 servings

2-4 餐份

What is a serving of fruit?

怎樣才算是一餐份呢？

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
一個小蘋果或梨子 (大小如一位女仕的拳頭)
- ◆ ½ cup of apple or orange juice
½ 杯蘋果汁或橙汁
- ◆ ½ of a grapefruit
½ 個葡萄柚
- ◆ 1 small banana or ½ of a large banana
一條香蕉或半條比較大的香蕉
- ◆ ½ cup of chopped fruit
½ 杯切碎的水果
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ 杯葡萄乾或乾果 (大約是你手可抓一把的量)

You might need to eat one or two servings of fruit at a meal.

你也許每餐需要吃一或二餐份的水果。

How should I eat fruit?

我要怎樣吃？

- ◆ Eat fruits raw, or as juice with no sugar added.
水果可以生吃、或打果汁，但不要加糖。
- ◆ Buy smaller pieces of fruit.
購買時盡量買小量。

Milk and Yogurt Foods

牛奶和乳酪

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

脫脂、低脂奶和乳酪對任何人的健康都有好處，包括患有糖尿病的人。牛奶和乳酪是給你能量、蛋白質、鈣質、礦物質、維他命A和其他多種維他命。

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day.

Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

每天都喝脫脂 (skim or nonfat) 或低脂 (1%) 奶和吃脫脂或低脂乳酪。因為它們含脂肪、動物油和膽固醇比較少。



How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

我每天需要多少餐份？每天 2-3 餐份

注意：如你在懷孕或餵母乳中，你每天需要吃 **4-5** 餐份的牛奶和乳酪。

How much is a serving of milk and yogurt?

怎樣才算是一餐份呢？

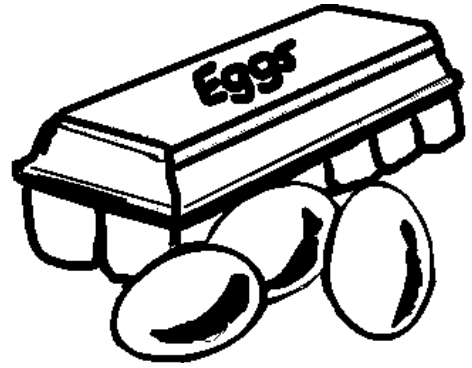
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
一 杯純脫脂乳酪 (加有 aspartame 的味道也可以)
- ◆ 1 cup skim or low-fat milk
一 杯脫脂或低脂奶

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

注意：避免購買註有 有水果在內的乳酪，因為它加有大量的糖。

Meat, Poultry, Fish, Eggs and Nuts

肉類、家禽類、魚、 蛋和堅果類



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

這組食物包括肉類(牛肉、豬油、羊肉)、雞、火雞、蛋、魚、堅果、豆腐或大豆類食品。每天都要吃一些這類的食物, 因為這些食物供應我們身體所需要的蛋白質。

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

蛋白質是幫助你的組織和肌肉生長, 又能提供你身體所需要的維他命和礦物質。

How many protein foods do I need each day? 2 to 3 servings

我每天需要吃多少餐份含蛋白質的食物呢? 2-3 餐份

How much is a serving of meat, poultry, fish, eggs and nuts?

肉類、家禽類、魚、蛋和堅果類, 多少才算是一餐份呢?

- ◆ 2 to 3 ounces of cooked fish
2-3 安士煮熟的魚
- ◆ 2 to 3 ounces cooked chicken
2-3 安士煮熟的雞
- ◆ 3 to 4 ounces tofu (1/2 cup)
3-4 安士豆腐 (1/2 杯)
- ◆ 1 egg (equals one ounce of protein)
一只蛋 (相等於一安士的蛋白質)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
一片或一安士起司 (大約是一個 D電池的大小)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 湯匙的花生醬 (相等於一安士)

Meat, Poultry, Fish, Eggs and Nuts (continued)

肉類、家禽類、魚、蛋和堅果類

Helpful Tips:

要點提示：

- ◆ The serving size you eat now may be too big.
你所計算的一餐份可能比較大
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
你可以看看一盒撲克牌的大小，它的重量就等於2-3安士了。
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
挑選瘦的豬肉、牛肉、火腿或羊肉，再把多餘肥的部份切掉。
- ◆ Eat chicken or turkey without the skin.
吃雞或火雞，要把皮剝掉。
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
煮蛋白質類的食物要用少油烹煮方法如：烤、燒烤，炒、烘烤、蒸、水煮或燉。
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
煮肉類只用少許油即可，甚至可用噴霧油代替。
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
如要吃素，豆類或豆腐就是你最好的蛋白質來源。

Fats, Oils and Sweets

脂肪、油和糖類食品



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

脂肪和油類食品包括牛油、瑪如琳、豬油和其他用來烹煮用的油，另外也有橄欖油、葵花油和菜油植物油等。肉類、奶類、零食和甜點類食物都含有脂肪。要控制你的糖尿病，最好選擇吃一些含脂肪或飽和脂肪不多的食物（飽和脂肪就是從肉和動物產品中所得到的油脂）。

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

糖類食品是甜的，它有熱量但它所含的維他命和礦物質就不很多。有些甜點甚至含有很多的脂肪—如蛋糕、派、甜餅乾等。

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

吃太多糖和高脂肪類食物會讓你很難控制你的血糖和體重，如一定要吃，吃少量。

How much is a serving of fats, oils and sweets?

脂肪、油和糖類食品，怎樣才算是一餐份呢？

- ◆ 1 teaspoon oil
— 茶匙油
- ◆ 1 tablespoon regular salad dressing
— 湯匙普通的沙拉油
- ◆ 2 teaspoons light mayonnaise
2 茶匙半脂或脫脂美奶茲
- ◆ 1 strip of bacon
— 一條培根
- ◆ 1 cookie
— 一塊甜餅乾
- ◆ 1 plain doughnut
— 一個普通的甜圈圈
- ◆ 1 tablespoon syrup
— 湯匙糖漿
- ◆ 10–15 chips
10–15 片馬鈴薯片

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Diabetes

English

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Diabetes

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

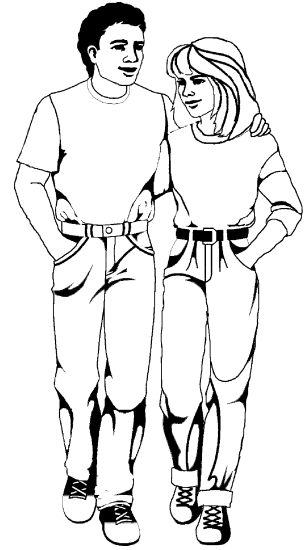
How is diabetes managed? The management of diabetes has three parts:

- ◆ Healthy Eating
- ◆ Physical Activity
- ◆ Medication (if needed)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Many people with diabetes also need to take medicine to help control their blood sugar.



Eat Healthy

Using the Food Guide Pyramid helps you eat a variety of healthy foods.

Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

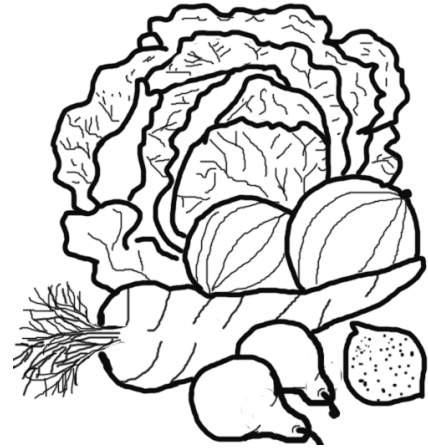
Here is an example of getting a variety of foods each day.

	Day 1	Day 2
Grains:	tortilla	brown rice
Fruit:	apple	mango
Vegetable:	broccoli	tomatoes
Dairy:	milk	yogurt
Protein:	chicken	beans

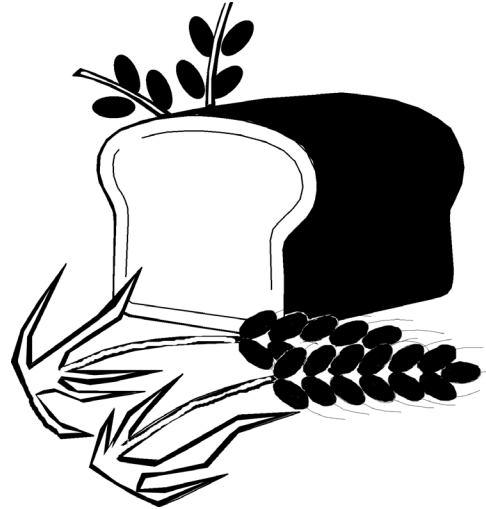


Eat From all the Food Groups

- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice”.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
- ◆ Eat raw and cooked vegetables with very little fat.
- ◆ Use mustard instead of mayonnaise on a sandwich.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.



Grains, Beans and Starchy Vegetables



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

How many starches/carbohydrates do I need each day? 6–11 servings each day. The number of servings you should eat each day depends on:

- ◆ The calories you need
- ◆ Your diabetes treatment plan

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

How much is one serving of starch/carbohydrate?

- ◆ 1 slice of bread
- ◆ 1 small potato, casaba or plantain
- ◆ $\frac{1}{2}$ cup cooked cereal such as oatmeal or cream of wheat
- ◆ $\frac{3}{4}$ cup dry cereal such as corn flakes
- ◆ $\frac{1}{3}$ cup of cooked rice
- ◆ 1 small tortilla, roti bread or enjira bread

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

Breakfast: $\frac{3}{4}$ cup dry cereal and 1 slice of bread—2 servings

Lunch: $\frac{1}{3}$ cup of rice and $\frac{1}{2}$ cup of cooked plantains—2 servings

Dinner: $\frac{1}{2}$ cup of pasta and one bread stick—2 servings

Snack: 6 crackers—1 serving

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Vegetables

Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday.

Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.



You should have 3 to 5 servings every day.

How much is a serving of vegetables?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
- ◆ 1-cup raw vegetables, like a salad, carrot sticks or cut up cucumbers.
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

Fruits

Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

How many servings of fruit do I need?

2 to 4 servings

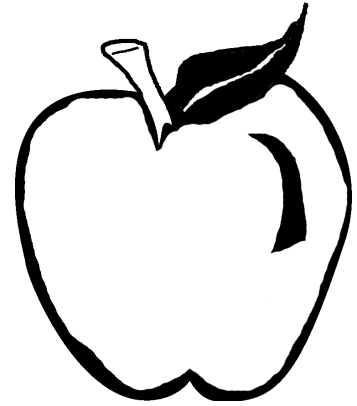
What is a serving of fruit?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
- ◆ ½ cup of apple or orange juice
- ◆ ½ of a grapefruit
- ◆ 1 small banana or ½ of a large banana
- ◆ ½ cup of chopped fruit
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)

You might need to eat one or two servings of fruit at a meal.

How should I eat fruit?

- ◆ Eat fruits raw, or as juice with no sugar added.
- ◆ Buy smaller pieces of fruit.



Milk and Yogurt Foods

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.



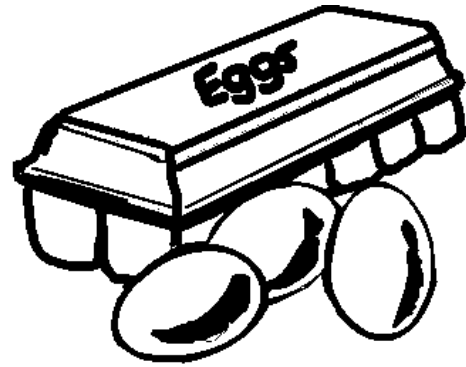
How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

How much is a serving of milk and yogurt?

- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
- ◆ 1 cup skim or low-fat milk

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

Meat, Poultry, Fish, Eggs and Nuts



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

How many protein foods do I need each day? 2 to 3 servings

How much is a serving of meat, poultry, fish, eggs and nuts?

- ◆ 2 to 3 ounces of cooked fish
- ◆ 2 to 3 ounces cooked chicken
- ◆ 3 to 4 ounces tofu ($\frac{1}{2}$ cup)
- ◆ 1 egg (equals one ounce of protein)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
- ◆ 2 tablespoons of peanut butter (equals one ounce)

Helpful Tips:

- ◆ The serving size you eat now may be too big.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
- ◆ Eat chicken or turkey without the skin.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.

Fats, Oils and Sweets

Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).



Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

How much is a serving of fats, oils and sweets?

- ◆ 1 teaspoon oil
- ◆ 1 tablespoon regular salad dressing
- ◆ 2 teaspoons light mayonnaise
- ◆ 1 strip of bacon
- ◆ 1 cookie
- ◆ 1 plain doughnut
- ◆ 1 tablespoon syrup
- ◆ 10-15 chips

English

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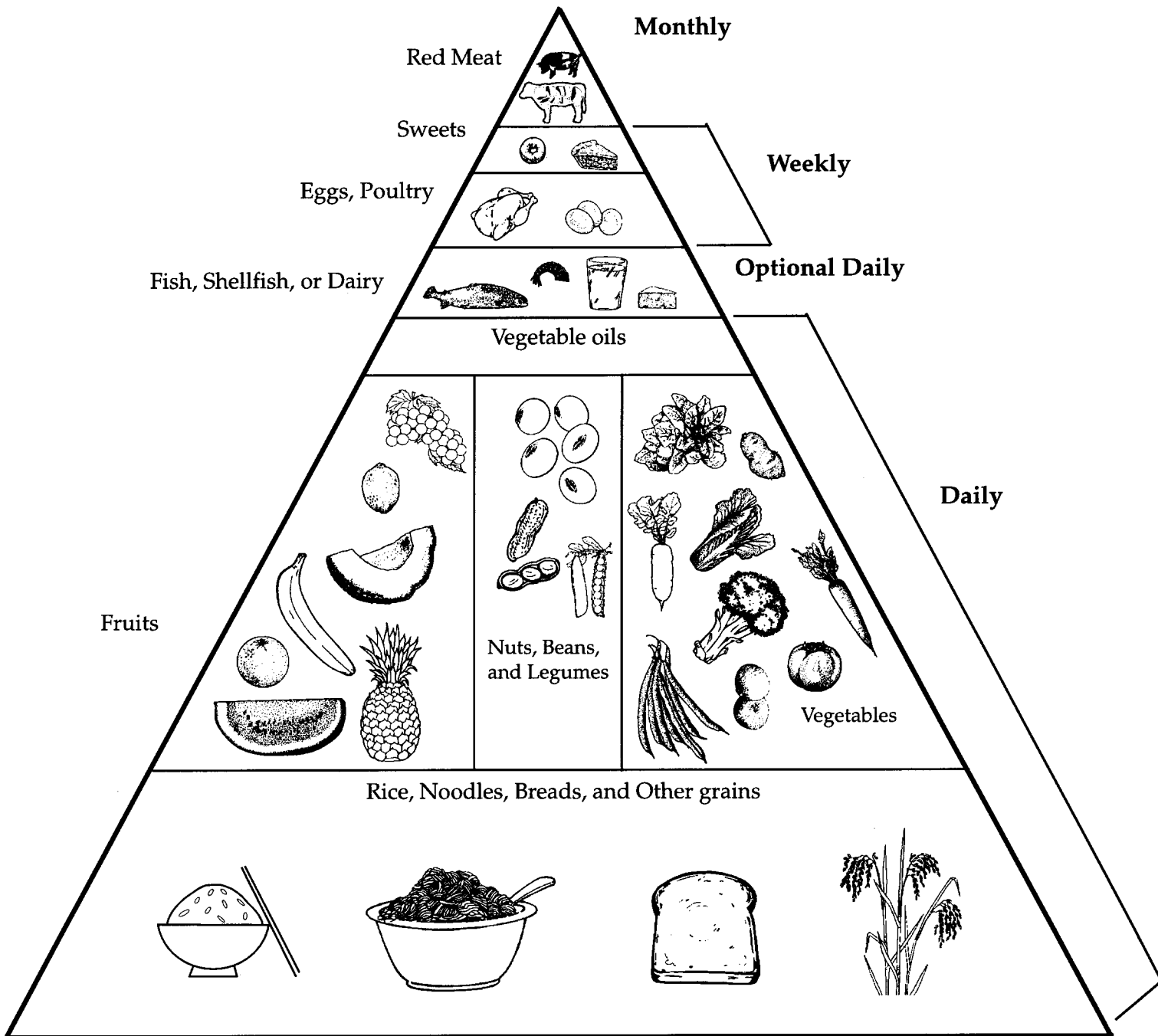
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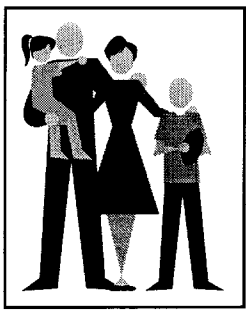


Asian Food Pyramid

The Food Pyramid is a general guide that lets you choose a healthy diet that's right for you. Each of these food groups provide some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.



Asian Language Version



Better Health Begins With You!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.
2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.
3. Drink at least 8 glasses of pure, fresh water every day.
4. Eat lean, low-fat meats, such as chicken or fish.
5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.
6. Limit your intake of sweets and alcoholic beverages.
7. Take part in some form of physical activity every day. Take a walk, dance, or play.
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

English

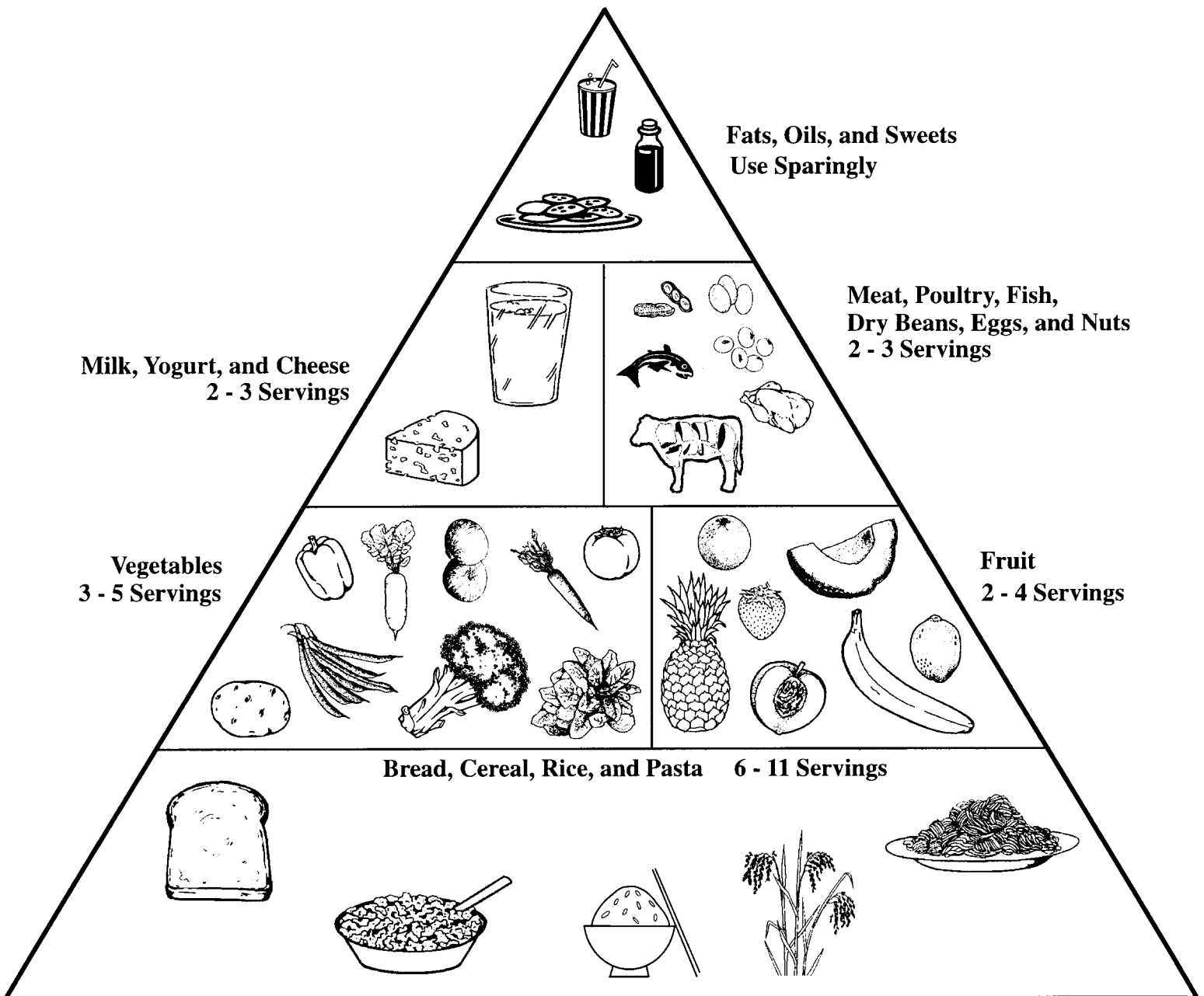
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The Food Pyramid

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.



English Language Version

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Good Food for Kids

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.
2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.
3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.
4. Energy is important and comes from breads, rice, cereal, and pasta.
5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

English

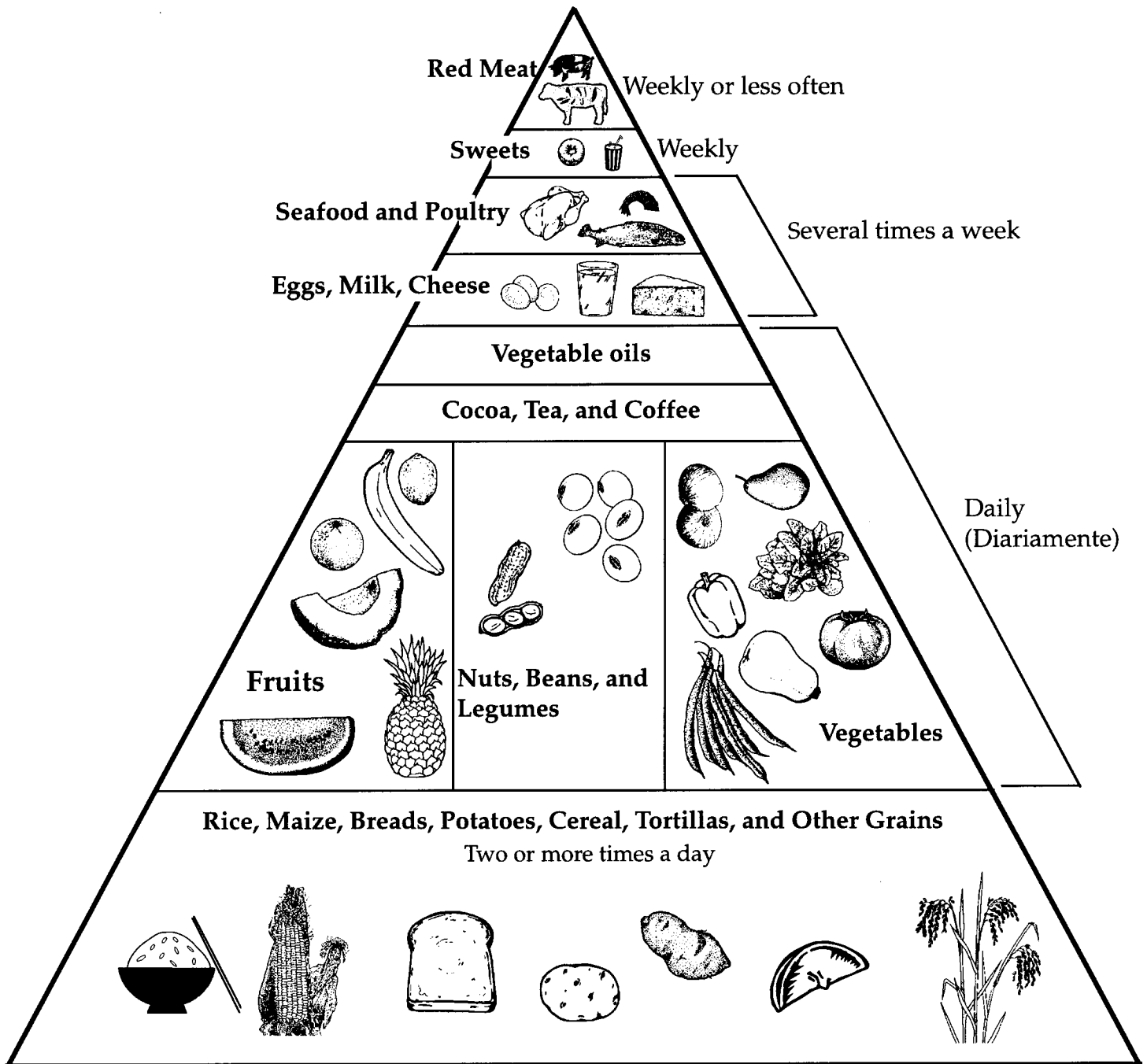
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The Latin American Food Pyramid (Piramide de Alimentos Latinoamericana)

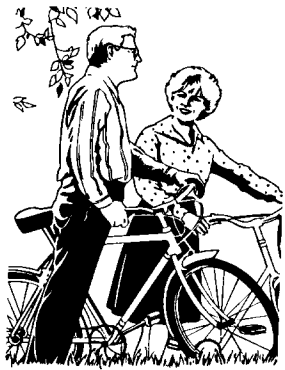
Protein comes from plants and grains instead of animals. Nuts, seeds, and starchy vegetables make up the bulk of the diet. Spices and chiles are used to give the low-fat ingredients flavor and zest.

(Las proteínas de plantas y granos llenan mucho más que las proteínas animales. Los almidones, vegetales así como las nueces y semillas hacen la mayor parte de la dieta. Los chiles o las especias son recomendados libremente para dar sabores agradables a dietas blandas baja en grasa.)



English Language Version

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Better Nutrition for Mature Adults

1. Drink 6 - 8 glasses of water every day.
2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.
3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.
4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.
5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.
6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

English

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Better Health for Mother and Baby

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.
2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.
3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.
4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.
5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.
6. See your doctor early in your pregnancy.
7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

English

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NUTRITION EDUCATION FOR NEW AMERICANS PROJECT

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Diabetes

دیابت چیست؟

Farsi

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این مطالب برای برنامه آموزش تغذیه آمریکایی‌های تازه وارد توسط دانشکده انسان‌شناسی و جغرافیا در دانشگاه ایالتی جورجیا واقع در آتلانتا، جورجیا تهیه شده است. هزینه آن توسط وزارت کشاورزی، غذایی و خدمات مصرف‌کننده آمریکا برای برنامه کمک غذایی به خانواده‌ها تهیه شده است. مطابق با قانون دولت فدرال و سیاست وزارت کشاورزی آمریکا، این موسسه از تبعیض براساس نژاد، رنگ، ملیت، جنسیت، سن، معلولیت، مذهب یا عقاید سیاسی منع شده است. برای اطلاعات بیشتر با (404) 651-2542 تماس بگیرید.



Diabetes

دیابت چیست؟

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

دیابت چیست؟

دیابت بیماری است که انسولین توسط بدن تولید نشده و یا بطور مناسب استفاده نمی‌شود.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

انسولین هورمونی است که قند، نشاسته و سایر مواد غذایی را به انرژی مورد نیاز برای زندگی روزمره تبدیل می‌کند.



How is diabetes managed?

The management of diabetes has three parts:

- ◆ Healthy Eating
- ◆ Physical Activity
- ◆ Medication (if needed)

اداره کردن دیابت سه قسمت دارد:

تغذیه سالم

فعالیت بدنی

دارو (در صورت لزوم)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

دیابتم را چگونه میتوانم کنترل کنم؟

شما میتوانید قند خون (گلوکز خون) و دیابت را با تغذیه سالم، فعالیت بدنی کافی و تنظیم وزن بدن کنترل کنید.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

همچنین وزن سالم میتواند به شما کمک کند تا مقدار چربی خون (کلسترول) را کنترل کرده و باعث کاهش فشار خون شود.

Many people with diabetes also need to take medicine to help control their blood sugar.

بسیاری از افراد دیابتی به دارو احتیاج دارند تا قند خونشان را کنترل کنند.

Eat Healthy

چطور میتوانم تغذیه سالم داشته باشم؟

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

استفاده از هرم راهنمای غذا به شما کمک میکند تا انواع غذاهای سالم را بخورید. انواع غذا به معنای آنست که روزانه غذاهای مختلف از هر گروه غذایی بخورید. وقتی روزانه غذاهای مختلف می‌خورید، بدن شما مواد معدنی و ویتامین‌های لازم را میگیرد.



Here is an example of getting a variety of foods each day.

در اینجا مثالی از دریافت غذاهای روزانه است:

	Day 1	Day 2
Grains:	tortilla	brown rice
Fruit:	apple	mango
Vegetable:	broccoli	tomatoes
Dairy:	milk	yogurt
Protein:	chicken	beans

روز 2

روز 1

برنج قهوه‌ایی

ذرت

غلات:

انبه

سیب

میوه:

گوجه فرنگی

کلم

سبزیجات:

ماست

شیر

لبنیات:

حبوبات

مرغ

پروتئین:

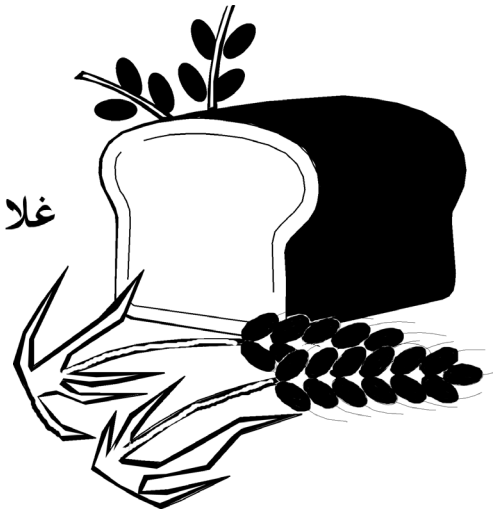
Eat From all the Food Groups



روش‌های سالم برای خریدن، پختن و خوردن از تمام گروه‌های غذایی چیست؟

- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
- ◆ نان و غذای حاوی پوست غلات و سبوس بخرید. بطور مثال نان حاوی پوست گندم، نان جو، برنج قهوه‌ایی، پستا حاوی پوست گندم و گندم برشته و شاه دانه.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
- ◆ غذای سرخ‌کردنی و نشاسته پرچربی از قبیل شیرینی، بیسکویت یا کیک کمتر بخورید.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
- ◆ تازه بهترین انتخاب است. وقتی کنسرو میوه می‌خرید، به عبارت “با عصاره طبیعی کنسرو شده” توجه کنید. میوه
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
- ◆ میوه با اندازه کوچکتر بخرید، و آب میوه به مقدار کم بنوشید.
- ◆ Eat raw and cooked vegetables with very little fat.
- ◆ سبزیجات خام و پخته با چربی کم بخورید.
- ◆ Use mustard instead of mayonnaise on a sandwich.
- ◆ خردل (موستارد) بجای مایونز برای ساندویچ استفاده کنید.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
- ◆ وقتی سبزیجات را می‌پزید، بجای روغن، کره، مارگارین یا چربی خوک از روغن اسپری استفاده کنید.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
- ◆ پختن که برای شما مناسب هستند: حرارت دادن در اجاق، سرخ کردن روی آتش، جوشاندن، کنید. سرخ کردن سریع با حرارت زیاد، برشته کردن، بخارپز، دم کردن، و کباب کردن. روش‌های از پختن غذا با روغن زیاد اجتناب
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
- ◆ کنید. قسمت کم چربی گوشت مرغ و بوقلمون را انتخاب کنید. وقتی گوشت خوک و گاو می‌خرید، چربی اضافه آنرا جدا
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
- ◆ شیر بدون چربی (بدون سرشیر) یا شیر با چربی کم (1%) یا لبنیات را انتخاب کنید.

Grains, Beans and Starchy Vegetables



غلات، حبوبات و سبزیجات نشاسته‌ای چه هستند؟

What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

سبزیجات نشاسته‌ای یا کربوهیدراتها چه هستند؟

نشاسته‌ها از قبیل نان، غلات، پستا، حبوبات، لوبیا یا سبزیجات نشاسته‌ای هستند. در هر وعده غذا مقداری نشاسته (کربوهیدرات) بخورید. ممکن است مردم به شما بگویند که نشاسته (کربوهیدرات) زیاد نخورید، ولی این دیگر توصیه صحیحی نیست. خوردن نشاسته (کربوهیدرات) برای سلامت هرکسی مفید است، شامل افراد دیابتی.

How many starches/carbohydrates do I need each day? 6-11 servings each day

روزانه به چه مقدار نشاسته (کربوهیدرات) نیاز دارم؟

6-11 خوراک روزانه

The number of servings you should eat each day depends on:

- ◆ The calories you need
- ◆ Your diabetes plan

مقدار مورد نیاز خوراک روزانه بستگی دارد به:

- ◆ کالری مورد نیاز شما
- ◆ برنامه معالجه شما

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

نشاسته‌ها و کربوهیدرات برای بدن من چکار می‌کنند؟

نشاسته‌ها به بدن شما انرژی، ویتامین ب، مواد معدنی و الیاف می‌دهند. غلات با پوست بهتر هستند زیرا مقدار بیشتری ویتامین، مواد معدنی و الیاف دارند. الیاف به شما کمک می‌کند تا حرکات روده منظم داشته باشید. همچنین به شما در کنترل قند خون کمک می‌کند.

Grains, Beans and Starchy Vegetables (continued)

غلات، حبوبات و سبزیجات نشاسته‌ای

How much is one serving of starch/carbohydrate?

- ◆ 1 slice of bread
- ◆ 1 small potato, casaba or plantain
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
- ◆ ¾ cup dry cereal such as corn flakes
- ◆ ⅓ cup of cooked rice
- ◆ 1 small tortilla, roti bread or enjira bread

يك خوراك نشاسته كاربوهيدرات چقدر است؟

◆ 1 برش نان

◆ 1 عدد سیب زمینی کوچک

◆ ½ لیوان غلات پخته مثل جو یا گندم

◆ ¾ لیوان غلات خشک مثل برگه ذرت

◆ ⅓ لیوان برنج پخته

◆ 1 عدد نان ذرت کوچک، نان گرد هندی (روتی)

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Dinner: ½ cup of pasta and one bread stick—2 servings

Snack: 6 crackers—1 serving

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

ممکن است به خوردن يك، دو یا سه خوراك نشاسته (كربوهيدرات) در يك وعده غذا نیاز داشته باشید.

اگر به بیش از يك خوراك نیاز داشتید، غذاهای مختلف از این گروه غذایی انتخاب کنید. بطور مثال:

صبحانه: ¾ لیوان غلات خشک و يك برش نان - 2 خوراك

نهار: ⅓ لیوان برنج و ½ لیوان بارهنگ پخته - 2 خوراك

شام: ½ لیوان پستا و يك تکه نان - 2 خوراك

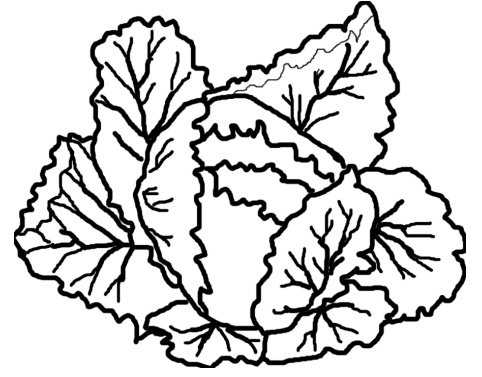
عصرانه: 6 کراکر - 1 خوراك

جمع روزانه: 7 خوراك. توجه کنید که کربوهیدراتها بطور متوازن در هر وعده غذا باشند. این به شما در

کنترل قند خون کمک می‌کند.

Vegetables

سبزیجات



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

سبزیجات برای سلامتی هرکسی خوب است، از جمله افراد دیابتی. هرروز سبزیجات خام و پخته بخورید. سبزیجات به شما مواد معدنی، ویتامین و الیاف با کالری کم می دهد. سبزیجات با رنگ روشن انتخاب کنید. سبزیجات بطور مثال: هویج، فلفل، بادمجان، کلم، گوجه فرنگی و اسفناج.

You should have 3 to 5 servings every day.

شما باید روزانه 3 تا 5 خوراک (سبزیجات) داشته باشید.

How much is a serving of vegetables?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice

یک خوراک سبزیجات چقدر است؟

- ◆ ½ مثل نخود سبزی پخته، بادمجان، کدو و اسفناج لیوان سبزیجات پخته
- ◆ 1 لیوان سبزیجات خام مثل سالاد، هویج و خیار
- ◆ ½ لیوان آب میوه مثل آب هویج یا گوجه فرنگی

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

ممکن است به مقدار یک، دو یا سه خوراک سبزیجات در یک وعده غذا احتیاج داشته باشید.

اگر مقدار بیش از یک خوراک سبزیجات در یک وعده غذا احتیاج داشتید، انواع مختلف سبزیجات و یا مقدار دو یا سه خوراک از یک نوع سبزیجات را انتخاب کنید.

Fruits

میوه‌ها



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

میوه برای سلامت هرکسی مفید است، شامل افراد دیابتی. میوه به شما انرژی، ویتامین، مواد معدنی و الیاف می‌دهد.

How many servings of fruit do I need? 2 to 4 servings

چقدر خوراک میوه لازم دارم؟

2 تا 4 خوراک

What is a serving of fruit?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
- ◆ ½ cup of apple or orange juice
- ◆ ½ of a grapefruit
- ◆ 1 small banana or ½ of a large banana
- ◆ ½ cup of chopped fruit
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)

یک خوراک میوه چیست؟

- ◆ 1 عدد سیب یا گلابی کوچک (تقریباً به اندازه مشت دست یک زن)
- ◆ ½ لیوان آب سیب یا پرتغال
- ◆ ½ گریپ فروت
- ◆ 1 عدد موز کوچک یا 1/2 موز بزرگ
- ◆ ½ لیوان میوه خردشده
- ◆ ¼ لیوان کشمش یا میوه خشک شده (تقریباً به اندازه کف دست)

You might need to eat one or two servings of fruit at a meal.

ممکن است به یک یا دو خوراک میوه در یک وعده غذا نیاز داشته باشید.

How should I eat fruit?

- ◆ Eat fruits raw, or as juice with no sugar added.
- ◆ Buy smaller pieces of fruit.

چطور باید میوه بخورم؟

- ◆ میوه‌ها را بطور خام یا آبمیوه (بدون شکر افزودنی) بخورید.
- ◆ میوه‌های اندازه کوچکتر را بخرید.

Milk and Yogurt Foods

غذاهای شیر و ماست

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

شیر و ماست بدون چربی و کم چربی برای سلامت همه مردم مفید است، شامل افراد دیابتی. شیر و ماست شما انرژی، پروتئین، کلسیم، ویتامین آ و سایر ویتامینها و مواد معدنی می دهد.

پروتئین، کلسیم، ویتامین آ و سایر ویتامینها و مواد معدنی می دهد. به شما انرژی،



Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

هر روز شیر بدون چربی (بدون سرشیر) و کم چربی (1%) بخورید. ماست بدون چربی و کم چربی بخورید. آنها دارای چربی، کلسترول و چربی اشباع شده کمتری هستند.

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

روزانه چقدر خوراک شیر و ماست لازم دارم؟

2 تا 3 خوراک هر روز توجه: اگر حامله هستید یا بچه شیر می دهید، روزانه چهار تا پنج خوراک شیر و ماست بخورید.

How much is a serving of milk and yogurt?

- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
- ◆ 1 cup skim or low-fat milk

یک خوراک شیر و ماست چقدر است؟

◆ 1 لیوان ماست ساده بدون چربی (همچنین بدنبال ماست با ماده افزودنی اسپارتیم باشید)

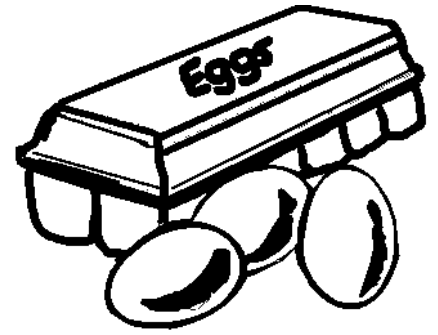
◆ 1 لیوان شیر بدون سرشیر یا شیر کم چربی

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

توجه: از ماستهایی که نوشته "میوه در ته آن" اجتناب کنید. این ماستها مقدار زیادی شکر افزودنی دارند.

Meat, Poultry, Fish, Eggs and Nuts

مرغ، ماهی، تخم مرغ و آجیل



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

این گروه غذایی شامل محصولات گوشت (خوک، گاو، گوسفند)، مرغ، بوقلمون، ماهی، تخم مرغ و آجیل، پنیر سویا یا شیر سویا است. روزانه مقدار کمی از این غذاها بخورید. این غذاها برای بدن ما پروتئین فراهم می کنند.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

غذاهای پروتئینی به بدن شما کمک می کنند تا عضله و ماهیچه بسازد. همچنین به بدن شما مواد معدنی و ویتامین می دهد.

How many protein foods do I need each day? 2 to 3 servings

روزانه به چه مقدار غذاهای پروتئینی نیاز دارم؟ 2 تا 3 خوراک

How much is a serving of meat, poultry, fish, eggs and nuts?

- ◆ 2 to 3 ounces of cooked fish
- ◆ 2 to 3 ounces cooked chicken
- ◆ 3 to 4 ounces tofu (1/2 cup)
- ◆ 1 egg (equals one ounce of protein)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
- ◆ 2 tablespoons of peanut butter (equals one ounce)

یک خوراک گوشت، مرغ، ماهی، تخم مرغ و آجیل چقدر است؟

◆ 2 تا 3 اونس ماهی پخته (هر اونس تقریباً سی گرم است)

◆ 2 تا 3 اونس مرغ پخته

◆ 3 تا 4 اونس پنیر سویا (1/2 لیوان)

◆ 1 عدد تخم مرغ (معادل یک اونس پروتئین)

◆ 1 برش پنیر یا یک اونس پنیر (تقریباً به اندازه یک باطری دی)

◆ 2 قاشق کره بادام زمینی (معادل یک اونس)

Meat, Poultry, Fish, Eggs and Nuts (continued)

مرغ، ماهی، تخم مرغ و آجیل

Helpful Tips:

- ◆ The serving size you eat now may be too big.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
- ◆ Eat chicken or turkey without the skin.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.

نکات مفید:

- ◆ ممکن است این اندازه خوراک برای شما زیاد باشد.
- ◆ به يك دست ورق بازی نگاه کنید، این به اندازه 2 تا 3 اونس می باشد.
- ◆ قسمتی از گوشت خوک، گاو و گوسفند را بخرید که چربی کمی دارد. چربی اضافی را جدا کنید
- ◆ مرغ و بوقلمون را بدون پوست بخورید.
- ◆ پروتئینی را با روغن کم بپزید: برشته کردن، سرخ کردن سریع با حرارت زیاد، کباب کردن، سرخ کردن روی آتش، بخارپز، دم کردن یا جوشاندن. غذاهای
- ◆ موقع پختن گوشت از مقدار کمی روغن، یا از روغن اسپری بجای روغن معمولی استفاده کنید.
- ◆ غذاهای بدون گوشت بخورید. از حبوبات و سویا بعنوان منبع پروتئینی استفاده کنید.

Fats, Oils and Sweets

چربی، روغن و شیرینی



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

چربی و روغن شامل کره، مارگارین، چربی خوک، روغن‌های افزودنی به غذا و روغن برای طبخ غذا استفاده می‌کنیم. بعضی از انواع روغن‌های عبارتند: روغن گیاهی، زیتون و روغن کانولا. برای کنترل دیابت خودتان، بهتر است که از غذاهای چرب و با چربی اشباع شده (چربی (یوانی) کمتر بخورید.

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

شیرینی‌ها، غذاهای قندی هستند که کالری دارند ولی مواد معدنی و پروتئین چندانی ندارند. همچنین بعضی از شیرینی‌ها چربی زیادی دارند، مانند کیک، کلوچه و شیرینی خشک.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

خوردن زیاد غذاهای چرب و شیرین باعث اشکال در کنترل قندخون و وزن شما می‌شود. اگر غذای چرب و شیرین می‌خورید، مقدار کم مصرف کنید.

How much is a serving of fats, oils and sweets?

- ◆ 1 teaspoon oil
- ◆ 1 tablespoon regular salad dressing
- ◆ 2 teaspoons light mayonnaise
- ◆ 1 strip of bacon
- ◆ 1 cookie
- ◆ 1 plain doughnut
- ◆ 1 tablespoon syrup
- ◆ 10–15 chips

یک خوراک چربی، روغن و شیرینی چقدر است؟

1 قاشق چایخوری روغن

1 قاشق چاشنی معمولی سالاد

2 قاشق چایخوری مایونز رقیق

1 برش گوشت خوک

1 عدد شیرینی خشک (کوکی)

عدد شیرینی ساده (دونات)

قاشق چایخوری شیره گیاهی

10–15 برگه چیپس (سیب زمینی سرخ شده)

Farsi

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. For more information call (404) 651-2542.

این مطالب برای برنامه آموزش تغذیه آمریکایی‌های تازه وارد توسط دانشکده انسان شناسی و جغرافیا در دانشگاه ایالتی جورجیا واقع در آتلانتا، جورجیا تهیه شده است. هزینه آن توسط وزارت کشاورزی، غذایی و خدمات مصرف‌کننده آمریکا برای برنامه کمک غذایی به خانواده‌ها تهیه شده است. مطابق با قانون دولت فدرال و سیاست وزارت کشاورزی آمریکا، این موسسه از تبعیض براساس نژاد، رنگ، ملیت، جنسیت، سن، معلولیت، مذهب یا عقاید سیاسی منع شده است. برای اطلاعات بیشتر با (404) 651-2542 تماس بگیرید.



The Food Pyramid

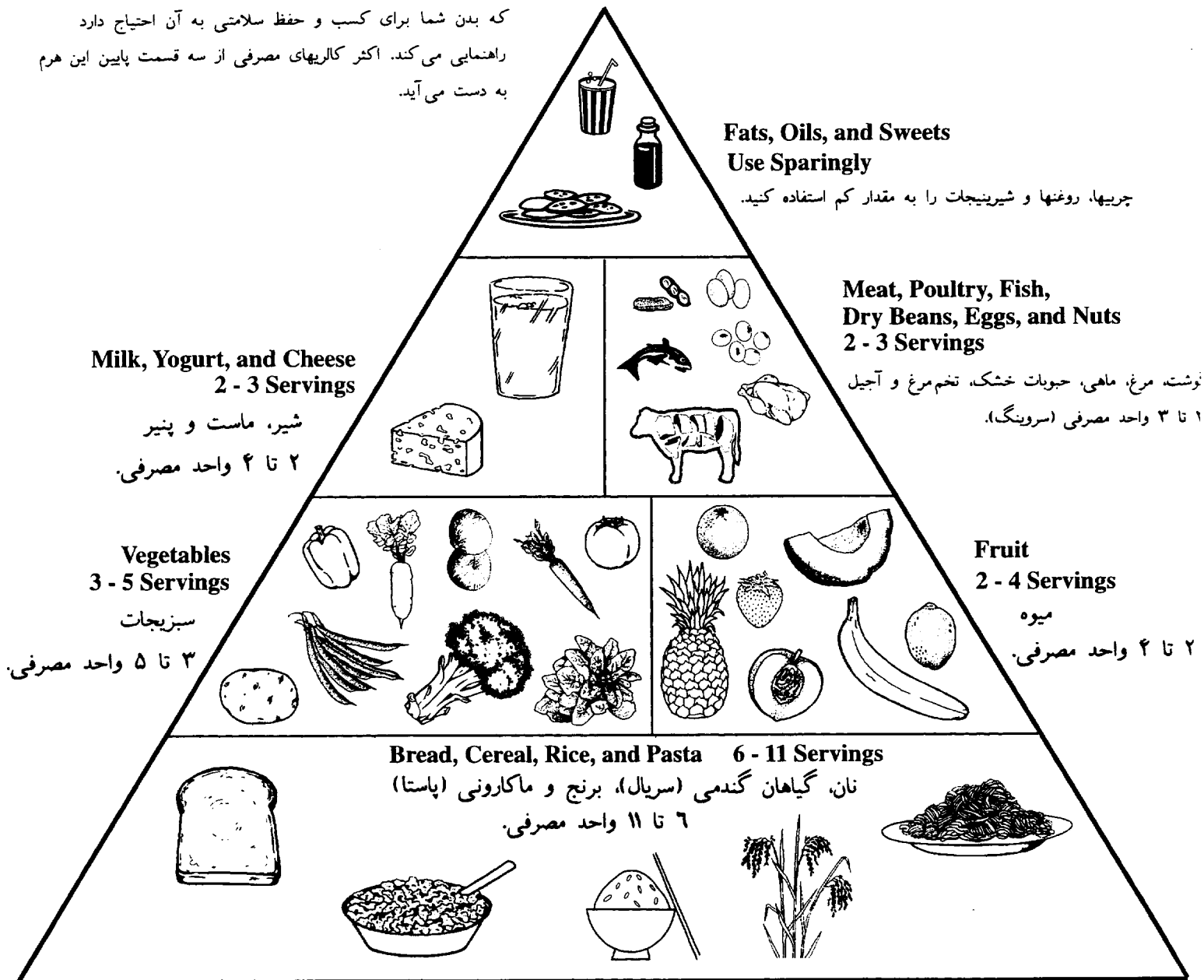
((هرم تغذیه))

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

راهنمای «هرم تغذیه» راهنمای عمومی است که به شما اجازه می دهد تا رژیم غذایی مناسب خود را انتخاب کنید. این راهنما شما را به خوردن غذاهای مختلف و مغذی و همچنین مقدار کالری که بدن شما برای کسب و حفظ سلامتی به آن احتیاج دارد راهنمایی می کند. اکثر کالریهای مصرفی از سه قسمت پایین این هرم به دست می آید.

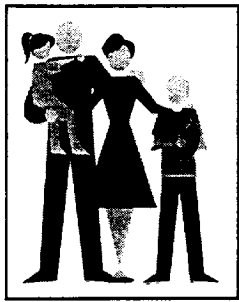
Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

هر کدام از این سه قسمت مقداری از مواد مغذی را که بدن شما به آن احتیاج دارد فراهم می کند. غذاهایی که در هر یک از این سه قسمت قرار دارند نمی توانند جایگزین غذاهای قسمت دیگر شوند. همچنین هیچکدام از غذاهای این سه قسمت بر غذاهای گروه دیگر ارجحیت ندارند. برای سلامتی به هر سه گروه نیاز است.



Farsi Language Version

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Better Health Begins With You!

سلامت بهتر با شما شروع می شود!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

روزانه به مقدار ۶ تا ۱۱ واحد مصرفی کوچک از نان کم چربی، برنج و ماکارونی (پاستا) بخورید.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

روزانه ۵ واحد میوه و سبزیجات بخورید. برای مثال، شما می توانید یک لیوان آب پرتقال برای صبحانه،

مقداری سالاد برای ناهار، مقداری لوبیا سبز یا سیب زمینی آب پز شده یا انگور برای شام میل کنید.

3. Drink at least 8 glasses of pure, fresh water every day.

روزانه حداقل ۸ لیوان آب تصفیه شده و تازه بنوشید.

4. Eat lean, low-fat meats, such as chicken or fish.

غذاهای کم چربی مانند مرغ و ماهی بخورید.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

لبنیات کم چربی یا بدون چربی مانند شیر رقیق یا ماست یخ زده انتخاب کنید.

6. Limit your intake of sweets and alcoholic beverages.

مقدار مصرف شیرینیجات و مشروبات الکلی را محدود سازید.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ورزش، مانند پیاده روی و رقص را در دستور کار روزانه خود جا دهید.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

روغنهای نباتی را به دلیل نداشتن کلسترول، جایگزین روغنهای حیوانی کنید.

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Better Nutrition for Mature Adults

سلامت بهتر برای اشخاص بالغ

1. Drink 6 - 8 glasses of water every day.

روزانه ۶ تا ۸ لیوان آب بنوشید.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

برای تأمین کلسیم بدن و قوی کردن استخوانها از غذاهایی مانند شیر، پنیر، ماست، ماهی استخواندار، کلم سبز و لوبیاهای سبز که حاوی این ماده هستند، استفاده کنید.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

ویتامین «آ» و ویتامین «سی» بدن خود را با مصرف میوه و سبزیجات مختلف مانند پرتغال و هویج تأمین کنید. ویتامین «آ» برای تقویت چشمان و پوست بدن بسیار مفید می باشد. ویتامین «سی» نیز لته های شما را در مقابل عفونت محفوظ نگه می دارد.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

برای تأمین انرژی بدن از غذاهای که حاوی آهن بسیار هستند استفاده کنید. آهن به طور وفور در غذاهایی مانند مرغ، گوشت قرمز، ماهی و حبوبات وجود دارد.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

در رژیم غذایی خود غذاهایی را که شامل ماده معدنی «روی» هستند، جا دهید. این ماده در گوشت، غذاهای دریایی و مرغ موجود است و برای بهبود زخمهای بدن نیز بسیار مفید می باشد.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

تمرینات بدنی را در دستور کار روزانه خود قرار دهید. در صورت امکان این کار را در هوای آزاد انجام دهید تا بدن شما با استفاده از نور آفتاب، ویتامین «دی» لازم را به دست آورد.

Farsi Language Version

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Better Health for Mother and Baby

سلامت بهتر برای مادر و کودک

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

از نوشیدن مشروبات الکلی و نوشابه‌هایی که حاوی مواد کافئینی مانند قهوه و نوشابه‌های غیرالکلی که در آنها کافئین وجود دارد، خودداری کنید.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

از غذاهایی که حاوی کلسیم هستند استفاده کنید. این مواد شامل شیر، پنیر، ماست، ماهی استخواندار و انواع لوبیاهای سبز می‌باشد.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

برای تأمین پروتئین بدن، روزانه ۲ تا ۳ واحد مصرفی گوشت، ماهی، تخم مرغ یا لوبیاهای خشک بخورید.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

برای تأمین ویتامین و مواد معدنی در بدن، روزانه حداقل ۵ واحد سبزیجات و میوه بخورید.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

برای تأمین سلامتی و انرژی بدن، روزانه ۶ تا ۱۱ واحد کوچک انواع غله مانند نان گندم و برنج قهوه‌ای بخورید.

6. See your doctor early in your pregnancy.

در مراحل اولیه حاملگی به دکتر خود رجوع کنید.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

در موقع حاملگی وزن خود را تحت کنترل داشته باشید. این اضافه وزن در اکثر خانمها باید بین ۲۵ تا ۳۰ پوند باشد. با دکتر خود در این مورد مشورت کنید.

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Good Food for Kids

سلامت بهتر برای کودکان

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

کلسیم برای رشد و پیشرفت بدن بسیار لازم می‌باشد. این ماده در شیر، ماست، ماهی‌های استخواندار و تعدادی از سبزیجات مانند کلم سبز موجود است.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

آهن در تولید انرژی بدن سهم بسزایی دارد. این ماده در گوشت قرمز، مرغ، ماهی و حبوبات وجود دارد.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

هویج، اسفناج و دیگر انواع میوه و سبزیجات دارای مقدار بسیار زیادی ویتامین «آ» و ویتامین «سی» می‌باشند. ویتامین «آ» در تقویت بینایی و سلامت پوست نقش مهمی را ایفا می‌کند. ویتامین «سی» نیز لثه‌ها را در برابر عفونتها محافظت می‌کند.

4. Energy is important and comes from breads, rice, cereal, and pasta.

با خوردن نان، گیاهان گندمی (سریال) و ماکارونی (پاستا) انرژی بدن تأمین می‌شود.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

خوراکیهای کوچک بین وعده‌های غذایی سالم مانند میوه، سبزیجات، لبنیات و آجیل بسیار مغذی‌تر از غذاهایی مانند سیب زمینی سرخ شده و نوشابه‌های گازدار هستند. این خوراکیها در سلامت دندانها نیز تأثیر فراوان دارند.

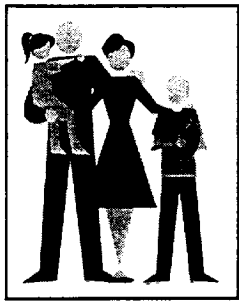
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

ورزش روزانه برای رشد و سلامت کودکان بسیار مفید می‌باشد.

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Better Health Begins With You!

سلامت بهتر با شما شروع می شود!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

روزانه به مقدار ۶ تا ۱۱ واحد مصرفی کوچک از نان کم چربی، برنج و ماکارونی (پاستا) بخورید.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

روزانه ۵ واحد میوه و سبزیجات بخورید. برای مثال، شما می توانید یک لیوان آب پرتقال برای صبحانه،

مقداری سالاد برای ناهار، مقداری لویا سبز یا سیب زمینی آب پز شده یا انگور برای شام میل کنید.

3. Drink at least 8 glasses of pure, fresh water every day.

روزانه حداقل ۸ لیوان آب تصفیه شده و تازه بنوشید.

4. Eat lean, low-fat meats, such as chicken or fish.

غذاهای کم چربی مانند مرغ و ماهی بخورید.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

لبنیات کم چربی یا بدون چربی مانند شیر رقیق یا ماست یخ زده انتخاب کنید.

6. Limit your intake of sweets and alcoholic beverages.

مقدار مصرف شیرینیجات و مشروبات الکلی را محدود سازید.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ورزش، مانند پیاده روی و رقص را در دستور کار روزانه خود جا دهید.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

روغنهای نباتی را به دلیل نداشتن کلسترول، جایگزین روغنهای حیوانی کنید.

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The Food Pyramid

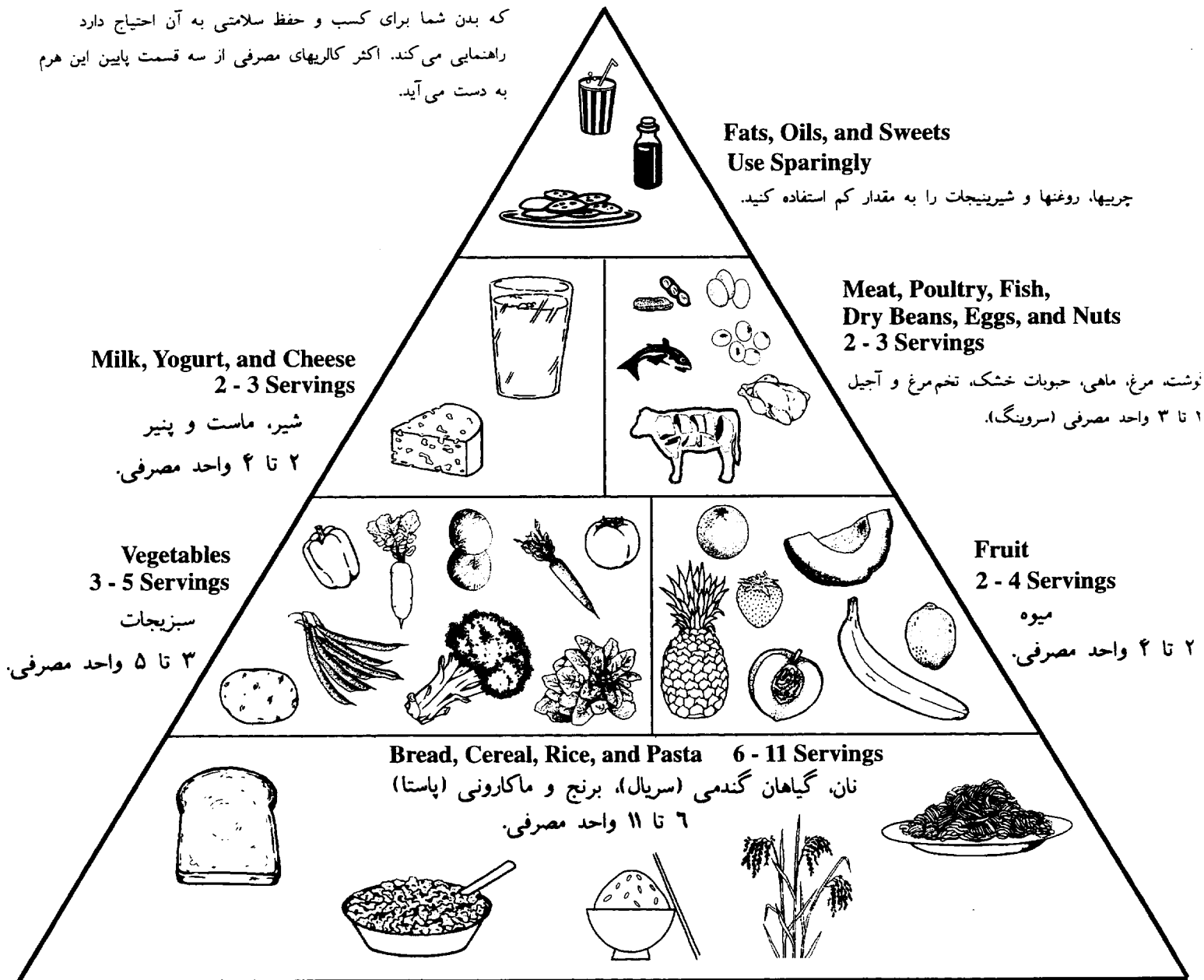
((هرم تغذیه))

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

راهنمای «هرم تغذیه» راهنمای عمومی است که به شما اجازه می دهد تا رژیم غذایی مناسب خود را انتخاب کنید. این راهنما شما را به خوردن غذاهای مختلف و مغذی و همچنین مقدار کالری که بدن شما برای کسب و حفظ سلامتی به آن احتیاج دارد راهنمایی می کند. اکثر کالریهای مصرفی از سه قسمت پایین این هرم به دست می آید.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

هر کدام از این سه قسمت مقداری از مواد مغذی را که بدن شما به آن احتیاج دارد فراهم می کند. غذاهایی که در هر یک از این سه قسمت قرار دارند نمی توانند جایگزین غذاهای قسمت دیگر شوند. همچنین هیچکدام از غذاهای این سه قسمت بر غذاهای گروه دیگر ارجحیت ندارند. برای سلامتی به هر سه گروه نیاز است.



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Good Food for Kids

سلامت بهتر برای کودکان

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

کلسیم برای رشد و پیشرفت بدن بسیار لازم می‌باشد. این ماده در شیر، ماست، ماهی‌های استخواندار و تعدادی از سبزیجات مانند کلم سبز موجود است.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

آهن در تولید انرژی بدن سهم بسزایی دارد. این ماده در گوشت قرمز، مرغ، ماهی و حبوبات وجود دارد.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

هویج، اسفناج و دیگر انواع میوه و سبزیجات دارای مقدار بسیار زیادی ویتامین «آ» و ویتامین «سی» می‌باشند. ویتامین «آ» در تقویت بینایی و سلامت پوست نقش مهمی را ایفا می‌کند. ویتامین «سی» نیز لثه‌ها را در برابر عفونتها محافظت می‌کند.

4. Energy is important and comes from breads, rice, cereal, and pasta.

با خوردن نان، گیاهان گندمی (سریال) و ماکارونی (پاستا) انرژی بدن تأمین می‌شود.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

خوراکیهای کوچک بین وعده‌های غذایی سالم مانند میوه، سبزیجات، لبنیات و آجیل بسیار مغذی‌تر از غذاهایی مانند سیب زمینی سرخ شده و نوشابه‌های گازدار هستند. این خوراکیها در سلامت دندانها نیز تأثیر فراوان دارند.

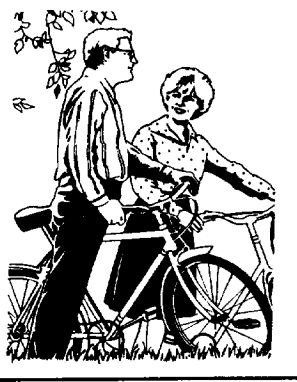
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

ورزش روزانه برای رشد و سلامت کودکان بسیار مفید می‌باشد.

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Better Nutrition for Mature Adults

سلامت بهتر برای اشخاص بالغ

1. Drink 6 - 8 glasses of water every day.

روزانه ۶ تا ۸ لیوان آب بنوشید.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

برای تأمین کلسیم بدن و قوی کردن استخوانها از غذاهایی مانند شیر، پنیر، ماست، ماهی استخواندار، کلم سبز و لوبیاهای سبز که حاوی این ماده هستند، استفاده کنید.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

ویتامین «آ» و ویتامین «سی» بدن خود را با مصرف میوه و سبزیجات مختلف مانند پرتغال و هویج تأمین کنید. ویتامین «آ» برای تقویت چشمان و پوست بدن بسیار مفید می باشد. ویتامین «سی» نیز لته های شما را در مقابل عفونت محفوظ نگه می دارد.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

برای تأمین انرژی بدن از غذاهای که حاوی آهن بسیار هستند استفاده کنید. آهن به طور وفور در غذاهایی مانند مرغ، گوشت قرمز، ماهی و حبوبات وجود دارد.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

در رژیم غذایی خود غذاهایی را که شامل ماده معدنی «روی» هستند، جا دهید. این ماده در گوشت، غذاهای دریایی و مرغ موجود است و برای بهبود زخمهای بدن نیز بسیار مفید می باشد.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

تمرینات بدنی را در دستور کار روزانه خود قرار دهید. در صورت امکان این کار را در هوای آزاد انجام دهید تا بدن شما با استفاده از نور آفتاب، ویتامین «دی» لازم را به دست آورد.

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Better Health for Mother and Baby

سلامت بهتر برای مادر و کودک

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

از نوشیدن مشروبات الکلی و نوشابه‌هایی که حاوی مواد کافئینی مانند قهوه و نوشابه‌های غیرالکلی که در آنها کافئین وجود دارد، خودداری کنید.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

از غذاهایی که حاوی کلسیم هستند استفاده کنید. این مواد شامل شیر، پنیر، ماست، ماهی استخواندار و انواع لوبیاهای سبز می‌باشد.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

برای تأمین پروتئین بدن، روزانه ۲ تا ۳ واحد مصرفی گوشت، ماهی، تخم مرغ یا لوبیاهای خشک بخورید.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

برای تأمین ویتامین و مواد معدنی در بدن، روزانه حداقل ۵ واحد سبزیجات و میوه بخورید.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

برای تأمین سلامتی و انرژی بدن، روزانه ۶ تا ۱۱ واحد کوچک انواع غله مانند نان گندم و برنج قهوه‌ای بخورید.

6. See your doctor early in your pregnancy.

در مراحل اولیه حاملگی به دکتر خود رجوع کنید.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

در موقع حاملگی وزن خود را تحت کنترل داشته باشید. این اضافه وزن در اکثر خانمها باید بین ۲۵ تا ۳۰ پوند باشد. با دکتر خود در این مورد مشورت کنید.

Farsi Language Version

These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service. For more information, call (404) 651-2542.





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Diabetes

Le diabète

French

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Ces matériaux ont été développés par Nutrition Education for New Americans/*Enseignement de la nutrition aux nouveaux Américains*, projet du département d'anthropologie de Georgia State University/*Université de l'état de Géorgie, Atlanta*. Financé par le ministère de l'agriculture américain – *Service de l'alimentation et de la consommation* – dans le cadre du Food Stamp Program offert aux familles. En accord avec la législation fédérale et la politique du ministère de l'agriculture américain, cet établissement est interdit d'exercer toute discrimination basée sur la race, couleur, l'origine nationale, le sexe, l'âge, la religion, opinions politiques ou toute autre incapacité. Pour de plus amples informations, veuillez nous contacter au (1) (404) 651-2542.



Diabetes

Le diabète

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

Qu'entend-on par diabète ? Le diabète est une maladie qui trouve son origine dans la mauvaise utilisation de l'insuline par le corps humain ou dans le fait que l'insuline n'est simplement pas produite par celui-ci.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

L'insuline est une hormone entraînant la conversion des sucre, féculents et nourritures diverses en énergie nécessaire aux activités de la vie quotidienne.

How is diabetes managed?

Comment bien gérer ces différents types de diabète ?

The management of diabetes has three parts:

Une bonne gestion des différents types de diabète requière le respect des trois facteurs suivants :

- ◆ Healthy Eating
Habitudes alimentaires saines
- ◆ Physical Activity
Exercice physique régulier
- ◆ Medication (if needed)
Prise de médicaments (éventuellement)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

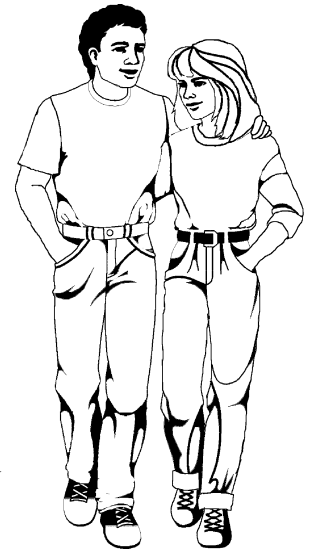
Comment puis-je bien gérer ces types de diabète ? Il vous est possible de contrôler votre taux de sucre sanguin (répondant également au nom de glucose) ainsi que ces types de diabètes en maintenant une nutrition équilibrée, un programme d'exercice physique régulier et un poids équilibré.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Un poids équilibré vous permet également de maintenir un taux de graisse sanguin équilibré tout en diminuant votre pression artérielle.

Many people with diabetes also need to take medicine to help control their blood sugar.

Nombreux individus atteints de diabète sont assujettis à une prise de médicaments afin d'être en mesure de contrôler leur taux de sucre sanguin.



Eat Healthy

Acquérir des habitudes alimentaires saines



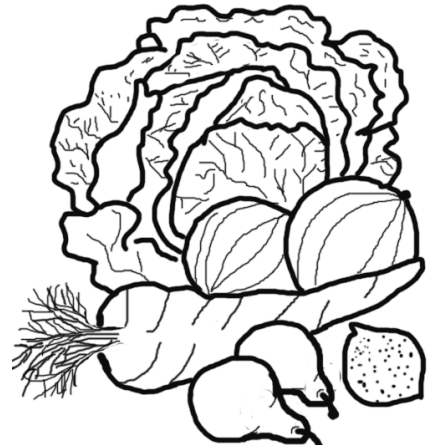
Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need. La consultation de la Food Guide Pyramid /la pyramide des guides alimentaires vous permet d'identifier et de consommer des aliments sains et variés. Par consommation d'aliments variés, on entend l'adoption d'habitudes alimentaires consistant en l'absorption d'une nourriture variée en harmonie avec ces groupes d'aliments. Lorsque vous mangez quotidiennement des aliments variés, vous absorbez les vitamines et minéraux qui vous sont essentiels.

Here is an example of getting a variety of foods each day.
Voici l'exemple d'un schéma alimentaire quotidien varié.

	Day 1 1 ^{er} jour	Day 2 2 ^{ème} jour
Grains:	tortilla	brown rice
Céréales :	tortilla	riz complet
Fruit:	apple	mango
Fruits :	pomme	mangue
Vegetable:	broccoli	tomatoes
Légumes :	brocoli	tomates
Dairy:	milk	yogurt
Produits laitiers :	lait	yogourt
Protein:	chicken	beans
Protéines :	poulet	haricots (rouges ou blancs)

Eat From all the Food Groups

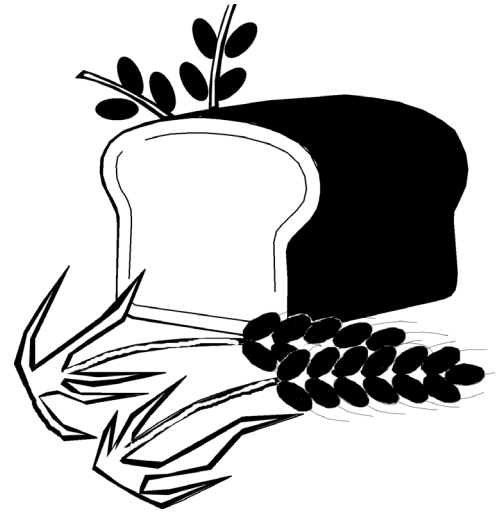
Consommer des aliments variés



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Achetez du pain complet et des céréales. Quelques exemples sont le pain complet, les flocons d'avoine, le riz complet, les pâtes alimentaires au blé complet, le boulgour et l'amarante.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Consommez moins d'aliments frits et de féculents gras tels que pâtisseries, biscuits et muffins.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, "canned in its own juice."
Les fruits frais sont un excellent choix. Si vous achetez des fruits en conserve, vérifiez la mention « fruits conservés dans leur propre jus ».
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Achetez des fruits plus petits. Buvez des jus de fruit en quantité modérée.
- ◆ Eat raw and cooked vegetables with very little fat.
Consommez des légumes crus et cuits sans adjonction de graisse.
- ◆ Use mustard instead of mayonnaise on a sandwich.
Dans un sandwich, remplacez mayonnaise par moutarde.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Lorsque vous cuisinez, utilisez de l'huile végétale en bombe au lieu d'huile, croustilleux, beurre, margarine ou lard.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
Modes de cuisson recommandés dans votre cas : au four, au grill, bouilli, sauté, rôti, à la vapeur, en ragoût. Évitez de cuisiner vos aliments dans une importante quantité d'huile.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Choisissez des morceaux de viandes plus maigres tels que du poulet, de la dinde. Lorsque vous achetez du porc, bœuf et jambon, éliminez l'excédent de gras.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Choisissez du lait ou des produits laitiers écrémé à 1%.

Grains, Beans and Starchy Vegetables

Les céréales, haricots (rouges ou blancs, etc.) et légumes farineux



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

Que sont les farineux ou hydrates de carbone ?

Les farineux sont les différentes variétés de pain, céréales, pâtes alimentaires, haricots (rouges, blancs, etc.) ou légumes farineux. Consommez une faible quantité de farineux/hydrates de carbone à chaque repas. Certains individus recommandent de consommer peu de farineux/hydrates de carbone mais voilà un conseil dont le bien n'est plus fondé. Consommer des farineux/hydrates de carbone est sain pour chacun d'entre nous, y compris les personnes atteintes de diabète.

How many starches/carbohydrates do I need each day? 6–11 servings each day

De quelle quantité de farineux/hydrates de carbone ai-je besoin quotidiennement ? De 6 à 11 portions quotidiennes

The number of servings you should eat each day depends on:

Le nombre de portions que vous devriez consommer dépend des critères suivants :

- ◆ The calories you need
L'apport calorique qui vous est nécessaire
- ◆ Your diabetes plan
Le traitement médical de votre diabète auquel vous êtes soumis

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

Quel rôle jouent les farineux/hydrates de carbone dans le fonctionnement du corps humain ? Les farineux représentent une source d'énergie pour le corps humain, vitamines du groupe B, minéraux et fibres. Les céréales complètes sont plus saines parce qu'elles contiennent davantage de vitamines, minéraux et fibres. Les fibres facilitent le transit intestinal. Elles jouent un rôle important dans le contrôle de votre taux de sucre sanguin.

Grains, Beans and Starchy Vegetables (continued)

Les céréales, haricots (rouges ou blancs, etc.) et légumes farineux (suite)

How much is one serving of starch/carbohydrate?

Qu'est-ce qui constitue une portion de farineux/d'hydrates de carbone ?

- ◆ 1 slice of bread
1 tranche de pain
- ◆ 1 small potato, casaba or plantain
1 petite pomme de terre, casaba ou banane plantain (banane des Antilles)
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
4 onces de céréales cuites, flocons d'avoine ou crème de blé
- ◆ ¾ cup dry cereal such as corn flakes
6 onces de céréales sèches telles que les corn flakes
- ◆ ⅓ cup of cooked rice
2 à 3 onces de riz cuit
- ◆ 1 small tortilla, roti bread or enjira bread
1 petite tortilla, pain de roti ou d'enjira

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:
Il se peut que vous ayez besoin de consommer une, deux ou trois portions de farineux/d'hydrates de carbone à chaque repas. S'il vous est nécessaire de consommer plus d'une portion par repas, choisissez des aliments de différents groupes alimentaires. Par exemple :

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Petit déjeuner : 6 onces de céréales sèches et 1 tranche de pain—2 portions

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Déjeuner : 2 à 3 onces de riz et 4 onces de bananes plantain cuites—2 portions

Dinner: ½ cup of pasta and one bread stick—2 servings

Dîner : 4 onces de pâtes alimentaires et un gressin—2 portions

Snack: 6 crackers—1 serving

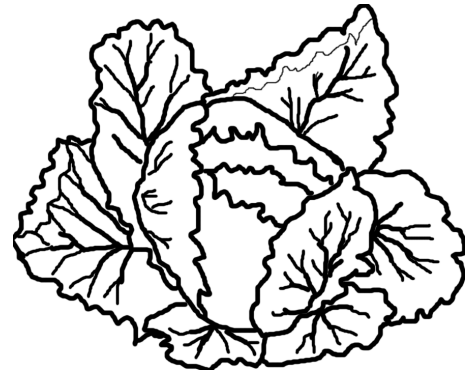
Snack: 6 crackers—1 portion

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Quantité totale quotidienne : 7 portions. Notez que les hydrates de carbone sont répartis de manière équilibrée entre les différents repas. Cela permet donc de mieux contrôler votre taux de sucre sanguin.

Vegetables

Les légumes



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Les légumes sont sains pour tous, y compris pour les personnes atteintes de diabète. Consommez quotidiennement des légumes crus et cuits. Les légumes procurent des vitamines, minéraux et fibres pour un apport minimal en calories. Choisissez des légumes de couleurs vives tels que carottes, poivrons, aubergines, brocoli, tomates et épinards.

You should have 3 to 5 servings every day.
Consommez-en quotidiennement de 3 à 5 portions.

How much is a serving of vegetables? Qu'est-ce qui constitue une portion ?

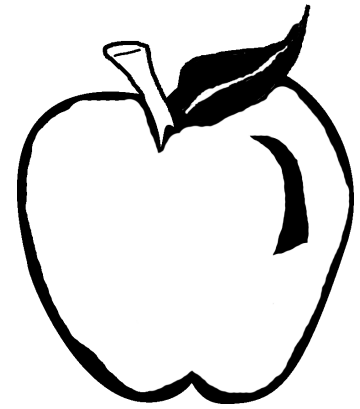
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
4 onces de légumes cuits haricots verts cuits, aubergines, épinards et squash
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
8 onces de légumes crus salade, petits morceaux de carotte ou concombre
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
4 onces de jus de légume jus de tomate ou carotte

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

Il vous est possible de consommer quotidiennement une, deux ou trois portions de légumes. S'il vous est nécessaire de consommer plus d'une portion par repas, choisissez des légumes variés ou consommez deux ou trois portions d'une même variété.

Fruits

Les fruits



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

Les fruits sont des aliments sains pour tous, y compris les personnes atteintes de diabète. Les fruits apportent de l'énergie, des vitamines, minéraux et fibres.

How many servings of fruit do I need?

De combien de portions de fruits ai-je besoin ?

2 to 4 servings

De 2 à 4 portions

What is a serving of fruit?

Qu'est-ce qui constitue une portion de fruits ?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 petite pomme ou poire (à peu près la taille du poing féminin)
- ◆ ½ cup of apple or orange juice
4 onces de jus de pomme ou d'orange
- ◆ ½ of a grapefruit
½ pamplemousse
- ◆ 1 small banana or ½ of a large banana
1 petite banane ou ½ grosse banane
- ◆ ½ cup of chopped fruit
4 onces de fruits en morceaux
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
6 onces de raisin ou fruits secs (l'équivalent d'une petite poignée)

You might need to eat one or two servings of fruit at a meal.

Il se peut que vous ayez besoin de consommer une ou deux portions de fruits par repas.

How should I eat fruit?

Comment dois-je consommer les fruits ?

- ◆ Eat fruits raw, or as juice with no sugar added.
Mangez des fruits frais ou sous de forme de jus sans adjonction de sucre.
- ◆ Buy smaller pieces of fruit.
Achetez de petits morceaux de fruits.

Milk and Yogurt Foods

Le lait et les yogourts



Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Lait et yogourt écrémés sont sains pour tous, y compris pour les personnes atteintes de diabète. Le lait et les yogourts apportent de l'énergie, des protéines, du calcium, de la vitamine A ainsi que d'autres vitamines et minéraux.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Consommez quotidiennement du lait écrémé (partiellement ou totalement) à teneur faible en matières grasses (1%). Consommez des yogourts maigres ou écrémés. Ils sont pauvres en matières grasses saturées et cholestérol.

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

Quel est mon besoin quotidien ? De 2 à 3 portions quotidiennes. *Note: Si vous êtes enceinte ou allaitant, consommez de quatre à cinq rations de lait et yogourt quotidiennement.*

How much is a serving of milk and yogurt?

Qu'est-ce qui constitue une portion de lait et yogourt ?

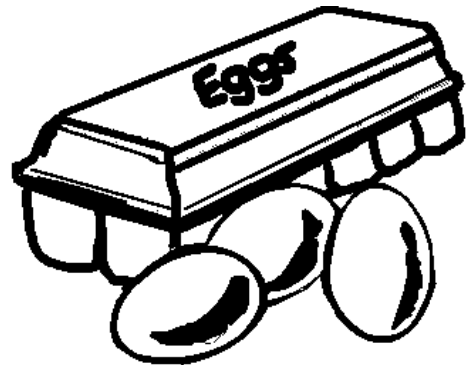
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
8 onces de yogourt maigre (choisissez également des yogourts sucrés à l'aspartame)
- ◆ 1 cup skim or low-fat milk
8 onces de lait écrémé

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

Note: Évitez les yogourts portant la mention, "Avec de vrais morceaux de fruits". Ils ont subi une importante adjonction de sucre.

Meat, Poultry, Fish, Eggs and Nuts

Viande, volaille, poisson, œufs et noix



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Ce groupe alimentaire est composé de viandes (bœuf, porc, agneau) poulet, dinde, œufs, poisson, noix et tofu ou aliments à base de soja. Consommez quotidiennement ces aliments en petites quantités. Tous ces aliments apportent des protéines au corps humain.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Les protéines contribuent à la croissance des tissus et muscles composant le corps humain. Elles leur apportent également des vitamines et des minéraux.

How many protein foods do I need each day? 2 to 3 servings

Quelle doit être ma ration quotidienne en protéines ? 2 à 3 portions

How much is a serving of meat, poultry, fish, eggs and nuts?

Qu'est-ce qui constitue une portion de viande, volaille, poisson, œufs et noix ?

- ◆ 2 to 3 ounces of cooked fish
2 à 3 onces de poisson cuit
- ◆ 2 to 3 ounces cooked chicken
2 à 3 onces de poulet cuit
- ◆ 3 to 4 ounces tofu (½ cup)
3 à 4 onces de tofu (soit une petite assiette)
- ◆ 1 egg (equals one ounce of protein)
1 œuf (équivalent à 1 once de protéines)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
1 tranche de fromage ou 1 once de fromage (à peu près l'équivalent d'une pile D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 cuillères à soupe de beurre de cacahuètes (l'équivalent d'1 once))

Meat, Poultry, Fish, Eggs and Nuts (continued) Viande, volaille, poisson, œufs et noix (suite)

Helpful Tips:

Conseils pratiques :

- ◆ The serving size you eat now may be too big.
La taille de la portion que vous consommez est peut-être trop importante !
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Observez un jeu de cartes. Sa taille est équivalente à 2 ou 3 onces.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Achetez des morceaux de boeuf, porc, jambon et agneau contenant peu de gras.
Éliminez-en le gras.
- ◆ Eat chicken or turkey without the skin.
Consommez du poulet et de la dinde sans la peau.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Cuisinez les aliments protéiniques sans adjonction de corps gras : rôtis, grillés, sautés, bouillis ou en ragoût.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Utilisez de petites quantités d'huile lorsque vous préparez de la viande ou utilisez de l'huile végétale en bombe.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Consommez un repas sans viande. Essayez du tofu ou des haricots rouges (ou blancs, etc.) en tant que protéines.

Fats, Oils and Sweets

Les graisses, huiles et aliments sucrés



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Les graisses comprennent les huiles et le beurre, la margarine, le lard et huiles que vous ajoutez aux aliments et utilisez pour cuisiner ces aliments. Ces huiles sont produites à partir du colza, de l'olive et des végétaux. On trouve également des graisses dans les viandes, produits laitiers, les snacks et certains aliments sucrés et friandises. Afin de contrôler votre type de diabète, il vous est indispensable de consommer des aliments à faible teneur en graisses et graisses saturées (graisses dérivées de viandes animales).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Friandises et aliments sucrés sont constitués de nombreuses calories mais pauvres en vitamines et minéraux. Certains produits sucrés sont également riches en graisses, tels que par exemple gâteaux, tartes et biscuits/gâteaux secs.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Consommer trop d'aliments sucrés et gras constitue pour vous une difficulté accrue en ce qui concerne le contrôle de votre poids et celui de votre taux sanguin en sucre. Si vous consommez des graisses et sucres, consommez-les en faibles quantités.

How much is a serving of fats, oils and sweets?

Qu'est-ce qui constitue une portion de graisses, huiles et aliments sucrés ?

- ◆ 1 teaspoon oil
1 cuillère à soupe d'huile
- ◆ 1 tablespoon regular salad dressing
1 cuillère à soupe de sauce salade
- ◆ 2 teaspoons light mayonnaise
2 cuillères à soupe de mayonnaise
- ◆ 1 strip of bacon
1 tranche de bacon
- ◆ 1 cookie
1 gâteau sec ou biscuit
- ◆ 1 plain doughnut
1 beignet nature
- ◆ 1 tablespoon syrup
1 cuillère à soupe de sirop
- ◆ 10–15 chips
10–15 chips

French

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The Food Pyramid

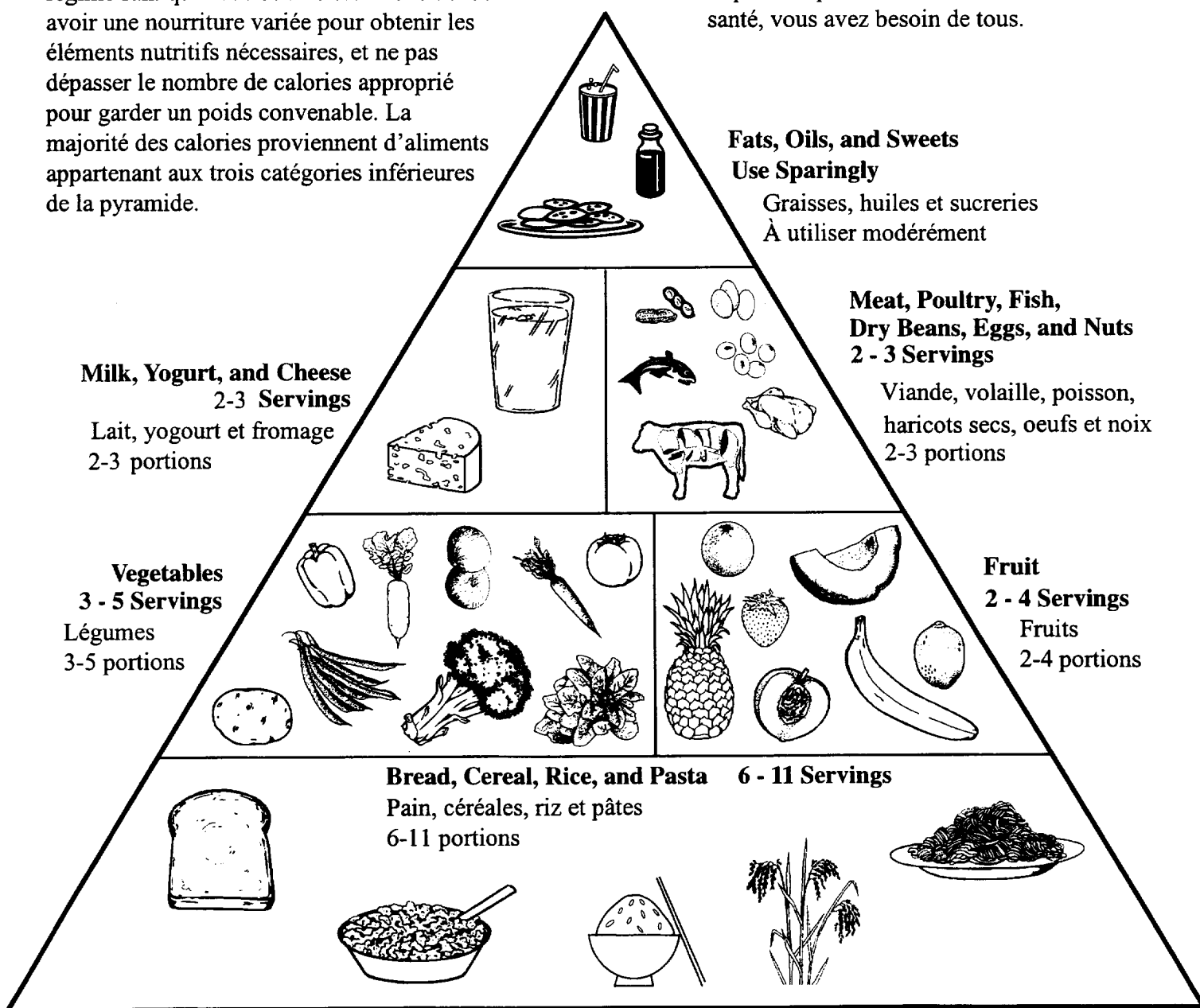
La pyramide alimentaire

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

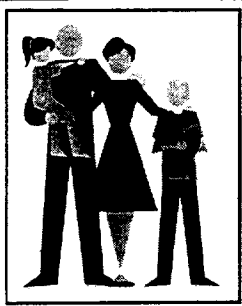
La Pyramide alimentaire est un guide général qui vous permet de choisir un régime sain qui vous convienne. Vous devez avoir une nourriture variée pour obtenir les éléments nutritifs nécessaires, et ne pas dépasser le nombre de calories approprié pour garder un poids convenable. La majorité des calories proviennent d'aliments appartenant aux trois catégories inférieures de la pyramide.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

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French Language Version



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Votre santé dépend de vous!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

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2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Mangez 5 portions de fruits et de légumes par jour. Par exemple, vous pouvez boire un jus d'orange au petit déjeuner, manger une salade au déjeuner, prendre des haricots verts et des pommes de terre bouillies au dîner, ainsi que des raisins.

3. Drink at least 8 glasses of pure, fresh water every day.

Buvez au moins 8 verres d'eau pure, fraîche, par jour.

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Mangez de la viande maigre, faible en matière grasse, comme du poulet ou du poisson.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Choisissez des produits laitiers à faible teneur en graisse, ou sans gras, comme le lait écrémé et les yogourts glacé allégé.

6. Limit your intake of sweets and alcoholic beverages.

Prenez peu de sucreries et de boissons alcoolisées.

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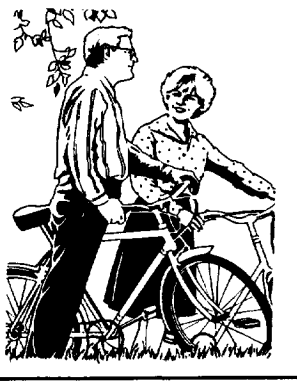
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Utilisez de l'huile végétale ou de l'huile de colza pour faire la cuisine, plutôt que du lard ou de la graisse animale. Les huiles végétales sont meilleures pour vous, parce qu'elles ne contiennent pas de cholestérol.

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Une meilleure nutrition pour des adultes d'un certain âge

1. Drink 6 - 8 glasses of water every day.

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2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Consommez des aliments riches en calcium, tels que le lait, le fromage, les yogourts, le poisson avec des arêtes et certains légumes vert foncé, comme le brocoli. Le calcium est important, pour que les os restent forts.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Prenez beaucoup de vitamines A et C en mangeant des fruits et des légumes, comme les carottes et les oranges. La vitamine A est bonne pour les yeux et pour la peau. La vitamine C garde vos gencives en bonne santé et évite l'infection.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Mangez des aliments à haute teneur en fer; ils aident le corps à user l'énergie. Le fer est abondant dans les viandes rouges, la volaille, le poisson et les haricots secs.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Incluez la viande, les fruits de mer et la volaille dans votre régime pour vous protéger contre une carence en zinc. Le zinc aide à guérir rapidement les blessures.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Pratiquez régulièrement une activité physique. L'activité à l'extérieur est préférable, parce que votre corps peut fabriquer de la vitamine D en étant au soleil.



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2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

Prenez chaque jour des aliments riches en calcium : du lait, du fromage, du yogourt, du poisson avec des arêtes et certains légumes vert foncé.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

Mangez 2 à 3 portions de viande, de poisson, d'œufs ou de haricots secs chaque jour, pour leur teneur en protéines.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

Mangez au moins 5 portions de fruits et de légumes par jour, pour leur teneur en vitamines et en minéraux. Par exemple, mettez une tranche de banane sur vos céréales le matin, et choisissez une pomme comme collation pour l'après-midi. Vous pouvez aussi avoir des bâtons de carotte ou de céleri pour le déjeuner, et des brocolis et de la salade pour dîner.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

Mangez 6 à 11 petites portions de grains entiers. Ils sont importants pour la santé et pour l'énergie. Ceci comprend le pain de blé entier et le riz brun.

6. See your doctor early in your pregnancy.

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7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

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Good Food for Kids

Une bonne nourriture pour les enfants

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Le calcium est nécessaire au développement et à la croissance des os. On en trouve dans le lait, les yogourts, le poisson avec des arêtes et certains légumes vert foncé, comme le brocoli.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Le fer aide le corps à produire de l'énergie. On en trouve dans la viande rouge, la volaille, le poisson et les haricots secs.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Les carottes, les épinards et autres fruits et légumes contiennent beaucoup de vitamines A et C. La vitamine A aide à avoir une bonne vue et une peau saine. La vitamine C garde les gencives en bonne santé et protège de l'infection.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Le pain, le riz, les céréales et les pâtes procurent l'énergie, un élément important du régime alimentaire.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Choisissez des collations-santé, comme les fruits, les légumes, les produits laitiers et les noix. Ils contiennent plus d'éléments nutritifs et sont meilleurs pour les dents des enfants que les boissons gazeuses, les chips et les sucreries.

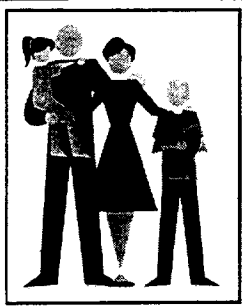
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Les enfants doivent être physiquement actifs, chaque jour, pour que leur corps devienne robuste et qu'ils soient en bonne santé.

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The Food Pyramid

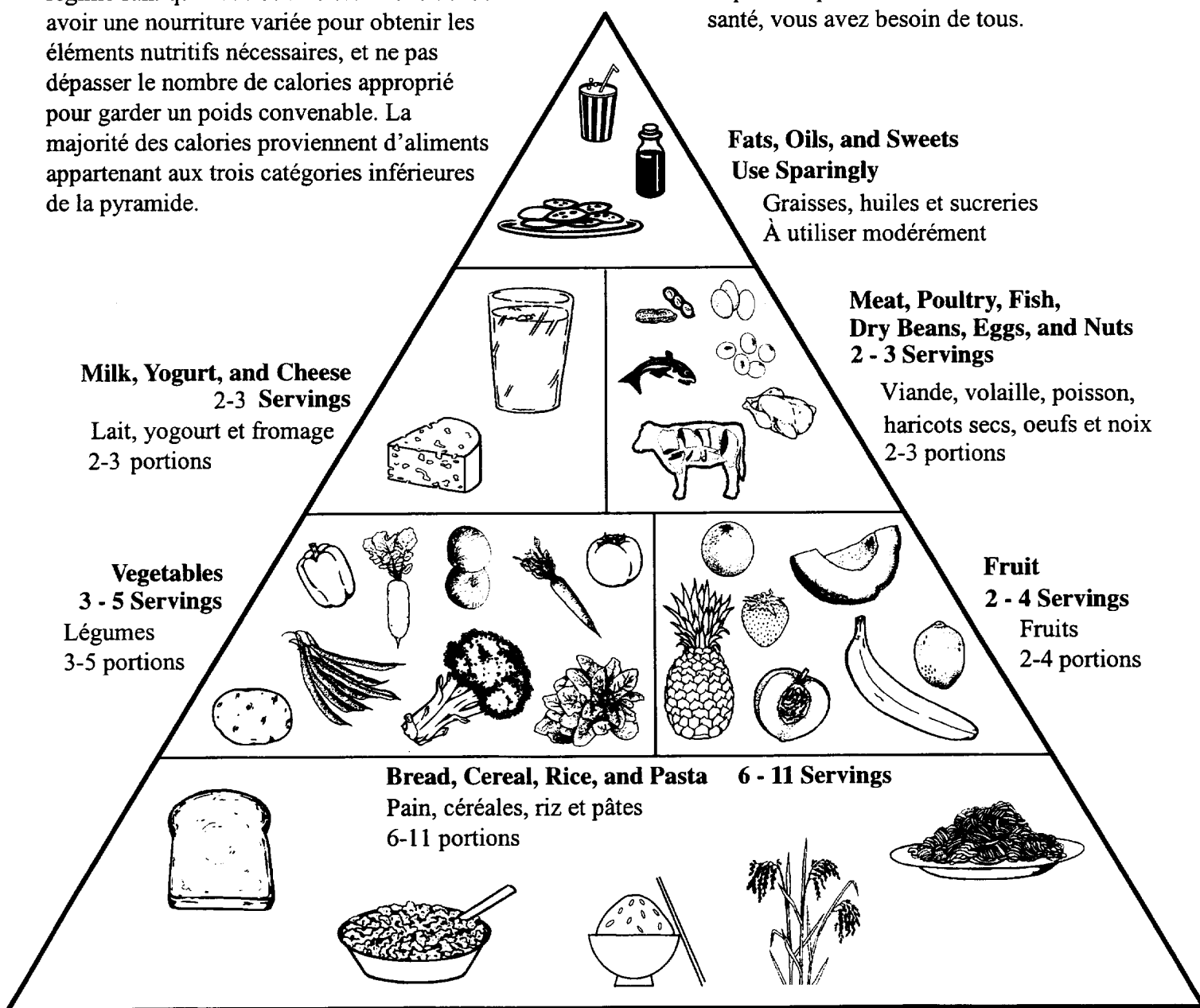
La pyramide alimentaire

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

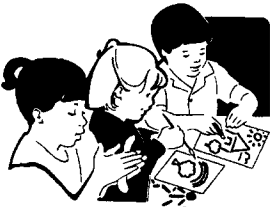
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Diabetes

Die

Zuckerkrankheit

German

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Diese Information wurde vom Projekt für Ernährungserziehung für Neue Amerikaner, am Institut für Anthropologie und Geographie der Georgia Staatsuniversität, in Atlanta, Georgia, entwickelt. Finanzielle Unterstützung stammt vom Landwirtschaftsministerium der Vereinigten Staaten, Lebensmittel- und Konsumentendienst für Essensmarken-Familien. Gemäß dem Bundesgesetz und den Richtlinien des Landwirtschaftsministeriums der Vereinigten Staaten, ist es dieser Körperschaft, auf Grund der Rasse, Hautfarbe, nationaler Abstammung, des Geschlechts, Alters, Religionsbekenntnisses, der politischen Ansichten, oder Behinderung, untersagt, jemand zu diskriminieren. Für zusätzliche Information, rufen Sie: (404)651-2542 an.



Diabetes

Die Zuckerkrankheit



What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

Was ist die Zuckerkrankheit? Die Zuckerkrankheit ist ein Leiden, bei dem der Körper das Insulin nicht produziert oder es nicht richtig verarbeitet.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

Insulin ist ein Hormon, das den Zucker, Stärke und andere Nahrung in Energie, die für das tägliche Leben benötigt wird, umwandelt.

How is diabetes managed?

Wie kann man die Zuckerkrankheit unter Kontrolle halten?

The management of diabetes has three parts:

Die Kontrolle der Zuckerkrankheit besteht aus drei Teilen:

- ◆ Healthy Eating
Gesunde Ernährung
- ◆ Physical Activity
Körperliche Tätigkeit
- ◆ Medication (if needed)
Medikamente (falls notwendig)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

Wie kann ich meine Zuckerkrankheit unter Kontrolle halten? Sie können helfen ihren Blutzucker (auch Blutglucose genannt) und die Zuckerkrankheit kontrollieren, indem Sie gesund essen, genug körperliche Tätigkeit ausüben und ein gesundes Gewicht haben.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Ein gesundes Gewicht hilft Ihnen genauso Ihre Blutfette (auch Cholesterin genannt) zu kontrollieren und Ihren Blutdruck zu senken.

Many people with diabetes also need to take medicine to help control their blood sugar.
Viele Personen mit Zuckerkrankheit müssen auch Medikamente nehmen um ihren Blutzucker kontrollieren zu helfen.

Eat Healthy

Gesund essen

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

Die Anwendung der Pyramide der Nahrungsanleitung hilft Ihnen eine Vielfalt gesunder Nahrung zu sich zu nehmen. Vielfalt bedeutet, daß man jeden Tag Nahrung aus jeder Nahrungsgruppe ißt. Wenn Sie jeden Tag eine Vielfalt an Nahrung essen, bekommen Sie die nötigen Vitamine und Minerale.

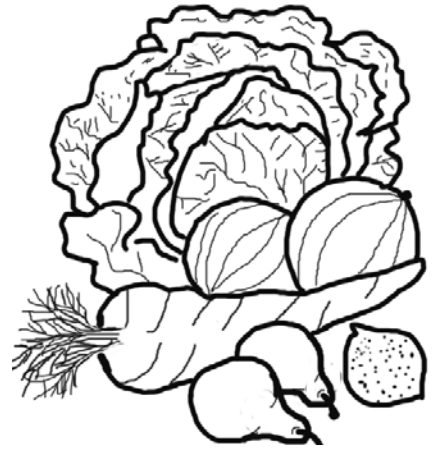
Here is an example of getting a variety of foods each day.
Hier ist ein Beispiel für alltägliche Nahrungsvielfalt.

	Day 1 Tag 1	Day 2 Tag 2
Grains:	tortilla	brown rice
Getreide:	Tortilla	Naturreis
Fruit:	apple	mango
Früchte:	Apfel	Mango
Vegetable:	broccoli	tomatoes
Gemüse:	Brokkoli	Tomaten
Dairy:	milk	yogurt
Molkerei:	Milch	Yoghurt
Protein:	chicken	beans
Protein:	Huhn	Bohnen



Eat From all the Food Groups

Von allen Nahrungsgruppen essen



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth. Kaufen Sie Vollkornbrot und - Getreideflocken. Einige Beispiele sind: Vollkornbrote, Korn Flakes, Naturreis, Ganzweizennudel, Bulgur and Amaranth.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins. Essen Sie weniger Gebratenes und Hochfettstärken wie Mehlspeisen, Biskotten oder Muffin.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.” Frische Früchte sind die beste Wahl. Wenn Sie Dosenfrüchte einkaufen, achten Sie auf den Ausdruck „eingelegt im eigenen Saft“.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts. Kaufen Sie kleinere Fruchtmengen ein und trinken Sie Fruchtsäfte in kleinen Mengen.
- ◆ Eat raw and cooked vegetables with very little fat. Essen Sie rohes und gekochtes Gemüse mit sehr wenig Fett.
- ◆ Use mustard instead of mayonnaise on a sandwich. Verwenden Sie auf belegten Broten Senf statt Mayonnaise.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking. Beim Kochen verwenden Sie Kochspray aus Gemüseöl statt Öl, Backpulver, Butter oder Margarine, oder sogar Quark (Schmalz).
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil. Kochmethoden, die für Sie gut sind: backen, grillen, kochen, stir-frying, braten, dünsten. Vermeiden Sie die Nahrungszubereitung in großen Ölmengen.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat. Wählen Sie Fleischsorten mit dem wenigsten Fett, so wie: Hühner und Truthahn. Wenn Sie Schweine-, Rindfleisch oder Schinken einkaufen, schneiden Sie das Extrafett weg.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods. Wählen Sie Milch oder Molkereiprodukte, die kein (mager) oder wenig (1%) Fett enthalten.

Grains, Beans and Starchy Vegetables

Getreide, Bohnen und stärkehaltiges Gemüse



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

Was sind Stärken und Kohlehydrate?

Stärken sind Gebäck, Getreide, Cereal, Nudel, Bohnen oder stärkehaltiges Gemüse. Essen Sie ein Bißchen Stärken/Kohlehydrate bei jeder Mahlzeit. Manche Leute werden Ihnen sagen, nicht viele Stärken/Kohlehydrate zu sich zu nehmen, aber das ist nicht mehr die korrekte Anweisung. Der Genuß von Stärken/Kohlehydraten ist für jedermann gesund, einschließlich Zuckerkrankke.

How many starches/carbohydrates do I need each day? 6–11 servings each day

Wieviel Stärken/Kohlehydrate brauche ich jeden Tag? 6-11 Portionen jeden Tag

The number of servings you should eat each day depends on:

Die Anzahl der Portionen, den Sie jeden Tag einnehmen sollen, hängt von Folgenden ab:

- ◆ The calories you need
Kalorien, die Sie brauchen
- ◆ Your diabetes plan
Behandlungsplan für Ihre Zuckerkrankheit

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

Was tun die Stärken und Kohlehydrate für meinen Körper? Die Stärken beliefern Ihren Körper mit Energie, B-Vitaminen, Mineralen und Ballaststoffen. Ganzes Getreide ist besser, weil es mehr Vitamine, Minerale und Ballaststoffe enthält. Ballaststoffe helfen Ihnen beim regelmäßigen Stoffwechsel. Sie helfen Ihnen auch, Ihren Blutzucker besser unter Kontrolle zu halten.

Grains, Beans and Starchy Vegetables (continued) **Getreide, Bohnen und stärkehaltige Gemüse (fortgesetzt)**

How much is one serving of starch/carbohydrate?

Wieviel beträgt eine an Stärken/Kohlehydraten?

- ◆ 1 slice of bread
1 Scheibe Brot
- ◆ 1 small potato, casaba or plantain
1 kleine Kartoffel, Kasaba oder Wegerich
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ Tasse gekochtes Cereal, so wie Haferflocken oder Weizensoße
- ◆ ¾ cup dry cereal such as corn flakes
¾ Tasse trockenes Cereal so wie Korn Flakes
- ◆ ⅓ cup of cooked rice
⅓ Tasse gekochten Reis
- ◆ 1 small tortilla, roti bread or enjira bread
1 kleine Tortilla, Rotibrot oder Enjirabrot

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:
Es könnte sein, daß Sie eine, zwei oder sogar drei Portionen stärke- oder kohlehydratehaltige Portionen bei einer Mahlzeit benötigen werden. Sollten Sie mehr als eine Portion pro Mahlzeit brauchen, wählen Sie verschiedenes Essen aus dieser Nahrungsgruppe. Zum Beispiel:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Frühstück: ¾ Tasse trockenes Cereal und 1 Scheibe Brot—2 Portionen

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Mittagessen: 1/3 Tasse gekochten Reis und ½ Tasse gekochten Wegerich—2 Portionen

Dinner: ½ cup of pasta and one bread stick—2 servings

Abendessen: ½ Tasse Nudeln und eine Brotstange—2 Portionen

Snack: 6 crackers—1 serving

Jause: 6 Cracker—1 Portion

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Gesamt für den Tag: 7 Portionen. Beachten Sie, daß die Kohlehydrate bei den Mahlzeiten ausgewogen sind. Es wird Ihnen helfen, Ihren Blutzucker unter Kontrolle zu halten.

Vegetables

Gemüse



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Gemüse ist für jedermann gesund, und zwar einschließlich Personen mit Zuckerkrankheit. Essen Sie rohes und gekochtes Gemüse jeden Tag. Gemüse gibt Ihnen Vitamine, Minerale und Ballaststoffe mit ganz wenig Kalorien. Halten Sie Ausschau nach Gemüse, das lebhafte Farben hat. Einige Beispiele sind: Karotten, Paprika, Auberginen, Brokkoli, Tomaten und Spinat.

You should have 3 to 5 servings every day.
Sie sollten 3 bis 5 Portionen jeden Tag haben.

How much is a serving of vegetables?

Wieviel beträgt eine Gemüseportion?

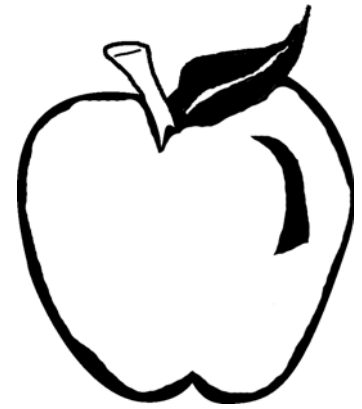
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
Halbe Tasse gekochtes Gemüse wie zum Beispiel: Erbsen, Aubergine, Spinat oder Kürbis
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
Eine Tasse Rohgemüse wie zum Beispiel: grüner Salat, Karottenstücke oder Gurkenscheiben
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
Halbe Tasse Gemüsesaft wie zum Beispiel: Tomatensaft oder Karottensaft

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

Es kann sein, daß Sie eine, zwei oder drei Gemüseportionen je Mahlzeit essen müssen. Sollten Sie mehr als eine Portion je Mahlzeit essen müssen, wählen Sie verschiedene Gemüsesorten, oder Sie können zwei oder drei Portionen einer Gemüsesorte haben.

Fruits

Früchte



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

Früchte sind für jedermann gesund, und zwar einschließlich Personen mit Zuckerkrankheit. Früchte geben Ihnen Energie, Vitamine, Minerale und Ballaststoffe.

How many servings of fruit do I need?

Wieviel Portionen Früchte brauche ich?

2 to 4 servings
2 bis 4 Portionen

What is a serving of fruit?

Was ist eine Früchteportion?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 kleiner Apfel oder kleine Birne (ungefähr die Größe einer Frauenfaust)
- ◆ ½ cup of apple or orange juice
½ Tasse Apfel- oder Orangensaft
- ◆ ½ of a grapefruit
½ Grapefruit
- ◆ 1 small banana or ½ of a large banana
1 kleine Banane oder ½ großer Banane
- ◆ ½ cup of chopped fruit
½ Tasse Fruchtestücke
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ Tasse Rosinen oder getrocknete Früchte (ungefähr die Menge, die auf Ihrer Handfläche paßt)

You might need to eat one or two servings of fruit at a meal.

Es könnte sein, daß Sie eine oder zwei Portionen Früchte pro Mahlzeit bei einer Mahlzeit benötigen werden.

How should I eat fruit?

Wie soll ich Früchte essen?

- ◆ Eat fruits raw, or as juice with no sugar added.
Essen Sie frische Früchte, oder als Saft, ohne Zuckerzusatz.
- ◆ Buy smaller pieces of fruit.
Kaufen Sie kleinere Fruchtstücke ein.

Milk and Yogurt Foods

Milch- und Yoghurtprodukte



Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Fettfreie und magere Milch- und Yoghurtprodukte sind für jedermann gesund, und zwar einschließlich Personen mit Zuckerkrankheit. Milch- und Yoghurtprodukte geben Ihnen Energie, Protein, Kalzium, Vitamin A, sowie andere Vitamine und Minerale.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Trinken Sie fettfreie oder magere (1%) Milch jeden Tag. Essen Sie mageren oder fettfreien Yoghurt. Sie enthalten weniger Gesamtfett, gesättigtes Fett und Cholesterin.

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

Wieviel Portionen brauche ich jeden Tag? 2 bis 3 Portionen jeden Tag. *Bitte beachten: wenn Sie schwanger sind, oder stillen, essen Sie jeden Tag vier bis fünf Portionen Milch und Yoghurt.*

How much is a serving of milk and yogurt?

Wieviel beträgt eine Portion Milch oder Yoghurt?

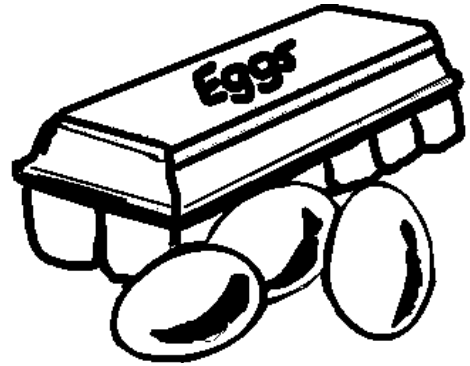
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 Tasse fettfreien Yoghurt ohne Zutaten (halten Sie auch nach Yoghurts mit Aspartamegeschmack Ausschau)
- ◆ 1 cup skim or low-fat milk
1 Tasse fettfreie oder magere Milch

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

Bitte beachten: vermeiden Sie Yoghurtsorten, die den Satz: „enthält Früchte am Boden“ besagen. Sie enthalten große Mengen an beigegebenen Zucker.

Meat, Poultry, Fish, Eggs and Nuts

Fleisch, Geflügel, Fisch, Eier und Nüsse



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Diese Nahrungsgruppe enthält Fleisch (Rind, Schwein, Lamm), Huhn, Truthahn, Eier, Fisch, Nüsse und Tofu- oder Sojaprodukte. Essen Sie kleine Mengen an einigen dieser Nahrungsmittel jeden Tag. All diese Nahrung gibt unserem Körper Protein.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Proteinhaltige Nahrung hilft unserem Körper das Gewebe und die Muskel aufzubauen. Sie gibt Ihrem Körper auch Vitamine und Minerale.

How many protein foods do I need each day? 2 to 3 servings

Wieviel proteinhaltige Nahrung brauche ich jeden Tag? 2 bis 3 Portionen

How much is a serving of meat, poultry, fish, eggs and nuts?

Wieviel beträgt eine Portion Fleisch, Geflügel, Fisch, Eier oder Nüsse?

- ◆ 2 to 3 ounces of cooked fish
2 bis 3 Unzen gekochten Fisch
- ◆ 2 to 3 ounces cooked chicken
2 bis 3 Unzen gekochten Huhn
- ◆ 3 to 4 ounces tofu (½ cup)
3 bis 4 Unzen Tofu (½ Tasse)
- ◆ 1 egg (equals one ounce of protein)
1 Ei (entspricht 1 Unze Protein)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
1 Scheibe Käse oder 1 Unze Käse (ungefähr die Größe einer D-Batterie)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 Eßlöffel Erdnußbutter (entspricht 1 Unze)

Meat, Poultry, Fish, Eggs and Nuts (continued) **Fleisch, Geflügel, Fisch, Eier und Nüsse (fortgesetzt)**

Helpful Tips:

Hilfreiche Hinweise:

- ◆ The serving size you eat now may be too big.
Die Portionsgröße, die Sie jetzt essen, könnte zu groß sein.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Sehen Sie sich eine Kartentaille an. Die Größe entspricht 2 bis 3 Unzen
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Wählen Sie Fleischstücke vom Rind-, Schweinefleisch, Schinken und Lammfleisch mit dem wenigsten Fett. Schneiden Sie das Extrafett weg.
- ◆ Eat chicken or turkey without the skin.
Essen Sie Huhn- oder Truthahnfleisch ohne Haut.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Kochen Sie proteinhaltige Speisen fettarm: braten, grillen, stir-fry, dünsten, kochen oder schmoren.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Verwenden Sie kleine Mengen an Fett, wenn Sie Fleisch zubereiten, oder verwenden Sie Kochspray statt Öl.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Genießen Sie auch Mahlzeiten ohne Fleisch. Versuchen Sie Bohnen oder Tofu als Ihre Proteinquelle.

Fats, Oils and Sweets

Fette, Öle und Süßigkeiten



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Fette und Öle beinhalten Butter, Margarine, Quark (Schmalz) und Öle, die wir zum Essen dazugeben und bei der Nahrungszubereitung verwenden. Einige der Öle sind: Canola-, Oliven- und Gemüseöle. Fette kommen auch in Fleischsorten, Molkereiprodukten, Naschereien und einigen Süßigkeiten vor. Um Ihre Zuckerkrankheit zu beherrschen, ist es am besten, Nahrung mit weniger Fett und gesättigtem Fett zu essen (das ist das Fett, das wir mit Fleisch- und Tierprodukten einnehmen).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Süßigkeiten sind zuckerhaltige Speisen, die Kalorien, aber nicht viele Vitamine und Minerale enthalten. Manche Süßigkeiten haben auch einen hohen Fettinhalt – wie zum Beispiel: Kuchen, Torten und Kekse.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Der Genuß von zu viel zucker- und hochfetthaltigen Speisen erschwert die Beherrschung Ihres Blutzuckers und Körpergewichts. Falls Sie Fette und Süßigkeiten tatsächlich essen, essen Sie kleine Portionen.

How much is a serving of fats, oils and sweets?

Wieviel beträgt eine Portion an Fetten, Ölen und Süßigkeiten?

- ◆ 1 teaspoon oil
1 Teelöffel Öl
- ◆ 1 tablespoon regular salad dressing
1 Eßlöffel normales Salatdressing
- ◆ 2 teaspoons light mayonnaise
2 Teelöffel Diätmayonnaise
- ◆ 1 strip of bacon
1 Streifen Speck
- ◆ 1 cookie
1 Keks
- ◆ 1 plain doughnut
1 normaler Krapfen
- ◆ 1 tablespoon syrup
1 Eßlöffel Sirup
- ◆ 10–15 chips
10–15 Chips

German

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The Food Pyramid

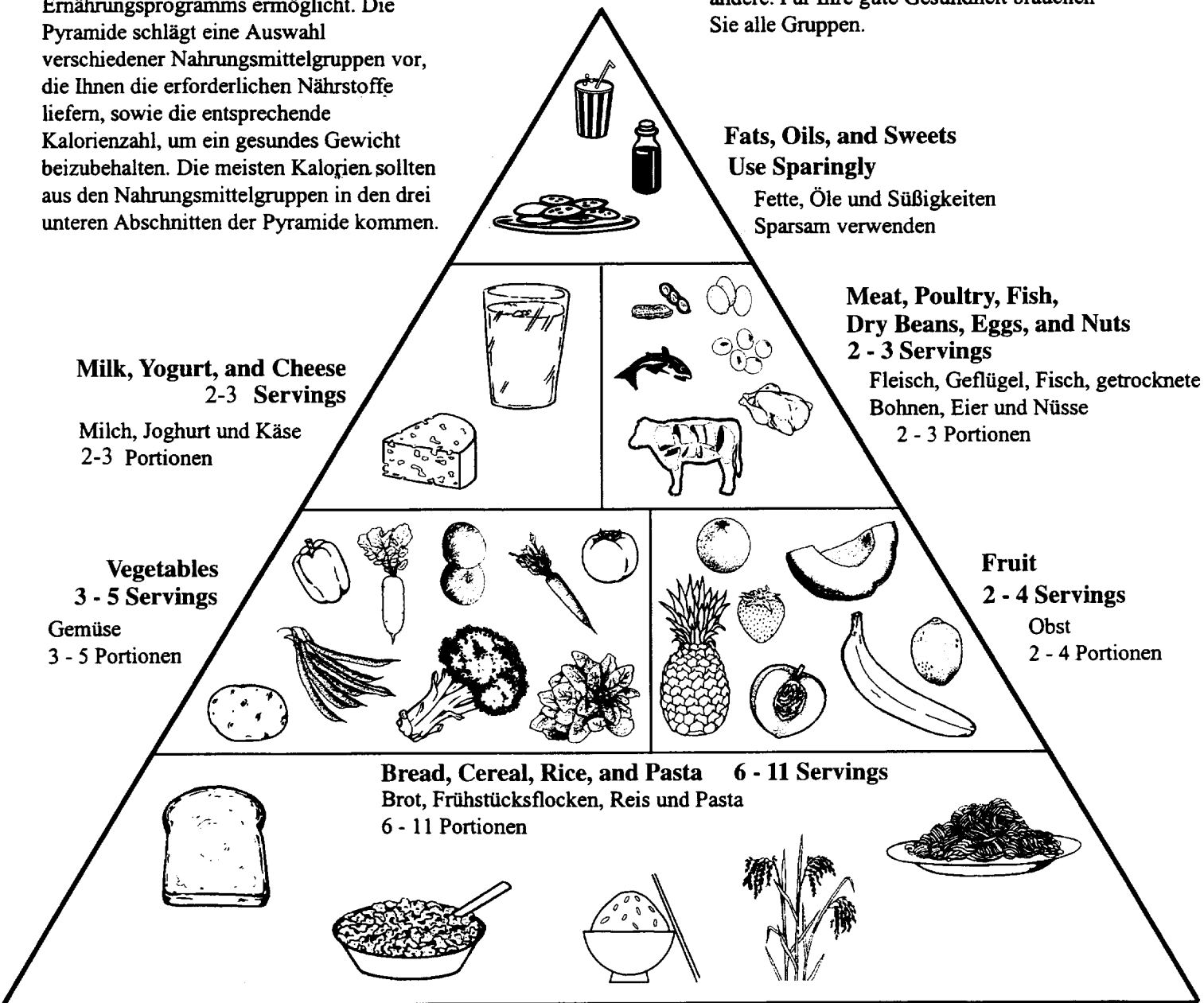
Die Ernährungspyramide

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

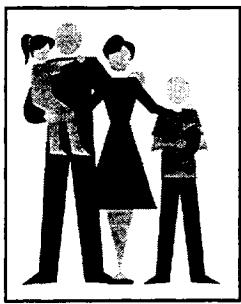
Die Ernährungspyramide ist eine allgemeine Anleitung, die Ihnen die Wahl eines gesunden, für Sie richtigen Ernährungsprogramms ermöglicht. Die Pyramide schlägt eine Auswahl verschiedener Nahrungsmittelgruppen vor, die Ihnen die erforderlichen Nährstoffe liefern, sowie die entsprechende Kalorienzahl, um ein gesundes Gewicht beizubehalten. Die meisten Kalorien sollten aus den Nahrungsmittelgruppen in den drei unteren Abschnitten der Pyramide kommen.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Jede dieser Gruppen liefert einige - jedoch nicht alle - Nährstoffe, die Sie brauchen. Die Nahrungsmittel in einer Gruppe können diejenigen in einer anderen Gruppe nicht ersetzen. Auch ist keine einzelne Nahrungsmittelgruppe wichtiger als eine andere. Für Ihre gute Gesundheit brauchen Sie alle Gruppen.



German Language Version



Better Health Begins With You!

Eine bessere Gesundheit beginnt bei Ihnen!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Essen Sie täglich 6 bis 11 kleine Portionen fettarmes Brot, Frühstücksflocken, Reis oder Pasta. Wählen Sie zum Beispiel Haferflocken zum Frühstück, ein belegtes Brot zum Mittagessen und blanken Reis zum Abendessen.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Essen Sie jeden Tag 5 Portionen Obst und Gemüse. Sie können zum Beispiel zum Frühstück Orangensaft trinken, zum Mittagessen einen Salat und zum Abendessen grüne Bohnen und gekochte Kartoffeln essen, als Nachspeise gibt es Trauben.

3. Drink at least 8 glasses of pure, fresh water every day.

Trinken Sie jeden Tag mindestens 8 Gläser reines, frisches Wasser.

4. Eat lean, low-fat meats, such as chicken or fish.

Essen Sie mageres oder fettarmes Fleisch wie Geflügel oder Fisch.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Wählen Sie fettarme oder fettfreie Milchprodukte, wie Magermilch und gefrorenes Joghurt.

6. Limit your intake of sweets and alcoholic beverages.

Schränken Sie den Konsum von Süßigkeiten und alkoholischen Getränken ein.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Sorgen Sie jeden Tag für irgendeine Art von Bewegung. Machen Sie einen Spaziergang, tanzen Sie, oder spielen Sie Ball.

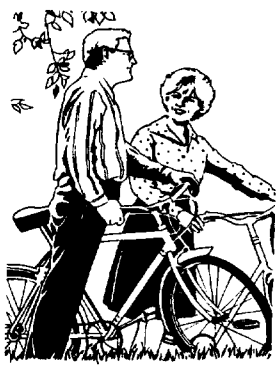
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Verwenden Sie Pflanzenöl oder Canola-Öl zum Kochen anstelle von Schmalz oder Tierfett. Pflanzenöl ist besser für Sie, da es kein Cholesterin enthält.

German Language Version

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Better Nutrition for Mature Adults

Bessere Ernährung für reife Erwachsene

1. Drink 6 - 8 glasses of water every day.

Trinken Sie jeden Tag 6 bis 8 Gläser Wasser.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Essen Sie Nahrungsmittel mit hohem Kalziumgehalt, wie Milch, Käse, Joghurt, Fisch mit Knochen und einige dunkelgrüne Blattgemüsesorten, wie Broccoli. Kalzium ist wichtig für einen kräftigen Knochenbau.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Nehmen Sie reichlich Vitamin A und Vitamin C zu sich, indem Sie Obst und Gemüse wie Karotten und Orangen essen. Vitamin A ist gut für Ihre Augen und Ihre Haut. Vitamin C sorgt für gesundes Zahnfleisch und schützt vor Infektionen.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Essen Sie Nahrungsmittel mit hohem Eisengehalt, damit der Körper Energie bekommt. Eisen ist in Rindfleisch, Geflügel, Fisch und getrockneten Bohnen enthalten.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Essen Sie Fleisch, Meeresfrüchte und Geflügel, um sich vor einem Zinkmangel zu schützen. Zink hilft beim schnelleren Verheilen von Wunden.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Achten Sie darauf, daß Sie täglich eine physische Betätigung ausüben. Aktivitäten im Freien sind am besten, denn Ihr Körper kann mit Hilfe der Sonne Vitamin D produzieren.



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Better Health for Mother and Baby Bessere Gesundheit für Mutter und Kind

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

Vermeiden Sie Getränke, die Alkohol und Koffein enthalten, wie Kaffee und Limonaden.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

Essen Sie jeden Tag Nahrungsmittel, die Kalzium enthalten. Dazu gehören Milch, Käse, Joghurt, Fisch mit Knochen und einige dunkelgrüne Blattgemüsesorten.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

Essen Sie jeden Tag 2 bis 3 Portionen Fleisch, Fisch, Eier oder getrocknete Bohnen, damit der Körper genügend Protein bekommt.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

Essen Sie jeden Tag mindestens 5 Portionen Obst und Gemüse, um genügend Vitamine und Mineralien aufzunehmen. Schneiden Sie zum Beispiel eine Banane in Ihre Frühstücksflocken, und wählen Sie als Zwischenmahlzeit am Nachmittag einen Apfel. Zum Mittagessen können Sie außerdem Karotten oder Selleriestangen und zum Abendessen Broccoli und Salat essen.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

Essen Sie 6 bis 11 kleine Portionen Brot mit ganzen Körnern und braunen Reis. Dies ist wichtig für Ihre Gesundheit und spendet Energie.

6. See your doctor early in your pregnancy.

Suchen Sie zu Beginn Ihrer Schwangerschaft einen Arzt auf.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

Achten Sie darauf, daß Sie während der Schwangerschaft die Gewichtszunahme kontrollieren. Für die meisten Frauen sollte die Gewichtszunahme 11,25 bis 15,75 kg betragen. Bitten Sie Ihren Arzt, Ihnen dabei zu helfen.

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Good Food for Kids

Gut für Kinder

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Kalzium wird zum Knochenaufbau und Wachstum benötigt. Kalzium findet man in Milch, Joghurt, Fisch mit Knochen und einigen dunkelgrünen Blattgemüsesorten, wie Broccoli.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Eisen hilft dem Körper bei der Produktion von Energie. Es ist in Rindfleisch, Geflügel, Fisch und getrockneten Bohnen enthalten.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Karotten, Spinat und anderes Obst und Gemüse sind reich an Vitamin A und Vitamin C. Vitamin A ist wichtig für die Augen und eine gesunde Haut. Vitamin C sorgt für gesundes Zahnfleisch und schützt vor Infektionen.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Energie ist wichtig! Sie kommt von Brot, Reis, Frühstücksflocken und Pasta.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Wählen Sie gesunde Zwischenmahlzeiten wie Obst, Gemüse, Milchprodukte und Nüsse. Sie sind viel nahrhafter und besser für die Zähne Ihres Kindes als Limonade, Chips und Süßigkeiten.

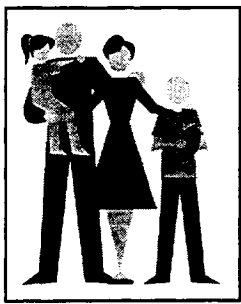
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Eine tägliche physische Betätigung ist wichtig für Kinder, damit ihr Körper wächst und stark und gesund bleibt.



German Language Version

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Better Health Begins With You!

Eine bessere Gesundheit beginnt bei Ihnen!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Essen Sie täglich 6 bis 11 kleine Portionen fettarmes Brot, Frühstücksflocken, Reis oder Pasta. Wählen Sie zum Beispiel Haferflocken zum Frühstück, ein belegtes Brot zum Mittagessen und blanken Reis zum Abendessen.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Essen Sie jeden Tag 5 Portionen Obst und Gemüse. Sie können zum Beispiel zum Frühstück Orangensaft trinken, zum Mittagessen einen Salat und zum Abendessen grüne Bohnen und gekochte Kartoffeln essen, als Nachspeise gibt es Trauben.

3. Drink at least 8 glasses of pure, fresh water every day.

Trinken Sie jeden Tag mindestens 8 Gläser reines, frisches Wasser.

4. Eat lean, low-fat meats, such as chicken or fish.

Essen Sie mageres oder fettarmes Fleisch wie Geflügel oder Fisch.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Wählen Sie fettarme oder fettfreie Milchprodukte, wie Magermilch und gefrorenes Joghurt.

6. Limit your intake of sweets and alcoholic beverages.

Schränken Sie den Konsum von Süßigkeiten und alkoholischen Getränken ein.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Sorgen Sie jeden Tag für irgendeine Art von Bewegung. Machen Sie einen Spaziergang, tanzen Sie, oder spielen Sie Ball.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Verwenden Sie Pflanzenöl oder Canola-Öl zum Kochen anstelle von Schmalz oder Tierfett. Pflanzenöl ist besser für Sie, da es kein Cholesterin enthält.

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The Food Pyramid

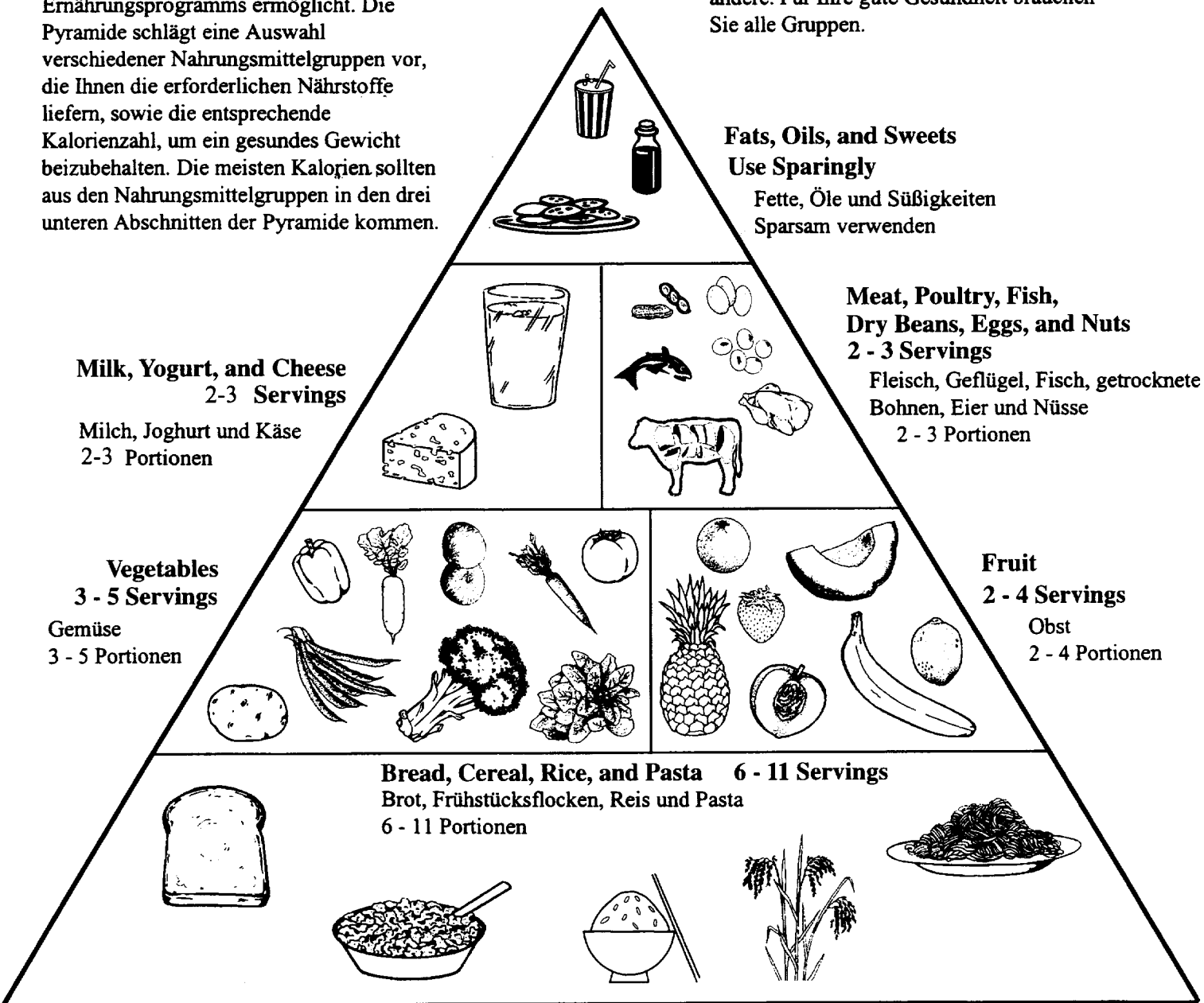
Die Ernährungspyramide

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Die Ernährungspyramide ist eine allgemeine Anleitung, die Ihnen die Wahl eines gesunden, für Sie richtigen Ernährungsprogramms ermöglicht. Die Pyramide schlägt eine Auswahl verschiedener Nahrungsmittelgruppen vor, die Ihnen die erforderlichen Nährstoffe liefern, sowie die entsprechende Kalorienzahl, um ein gesundes Gewicht beizubehalten. Die meisten Kalorien sollten aus den Nahrungsmittelgruppen in den drei unteren Abschnitten der Pyramide kommen.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Jede dieser Gruppen liefert einige - jedoch nicht alle - Nährstoffe, die Sie brauchen. Die Nahrungsmittel in einer Gruppe können diejenigen in einer anderen Gruppe nicht ersetzen. Auch ist keine einzelne Nahrungsmittelgruppe wichtiger als eine andere. Für Ihre gute Gesundheit brauchen Sie alle Gruppen.



German Language Version



Good Food for Kids

Gut für Kinder

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Kalzium wird zum Knochenaufbau und Wachstum benötigt. Kalzium findet man in Milch, Joghurt, Fisch mit Knochen und einigen dunkelgrünen Blattgemüsesorten, wie Broccoli.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Eisen hilft dem Körper bei der Produktion von Energie. Es ist in Rindfleisch, Geflügel, Fisch und getrockneten Bohnen enthalten.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Karotten, Spinat und anderes Obst und Gemüse sind reich an Vitamin A und Vitamin C. Vitamin A ist wichtig für die Augen und eine gesunde Haut. Vitamin C sorgt für gesundes Zahnfleisch und schützt vor Infektionen.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Energie ist wichtig! Sie kommt von Brot, Reis, Frühstücksflocken und Pasta.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Wählen Sie gesunde Zwischenmahlzeiten wie Obst, Gemüse, Milchprodukte und Nüsse. Sie sind viel nahrhafter und besser für die Zähne Ihres Kindes als Limonade, Chips und Süßigkeiten.

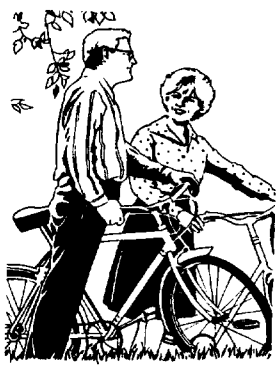
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Eine tägliche physische Betätigung ist wichtig für Kinder, damit ihr Körper wächst und stark und gesund bleibt.



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Better Nutrition for Mature Adults

Bessere Ernährung für reife Erwachsene

1. Drink 6 - 8 glasses of water every day.

Trinken Sie jeden Tag 6 bis 8 Gläser Wasser.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Essen Sie Nahrungsmittel mit hohem Kalziumgehalt, wie Milch, Käse, Joghurt, Fisch mit Knochen und einige dunkelgrüne Blattgemüsesorten, wie Broccoli. Kalzium ist wichtig für einen kräftigen Knochenbau.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Nehmen Sie reichlich Vitamin A und Vitamin C zu sich, indem Sie Obst und Gemüse wie Karotten und Orangen essen. Vitamin A ist gut für Ihre Augen und Ihre Haut. Vitamin C sorgt für gesundes Zahnfleisch und schützt vor Infektionen.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Essen Sie Nahrungsmittel mit hohem Eisengehalt, damit der Körper Energie bekommt. Eisen ist in Rindfleisch, Geflügel, Fisch und getrockneten Bohnen enthalten.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Essen Sie Fleisch, Meeresfrüchte und Geflügel, um sich vor einem Zinkmangel zu schützen. Zink hilft beim schnelleren Verheilen von Wunden.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Achten Sie darauf, daß Sie täglich eine physische Betätigung ausüben. Aktivitäten im Freien sind am besten, denn Ihr Körper kann mit Hilfe der Sonne Vitamin D produzieren.



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Better Health for Mother and Baby Bessere Gesundheit für Mutter und Kind

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

Vermeiden Sie Getränke, die Alkohol und Koffein enthalten, wie Kaffee und Limonaden.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

Essen Sie jeden Tag Nahrungsmittel, die Kalzium enthalten. Dazu gehören Milch, Käse, Joghurt, Fisch mit Knochen und einige dunkelgrüne Blattgemüsesorten.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

Essen Sie jeden Tag 2 bis 3 Portionen Fleisch, Fisch, Eier oder getrocknete Bohnen, damit der Körper genügend Protein bekommt.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

Essen Sie jeden Tag mindestens 5 Portionen Obst und Gemüse, um genügend Vitamine und Mineralien aufzunehmen. Schneiden Sie zum Beispiel eine Banane in Ihre Frühstücksflocken, und wählen Sie als Zwischenmahlzeit am Nachmittag einen Apfel. Zum Mittagessen können Sie außerdem Karotten oder Selleriestangen und zum Abendessen Broccoli und Salat essen.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

Essen Sie 6 bis 11 kleine Portionen Brot mit ganzen Körnern und braunen Reis. Dies ist wichtig für Ihre Gesundheit und spendet Energie.

6. See your doctor early in your pregnancy.

Suchen Sie zu Beginn Ihrer Schwangerschaft einen Arzt auf.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

Achten Sie darauf, daß Sie während der Schwangerschaft die Gewichtszunahme kontrollieren. Für die meisten Frauen sollte die Gewichtszunahme 11,25 bis 15,75 kg betragen. Bitten Sie Ihren Arzt, Ihnen dabei zu helfen.

German Language Version

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Diabetes

Διαβήτης

Greek

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Αυτό το υλικό ετοιμάστηκε από το πρόγραμμα «Εκπαίδευση Διατροφής για Νέους Αμερικάνους» του Τμήματος Ανθρωπολογίας και Γεωγραφίας στο Πολιτειακό Πανεπιστήμιο της Γεωργίας, στην Ατλάντα, Γεωργίας των ΗΠΑ. Χρηματοδοτήθηκε από το Υπουργείο Γεωργίας των ΗΠΑ, Υπηρεσία Τροφίμων και Καταναλωτού (United States Department of Agriculture Food and Consumer Service) για οικογένειες, που είναι στο πρόγραμμα λήψης κουπονιών διατροφής (Food Stamp Program). Σύμφωνα με τον Ομοσπονδιακό Νόμο και την πολιτική του Υπουργείου Γεωργίας των ΗΠΑ, αυτό το ίδρυμα απαγορεύεται να μεροληπτήσει βάσει φυλής, χρώματος, καταγωγής, φύλου, ηλικίας, θρησκείας, πολιτικών πεποιθήσεων ή αναπηρίας. Για περισσότερες πληροφορίες τηλεφωνήστε στο τηλ. (404) 651-2542.



Diabetes

Διαβήτης



What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

Τι είναι ο Διαβήτης; Ο Διαβήτης είναι μια ασθένεια κατά την οποία το σώμα δεν παράγει ή δεν χρησιμοποιεί ινσουλίνη κατάλληλα.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

Η ινσουλίνη είναι μία ορμόνη, η οποία μετατρέπει τη ζάχαρη, τα άμυλα και άλλες τροφές σε ενέργεια, η οποία είναι απαραίτητη για την καθημερινή ζωή.

How is diabetes managed?

Πώς Ελέγχεται ο Διαβήτης;

The management of diabetes has three parts:

Ο έλεγχος του διαβήτη επιτυγχάνεται με τρεις τρόπους:

- ◆ Healthy Eating
Με Υγιεινή Διατροφή
- ◆ Physical Activity
Με Φυσική Άσκηση
- ◆ Medication (if needed)
Με φάρμακα (αν απαιτείται)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

Πώς Μπορώ να Ελέγξω το Διαβήτη μου; Μπορείτε να βοηθήτε τον έλεγχο του σακχάρου στο αίμα σας (που επίσης ονομάζεται γλυκόζη του αίματος) και τον έλεγχο του διαβήτη όταν τρώτε υγιεινά, ασκείστε αρκετά και διατηρείτε υγιές βάρος.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Το υγιές βάρος επίσης βοηθά στο να ελέγχετε τα λίπη στο αίμα (χοληστερίνη) και να μειώνετε την πίεση του αίματός σας.

Many people with diabetes also need to take medicine to help control their blood sugar.

Πολλοί άνθρωποι με διαβήτη χρειάζονται επίσης να λαμβάνουν φάρμακα για να ρυθμίζουν το σάκχαρο στο αίμα τους.

Eat Healthy

Τρέφομαι Υγιεινά

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

Η χρήση της Πυραμίδας Οδηγού Διατροφής σας βοηθάει να τρώτε ποικιλία υγιεινών τροφών. Ποικιλία σημαίνει να τρώτε τροφές από κάθε μία από τις ομάδες τροφών καθημερινώς. Όταν τρώτε διαφορετικά φαγητά κάθε μέρα, παίρνετε τις βιταμίνες και τα μέταλλα που χρειάζεστε.

Here is an example of getting a variety of foods each day.

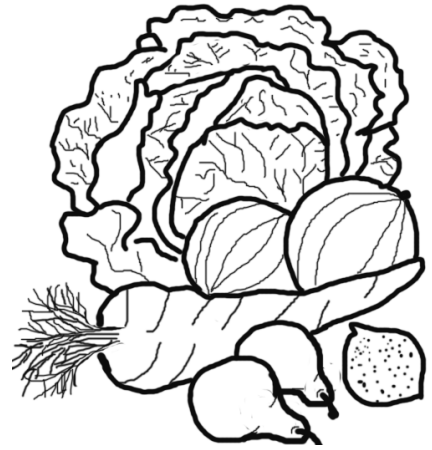
Αυτό είναι ένα παράδειγμα του πώς μπορείτε να λαμβάνετε ποικιλία τροφών κάθε μέρα.



	Day 1 1η Μέρα	Day 2 2η Μέρα
Grains: Δημητριακά:	tortilla τορτίλλα	brown rice μαύρο ρύζι
Fruit: Φρούτα:	apple μήλο	mango μάνγκο
Vegetable: Λαχανικά:	broccoli μπρόκολο	tomatoes ντομάτες
Dairy: Γαλακτοκομικά:	milk γάλα	yogurt γιαούρτι
Protein: Πρωτεΐνες:	chicken κοτόπουλο	beans όσπρια

Eat From all the Food Groups

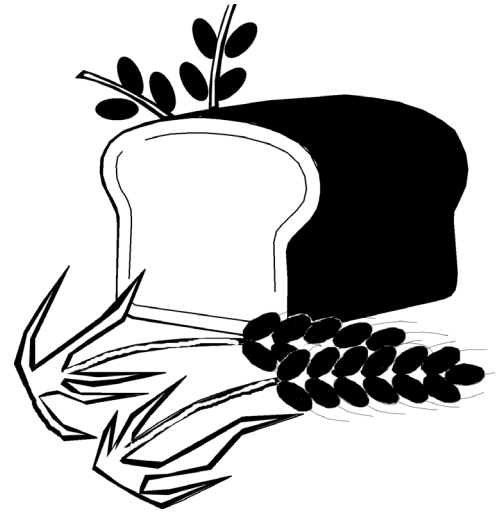
Τρώω από όλες αυτές τις Ομάδες Τροφών



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Να αγοράζετε σταρένια ψωμιά και δημητριακά. Μερικά παραδείγματα είναι: ψωμιά σταρένια, φολίδες από πίτουρο, μαύρο ρύζι, σταρένια μακαρόνια, μπλουγούρι και αμάρανθο.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Να τρώτε λιγότερες τηγανιτές και λιπαρές αμυλούχες τροφές όπως γλυκά, μπισκότα ή μάφιν.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Τα φρέσκα φρούτα είναι η καλύτερη επιλογή. Όταν αγοράζετε φρούτα κονσέρβα, να κοιτάτε για την ένδειξη «κονσερβοποιήθηκαν μέσα στο δικό τους το χυμό».
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Να αγοράζετε μικρότερα κομμάτια φρούτων και να πίνετε χυμούς σε μικρή ποσότητα.
- ◆ Eat raw and cooked vegetables with very little fat.
Να τρώτε ωμά ή μαγειρεμένα λαχανικά με πολύ λίγο λίπος.
- ◆ Use mustard instead of mayonnaise on a sandwich.
Να χρησιμοποιείτε μουστάρδα αντί για μαγιονέζα στο σάντουιτς.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Να χρησιμοποιείτε μαγειρικό σπρέι λαδιού από λαχανικά αντί για λάδι, λίπος, βούτυρο ή μαργαρίνη, ή λαρδί όταν μαγειρεύετε.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
Τεχνικές μαγειρικής, που είναι καλές για σας, είναι: το ψήσιμο στο φούρνο, ψήσιμο στη ψηστήρα, βράσιμο, τηγάνισμα ανακατεύοντας, ψήσιμο, άχνισμα, σιγανό ψήσιμο και ψήσιμο στα κάρβουνα.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Να χρησιμοποιείτε κρέατα που έχουν λίγο λίπος όπως: κοτόπουλο και γαλοπούλα. Όταν αγοράζετε χοιρινό, μοσχάρι και ζαμπόν να αφαιρείτε το επιπλέον πάχος.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Να χρησιμοποιείτε άπαχο (αποβουτυρωμένο) ή μειωμένων λιπαρών (1%) γάλα, ή γαλακτοκομικές τροφές.

Grains, Beans and Starchy Vegetables

Δημητριακά, Όσπρια και Αμυλούχα Λαχανικά



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

Τι είναι άμυλα ή υδατάνθρακες;

Άμυλα είναι τα ψωμιά, δημητριακά, τα επεξεργασμένα δημητριακά (cereal), τα μακαρόνια, τα όσπρια ή τα αμυλούχα λαχανικά. Να τρώτε μερικά άμυλα/υδατάνθρακες σε κάθε γεύμα. Άλλοι άνθρωποι μπορεί να σας λένε να μην τρώτε πολλά άμυλα/υδατάνθρακες, αλλά αυτή δεν είναι πια σωστή συμβουλή. Είναι υγιεινό για οποιονδήποτε να τρώει άμυλα/υδατάνθρακες, ακόμα και για αυτούς που πάσχουν από διαβήτη.

How many starches/carbohydrates do I need each day? 6–11 servings each day Πόσα άμυλα/υδατάνθρακες χρειάζομαι ημερησίως; 6-11 μερίδες κάθε μέρα

The number of servings you should eat each day depends on:
Ο αριθμός μερίδων που πρέπει να τρώτε κάθε μέρα εξαρτάται από:

- ◆ The calories you need
Τις θερμίδες που χρειάζεστε
- ◆ Your diabetes plan
Το πρόγραμμα θεραπείας του διαβήτη σας, που ακολουθείτε

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

Τι κάνουν τα άμυλα και οι υδατάνθρακες στο σώμα μου; Τα άμυλα δίνουν ενέργεια στο σώμα, βιταμίνες Β, μέταλλα και φυτικές ίνες. Τα δημητριακά είναι υγιεινότερα διότι έχουν περισσότερες βιταμίνες, μέταλλα και φυτικές ίνες. Οι φυτικές ίνες βοηθούν στην τακτική αφόδευση. Επίσης σας βοηθούν να ελέγχετε το σάκχαρο στο αίμα καλλίτερα.

Grains, Beans and Starchy Vegetables (continued)

Δημητριακά, Όσπρια και Αμυλούχα Λαχανικά

How much is one serving of starch/carbohydrate?

Πόσο είναι μία μερίδα άμυλο/υδατάνθρακες;

- ◆ 1 slice of bread
1 φέτα ψωμί
- ◆ 1 small potato, casaba or plantain
1 μικρή πατάτα, casaba ή μπανανοειδές
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ φλυτζάνι μαγειρεμένα επεξεργασμένα δημητριακά (cereal) όπως μπλουγούρι βρώμης ή κρέμα σταριού
- ◆ ¾ cup dry cereal such as corn flakes
¾ του φλυτζανιού επεξεργασμένα δημητριακά (cereal) όπως φολίδες καλαμποκιού (corn flakes)
- ◆ ⅓ cup of cooked rice
⅓ φλυτζάνι μαγειρεμένο ρύζι
- ◆ 1 small tortilla, roti bread or enjira bread
1 μικρή τортίλλα, ψωμί roti ή ψωμί enjira

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example: Μπορεί να χρειαστεί να φάτε μία, δύο ή τρεις μερίδες άμυλα/υδατάνθρακες σε ένα γεύμα. Αν χρειαστεί να φάτε περισσότερο από μία μερίδα σε ένα γεύμα, διαλέξτε διαφορετικές τροφές από αυτή την ομάδα τροφών. Για παράδειγμα:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Πρωινό: ¾ του φλυτζανιού στεγνά επεξεργασμένα δημητριακά (cereal) και 1 φέτα ψωμί—2 μερίδες

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Μεσημεριανό: 1/3 του φλυτζανιού ρύζι και ½ φλυτζάνι μαγειρεμένα μπανανοειδή—2 μερίδες

Dinner: ½ cup of pasta and one bread stick—2 servings

Απογευματινό: ½ φλυτζάνι μακαρόνια και ένα ψωμάκι (bread stick)—2 μερίδες

Snack: 6 crackers—1 serving

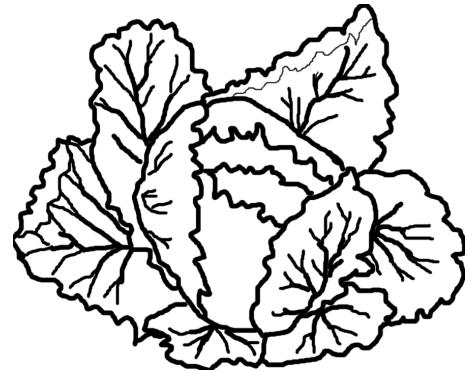
Κολατσό: 6 κράκερς—1 μερίδα

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Σύνολο ημέρας: 7 μερίδες. Σημειώστε ότι οι υδατάνθρακες είναι ισοζυγισμένοι στα γεύματα. Αυτό σας βοηθάει στο να ελέγχετε το σάκχαρο στο αίμα σας.

Vegetables

Λαχανικά



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Τα λαχανικά είναι υγιεινά για όλους, συμπεριλαμβανομένων και εκείνων που πάσχουν από διαβήτη. Να τρώτε ωμά και μαγειρεμένα λαχανικά κάθε μέρα. Τα λαχανικά σας δίνουν βιταμίνες, μέταλλα και φυτικές ίνες με πολύ λίγες θερμίδες. Να αναζητάτε λαχανικά, που έχουν έντονο χρώμα. Μερικά παραδείγματα είναι: καρότα, πιπεριές, μελιτζάνες, μπρόκολο, ντομάτες και σπανάκι.

You should have 3 to 5 servings every day.

Πρέπει να παίρνετε 3 με 5 μερίδες καθημερινώς.

How much is a serving of vegetables?

Πόσο είναι μια μερίδα λαχανικών;

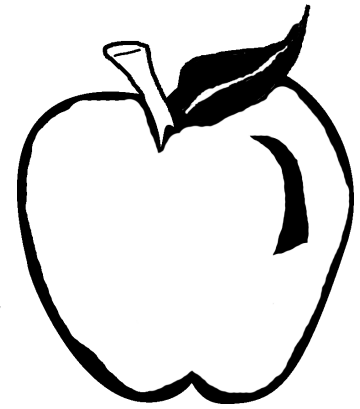
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
½ φλυτζάνι μαγειρεμένα λαχανικά όπως μαγειρεμένα πράσινα φασολάκια, μελιτζάνες, σπανάκι και κολοκυθάκι
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
1 φλυτζάνι ωμά λαχανικά όπως σαλάτα, καρότα ή κομμένα αγγούρια
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
½ φλυτζάνι χυμό από λαχανικά όπως τοματοχυμό ή χυμό από καρότα

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

Μπορεί να χρειάζεται να φάτε μία, δύο ή τρεις μερίδες λαχανικών στο γεύμα. Αν χρειαστεί να φάτε περισσότερο από μία μερίδα ανά γεύμα, να διαλέξετε διαφορετικά είδη λαχανικών ή να έχετε δύο ή τρεις μερίδες από ένα λαχανικό.

Fruits

Φρούτα



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

Τα φρούτα είναι υγιεινά για όλους, συμπεριλαμβανομένων και των ατόμων που πάσχουν από διαβήτη. Τα φρούτα δίνουν ενέργεια, βιταμίνες και μέταλλα και φυτικές ίνες.

How many servings of fruit do I need?

Πόσες μερίδες φρούτων χρειάζομαι;

2 to 4 servings

2 με 4 μερίδες

What is a serving of fruit?

Τι είναι μία μερίδα φρούτων;

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 μικρό μήλο ή αχλάδι (περίπου στο μέγεθος μιας γυναικείας γροθιάς)
- ◆ ½ cup of apple or orange juice
½ φλυτζάνι χυμό μήλου ή πορτοκαλιού
- ◆ ½ of a grapefruit
½ από γρέιπ-φρουτ
- ◆ 1 small banana or ½ of a large banana
1 μικρή μπανάνα ή ½ μιας μεγάλης μπανάνας
- ◆ ½ cup of chopped fruit
½ φλυτζάνι με κομμένα φρούτα
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ του φλυτζανιού σταφίδες ή ξερά φρούτα (περίπου ό,τι θα χωρούσε στην παλάμη του χεριού σας)

You might need to eat one or two servings of fruit at a meal.

Μπορεί να χρειαστεί να φάτε μία ή δύο μερίδες φρούτα σε ένα γεύμα.

How should I eat fruit?

Πώς πρέπει να τρώω τα φρούτα;

- ◆ Eat fruits raw, or as juice with no sugar added.
Να τρώτε τα φρούτα ωμά, ή ως χυμό δίχως να προστεθεί ζάχαρη.
- ◆ Buy smaller pieces of fruit.
Να αγοράζετε μικρότερα κομμάτια φρούτων.

Milk and Yogurt Foods

Γάλα και Γιαούρτι

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Το άπαχο γάλα, το γάλα μειωμένων λιπαρών και το γιαούρτι είναι υγιεινά για όλους, συμπεριλαμβανομένων και αυτών, που υποφέρουν από διαβήτη. Το γάλα και το γιαούρτι σας δίνουν ενέργεια, πρωτεΐνες, ασβέστιο, βιταμίνη Α και άλλες βιταμίνες και μέταλλα.



Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Να πίνετε μη λιπαρούχο (αποβουτυρωμένο ή άπαχο) ή μειωμένων λιπαρών (1%) γάλα κάθε μέρα. Να τρώτε μειωμένων λιπαρών ή άπαχο γιαούρτι. Έχουν λιγότερο συνολικό πάχος, κεκορεσμένο λίπος και χοληστερίνη.

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

Πόσες μερίδες χρειάζομαι τη μέρα; 2 με 3 μερίδες κάθε μέρα. Σημείωση: Αν είστε έγκυος ή θηλάζετε, να τρώτε τέσσερις με πέντε μερίδες γάλα και γιαούρτι ημερησίως.

How much is a serving of milk and yogurt?

Πόσο είναι μία Μερίδα Γάλα ή Γιαούρτι;

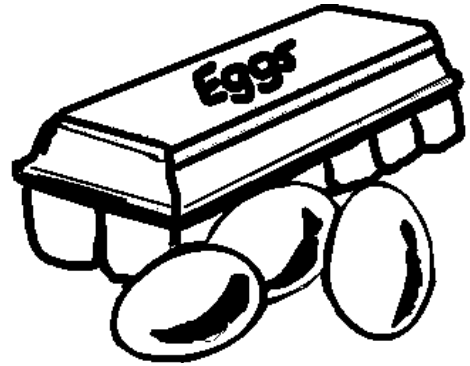
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 φλυτζάνι άπαχο απλό γιαούρτι (επίσης να κοιτάζετε και για γιαούρτια με γεύση ασπαρτάμης)
- ◆ 1 cup skim or low-fat milk
1 φλυτζάνι αποβουτυρωμένο ή μειωμένων λιπαρών γάλα

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

Σημείωση: Να αποφεύγετε τα γιαούρτια, που γράφουν, «φρούτα στον πάτο». Περιέχουν μεγάλες ποσότητες επιπρόσθετης ζάχαρης.

Meat, Poultry, Fish, Eggs and Nuts

Κρέας, Πουλερικά, Ψαρικά, Αυγά και Ξηροί Καρποί



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Αυτή η ομάδα τροφών περιλαμβάνει κρέας (μοσχάρι, χοιρινό, αρνί), κοτόπουλο, γαλοπούλα, αυγά, ψάρι, ξηρούς καρπούς και τόφου ή προϊόντα σόγιας. Να τρώτε μικρή ποσότητα από μερικές από αυτές τις τροφές καθημερινά. Όλες αυτές οι τροφές προσφέρουν στο σώμα μας πρωτεΐνες.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Οι πρωτεϊνούχες τροφές βοηθούν το σώμα σας να φτιάξει ιστούς και μυς. Επίσης δίνουν στο σώμα βιταμίνες και μέταλλα.

How many protein foods do I need each day? 2 to 3 servings

Πόσες πρωτεϊνούχες τροφές χρειάζομαι κάθε μέρα; 2 με 3 μερίδες

How much is a serving of meat, poultry, fish, eggs and nuts?

Πόσο είναι μια μερίδα Κρέας, Πουλερικά, Ψάρια, Αυγά και Ξηροί Καρποί;

- ◆ 2 to 3 ounces of cooked fish
2 με 3 ουγγιές μαγειρεμένο ψάρι
- ◆ 2 to 3 ounces cooked chicken
2 με 3 ουγγιές μαγειρεμένο κοτόπουλο
- ◆ 3 to 4 ounces tofu (½ cup)
3 με 4 ουγγιές τόφου (½ φλυτζάνι)
- ◆ 1 egg (equals one ounce of protein)
1 αυγό (ισοδυναμεί με μία ουγγιά πρωτεΐνης)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
1 φέτα τυρί ή μία ουγγιά τυρί (περίπου στο μέγεθος μπαταρίας D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 κουταλιές φυστικοβούτυρο (ισοδυναμεί με μία ουγγιά)

Meat, Poultry, Fish, Eggs and Nuts (continued)

Κρέας, Πουλερικά, Ψαρικά, Αυγά και Ξηροί Καρποί

Helpful Tips:

Χρήσιμες συμβουλές:

- ◆ The serving size you eat now may be too big.
Η ποσότητα της μερίδας που τρώτε τώρα μπορεί να είναι πολύ μεγάλη.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Κοιτάξτε ένα πακέτο τραπουλόχαρτα. Αυτό το μέγεθος είναι ίσο με 2 με 3 ουγγιές.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Να αγοράζετε κομμάτια μοσχαριού, χοιρινού, ζαμπόν και αρνιού, που έχουν μόνο λίγο πάχος πάνω τους. Κόψτε το πάχος που περισσεύει.
- ◆ Eat chicken or turkey without the skin.
Φάτε κοτόπουλο ή γαλοπούλα δίχως το δέρμα.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Μαγειρέψτε πρωτεϊνούχες τροφές με τρόπους που μειώνουν το λίπος: Ψήσιμο στη σχάρα, ψήσιμο στα κάρβουνα, τηγάνισμα ανακατεύοντας, ψήσιμο στο φούρνο, ψήσιμο στον ατμό, βράσιμο ή σιγανό ψήσιμο.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Να χρησιμοποιείτε μόνο μικρές ποσότητες λαδιού όταν μαγειρεύετε κρέας, ή να χρησιμοποιείτε σπρέι μαγειρέματος αντί για λάδι.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Φάτε κάποιο γεύμα που δεν περιέχει κρέας. Δοκιμάστε όσπρια ή τόφου ως πηγή πρωτεϊνών.

Fats, Oils and Sweets

Λίπη, Έλαια και Γλυκά



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Τα λίπη και τα έλαια, που προσθέτουμε στα φαγητά και χρησιμοποιούμε για να μαγειρεύουμε τις τροφές, περιέχουν βούτυρο, μαργαρίνη, λαρδί και λάδια. Μερικά λάδια είναι: κανόλα, ελαιόλαδο και λάδι από λαχανικά. Λίπη βρίσκονται επίσης στα κρέατα, γαλακτοκομικά προϊόντα, τροφές κολατσού και σε μερικά γλυκά. Για να ελέγχετε το διαβήτη σας, είναι καλλίτερα να τρώτε τροφές με λιγότερο πάχος και λιγότερο κεκορεσμένο λίπος (λίπος που παίρνουμε από το κρέας και τα ζωικά προϊόντα).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Τα γλυκά είναι τροφές που περιέχουν ζάχαρη και που έχουν θερμίδες αλλά δεν έχουν πολλές βιταμίνες και μέταλλα. Μερικά γλυκά περιέχουν πολύ πάχος – όπως τα κέικς, οι τούρτες και τα μπισκότα.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Αν τρώτε πολλά γλυκά και φαγητά με πολύ πάχος κάνει πιο δύσκολο τον έλεγχο του σακχάρου στο αίμα και τον έλεγχο του βάρους. Αν τρώτε λίπη και γλυκά, να τρώτε μικρές ποσότητες.

How much is a serving of fats, oils and sweets?

Πόσο είναι μια μερίδα από λίπη, έλαια και γλυκά;

- ◆ 1 teaspoon oil
1 κουταλάκι λάδι
- ◆ 1 tablespoon regular salad dressing
1 κουτάλι κανονικού ντρέσσιγκ σαλάτας
- ◆ 2 teaspoons light mayonnaise
2 κουταλάκια ελαφριάς μαγιονέζας
- ◆ 1 strip of bacon
1 λωρίδα μπέηκον
- ◆ 1 cookie
1 μπισκότο
- ◆ 1 plain doughnut
1 απλό ντόνατ
- ◆ 1 tablespoon syrup
1 κουταλιά σιρόπι
- ◆ 10–15 chips
10–15 τσιπς

Greek

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. For more information call (404) 651-2542.

Αυτό το υλικό ετοιμάστηκε από το πρόγραμμα «Εκπαίδευση Διατροφής για Νέους Αμερικάνους» του Τμήματος Ανθρωπολογίας και Γεωγραφίας στο Πολιτειακό Πανεπιστήμιο της Γεωργίας, στην Ατλάντα, Γεωργίας των ΗΠΑ. Χρηματοδοτήθηκε από το Υπουργείο Γεωργίας των ΗΠΑ, Υπηρεσία Τροφίμων και Καταναλωτού (United States Department of Agriculture Food and Consumer Service) για οικογένειες, που είναι στο πρόγραμμα λήψης κουπονιών διατροφής (Food Stamp Program). Σύμφωνα με τον Ομοσπονδιακό Νόμο και την πολιτική του Υπουργείου Γεωργίας των ΗΠΑ, αυτό το ίδρυμα απαγορεύεται να μεροληπτήσει βάσει φυλής, χρώματος, καταγωγής, φύλου, ηλικίας, θρησκείας, πολιτικών πεποιθήσεων ή αναπηρίας. Για περισσότερες πληροφορίες τηλεφωνήστε στο τηλ. (404) 651-2542.



The Food Pyramid

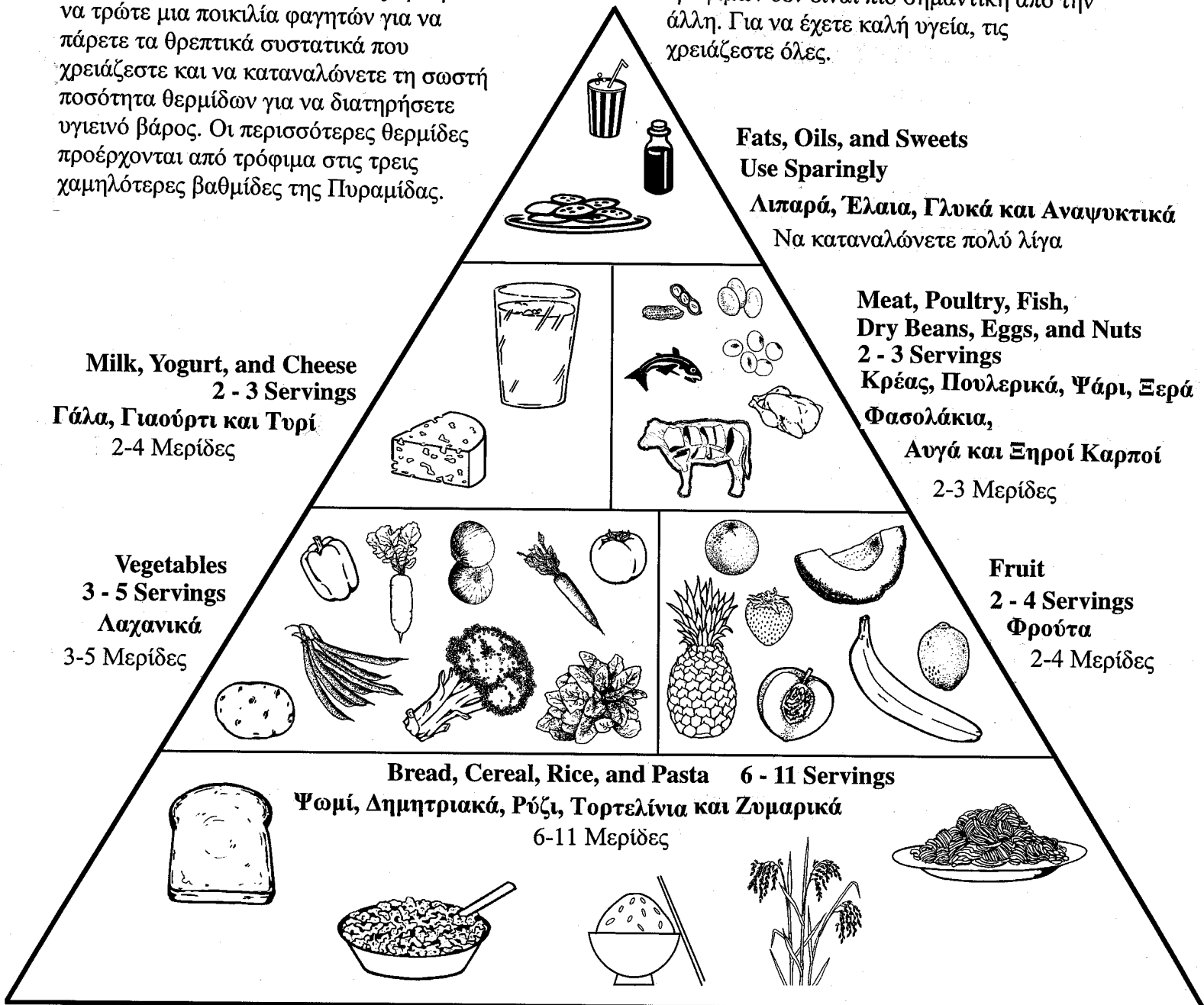
Η Τροφική Πυραμίδα

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

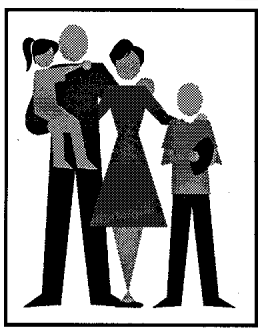
Κάθε μία από αυτές τις ομάδες περιέχει κάποια, αλλά όχι όλα τα θρεπτικά συστατικά που χρειάζεστε. Τρόφιμα από τη μια ομάδα δεν μπορούν να αντικαταστήσουν τα τρόφιμα της άλλης. Καμιά ομάδα τροφίμων δεν είναι πιο σημαντική από την άλλη. Για να έχετε καλή υγεία, τις χρειάζεστε όλες.

Η Τροφική Πυραμίδα - Οδηγός είναι ένας γενικός οδηγός που σας βοηθά να διαλέξετε μια υγιεινή διαίτα που είναι σωστή για σας. Η Πυραμίδα σας προτρέπει να τρώτε μια ποικιλία φαγητών για να πάρετε τα θρεπτικά συστατικά που χρειάζεστε και να καταναλώνετε τη σωστή ποσότητα θερμίδων για να διατηρήσετε υγιεινό βάρος. Οι περισσότερες θερμίδες προέρχονται από τρόφιμα στις τρεις χαμηλότερες βαθμίδες της Πυραμίδας.



Greek Language Version

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Better Health Begins With You!

Η Καλύτερη Υγεία Ξεκινά Με Σας!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

1. Να τρώτε 6 με 11 μικρές μερίδες ψωμί με χαμηλά λιπαρά, δημητριακά, ρύζι ή ζυμαρικά. Για παράδειγμα, να επιλέγετε χυλό βρώμης για πρωινό, ένα σάντουιτς για γεύμα και σκέτο ρύζι για δείπνο.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

2. Να τρώτε 5 μερίδες φρούτα και λαχανικά κάθε μέρα. Για παράδειγμα, μπορείτε να πιείτε πορτοκαλάδα για πρωινό, να φάτε μια σαλάτα για γεύμα και για δείπνο, πράσινα φασολάκια, βραστάς πατάτες και σταφύλια.

3. Drink at least 8 glasses of pure, fresh water every day.

3. Να πίνετε τουλάχιστον 8 ποτήρια καθαρού, φρέσκου νερού κάθε μέρα.

4. Eat lean, low-fat meats, such as chicken or fish.

4. Να τρώτε κρέας με λίγα λιπαρά, όπως κοτόπουλο ή ψάρι.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

5. Να επιλέγετε γαλακτοκομικά προϊόντα με χαμηλά λιπαρά ή χωρίς λιπαρά, όπως γάλα χωρίς λιπαρά και παγωμένο γιαούρτι.

6. Limit your intake of sweets and alcoholic beverages.

6. Να περιορίσετε την κατανάλωση γλυκών και αλκοολούχων ποτών.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

7. Να ασκείστε ή να λαμβάνετε μέρος σε κάποιας μορφής φυσική δραστηριότητα κάθε μέρα. Περπατήστε, χορέψτε ή παίξτε κάποιο παιχνίδι.

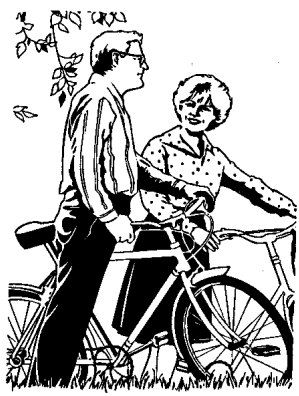
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

8. Να χρησιμοποιείτε φυτικά έλαια ή λάδι αγριοκράμβης για το μαγείρεμα, αντί για χοιρινό λίπος ή ζωικό λίπος. Τα φυτικά έλαια είναι καλύτερα για την υγεία σας γιατί δεν περιέχουν χοληστερίνη.

Greek Language Version

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Better Nutrition for Mature Adults

Καλύτερη Διατροφή για Ωριμους Ενήλικους

1. Drink 6 - 8 glasses of water every day.

1. Να πίνετε 6-8 ποτήρια νερό κάθε μέρα.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

2. Να καταναλώνετε τροφές πλούσιες σε ασβέστιο, όπως γάλα, τυρί, γιαούρτι, ψάρι δίχως κόκαλα και κάποια σκουροπράσινα λαχανικά όπως τα μπρόκολα. Το ασβέστιο είναι σημαντικό για γερά κόκαλα.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

3. Να παίρνετε αρκετή Βιταμίνη Α και Βιταμίνη C τρώγοντας φρέσκα φρούτα και λαχανικά, όπως καρότα και πορτοκάλια. Η Βιταμίνη Α είναι ωφέλιμη για τα μάτια και το δέρμα σας. Η Βιταμίνη C διατηρεί την υγεία των ούλων και προστατεύει από μολύνσεις.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

4. Να καταναλώνετε τροφές πλούσιες σε σίδηρο, που βοηθά το σώμα να χρησιμοποιεί την ενέργειά του. Τροφές πλούσιες σε σίδηρο είναι το κόκκινο κρέας, τα πουλερικά, το ψάρι και τα ξερά φασόλια.

5. Include meats, seafood, and poultry in your diet to protect against zinc deficiency. Zinc helps wounds heal faster.

5. Να συμπεριλάβετε κρέας, θαλασσινά και πουλερικά στη διατροφή σας για προστασία από την έλλειψη ψευδαργύρου. Ο ψευδάργυρος βοηθά στη γρηγορότερη αποκατάσταση των πληγών.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

6. Να ασκείτε το σώμα σας τακτικά. Η καλύτερη επιλογή είναι οι ασκήσεις σε εξωτερικούς χώρους, γιατί το σώμα σας παράγει Βιταμίνη D με τη βοήθεια του ήλιου.





Better Health for Mother and Baby

Καλύτερη Υγεία για τη Μητέρα και το Μωρό

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

1. Να αποφεύγετε τα οινοπνευματώδη ποτά και τα ποτά με καφεΐνη, όπως ο καφές και τα αναψυκτικά.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

2. Να καταναλώνετε καθημερινά τροφές που περιέχουν ασβέστιο. Αυτές συμπεριλαμβάνουν το γάλα, το τυρί, το γιαούρτι, το ψάρι δίχως κόκαλα και κάποια σκουροπράσινα λαχανικά.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

3. Να τρώτε 2 με 3 μερίδες κρέας, ψάρια, αυγά ή ξηρά φασόλια κάθε μέρα για λήψη πρωτεΐνης.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

4. Να τρώτε τουλάχιστον 5 μερίδες φρούτα και λαχανικά κάθε μέρα για λήψη βιταμινών και αλάτων. Για παράδειγμα, κόψτε σε φέτες μια μπανάνα μαζί με τα δημητριακά για το πρωινό σας και προτιμήστε να φάτε ένα μήλο για κολατσιό το απόγευμα. Επίσης, να τρώτε καρότα ή κοτσάνια σέλινου με το γεύμα και μπρόκολα και σαλάτα με το δείπνο.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

5. Να τρώτε 6 με 11 μικρές μερίδες δημητριακών ολικής αλέσεως, που είναι σημαντικά για την υγεία και την ενέργειά σας. Αυτά συμπεριλαμβάνουν ψωμί σιταριού ολικής αλέσεως και σκούρο ρύζι.

6. See your doctor early in your pregnancy.

6. Να επισκεφτείτε το γιατρό σας νωρίς κατά την εγκυμοσύνη σας.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

7. Βεβαιωθείτε ότι παίρνετε το σωστό βάρος κατά τη διάρκεια της εγκυμοσύνης σας. Για τις περισσότερες γυναίκες, αυτό είναι από 11 έως 16 κιλά περίπου. Ζητήστε βοήθεια από το γιατρό σας.

Greek Language Version

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Good Food for Kids

Καλό Φαγητό για τα Παιδιά

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

1. Το ασβέστιο χρειάζεται για την ανάπτυξη των οστών και του σώματος. Βρίσκεται στο γάλα, το γιαούρτι, το ψάρι δίχως κόκαλα και κάποια σκουροπράσινα λαχανικά όπως τα μπρόκολα.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

2. Ο σίδηρος βοηθά το σώμα στην παραγωγή ενέργειας. Βρίσκεται στο κόκκινο κρέας, τα πουλερικά, το ψάρι και τα ξερά φασόλια.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

3. Τα καρότα, το σπανάκι και άλλα φρούτα και λαχανικά είναι πλούσια σε Βιταμίνη Α και Βιταμίνη C. Η Βιταμίνη Α είναι σημαντική για καλή όραση και υγιές δέρμα. Η Βιταμίνη C διατηρεί την υγεία των ούλων και προστατεύει από μολύνσεις.

4. Energy is important and comes from breads, rice, cereal, and pasta.

4. Η ενέργεια είναι σημαντική και προέρχεται από το ψωμί, το ρύζι, τα δημητριακά και τα ζυμαρικά.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

5. Να επιλέγετε υγιείς τροφές για κολατσιό, όπως φρούτα, λαχανικά, γαλακτοκομικά προϊόντα και ξηρούς καρπούς. Είναι πολύ πιο θρεπτικά και καλύτερα για τα δόντια των παιδιών από ότι τα αεριούχα αναψυκτικά, τα πατατάκια (τσιπς) και τα γλυκά.

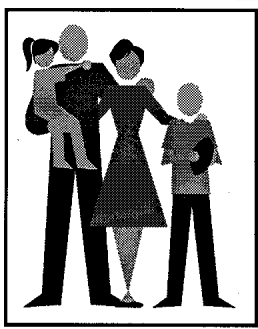
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

6. Η καθημερινή φυσική δραστηριότητα είναι σημαντική για τα παιδιά για να αναπτυχθούν δυνατά και υγιή τα σώματά τους.

Greek Language Version

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Better Health Begins With You!

Η Καλύτερη Υγεία Ξεκινά Με Σας!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

1. Να τρώτε 6 με 11 μικρές μερίδες ψωμί με χαμηλά λιπαρά, δημητριακά, ρύζι ή ζυμαρικά. Για παράδειγμα, να επιλέγετε χυλό βρώμης για πρωινό, ένα σάντουιτς για γεύμα και σκέτο ρύζι για δείπνο.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

2. Να τρώτε 5 μερίδες φρούτα και λαχανικά κάθε μέρα. Για παράδειγμα, μπορείτε να πιείτε πορτοκαλάδα για πρωινό, να φάτε μια σαλάτα για γεύμα και για δείπνο, πράσινα φασολάκια, βραστάς πατάτες και σταφύλια.

3. Drink at least 8 glasses of pure, fresh water every day.

3. Να πίνετε τουλάχιστον 8 ποτήρια καθαρού, φρέσκου νερού κάθε μέρα.

4. Eat lean, low-fat meats, such as chicken or fish.

4. Να τρώτε κρέας με λίγα λιπαρά, όπως κοτόπουλο ή ψάρι.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

5. Να επιλέγετε γαλακτοκομικά προϊόντα με χαμηλά λιπαρά ή χωρίς λιπαρά, όπως γάλα χωρίς λιπαρά και παγωμένο γιαούρτι.

6. Limit your intake of sweets and alcoholic beverages.

6. Να περιορίσετε την κατανάλωση γλυκών και αλκοολούχων ποτών.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

7. Να ασκείστε ή να λαμβάνετε μέρος σε κάποιας μορφής φυσική δραστηριότητα κάθε μέρα. Περπατήστε, χορέψτε ή παίξτε κάποιο παιχνίδι.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

8. Να χρησιμοποιείτε φυτικά έλαια ή λάδι αγριοκράμβης για το μαγείρεμα, αντί για χοιρινό λίπος ή ζωικό λίπος. Τα φυτικά έλαια είναι καλύτερα για την υγεία σας γιατί δεν περιέχουν χοληστερίνη.

Greek Language Version

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The Food Pyramid

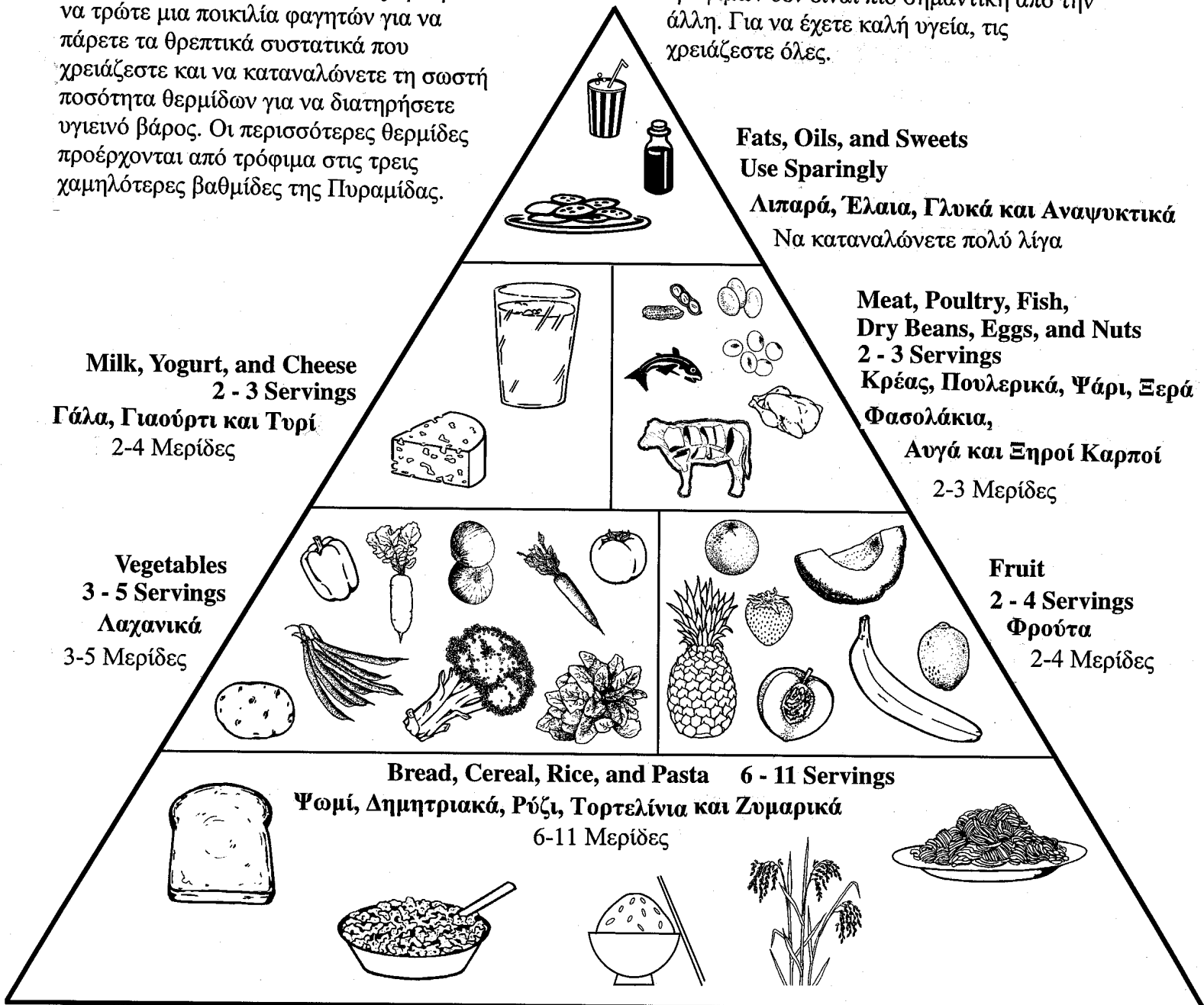
Η Τροφική Πυραμίδα

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Κάθε μία από αυτές τις ομάδες περιέχει κάποια, αλλά όχι όλα τα θρεπτικά συστατικά που χρειάζεστε. Τρόφιμα από τη μια ομάδα δεν μπορούν να αντικαταστήσουν τα τρόφιμα της άλλης. Καμιά ομάδα τροφίμων δεν είναι πιο σημαντική από την άλλη. Για να έχετε καλή υγεία, τις χρειάζεστε όλες.

Η Τροφική Πυραμίδα - Οδηγός είναι ένας γενικός οδηγός που σας βοηθά να διαλέξετε μια υγιεινή διαίτα που είναι σωστή για σας. Η Πυραμίδα σας προτρέπει να τρώτε μια ποικιλία φαγητών για να πάρετε τα θρεπτικά συστατικά που χρειάζεστε και να καταναλώνετε τη σωστή ποσότητα θερμίδων για να διατηρήσετε υγιεινό βάρος. Οι περισσότερες θερμίδες προέρχονται από τρόφιμα στις τρεις χαμηλότερες βαθμίδες της Πυραμίδας.



Greek Language Version

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Good Food for Kids

Καλό Φαγητό για τα Παιδιά

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

1. Το ασβέστιο χρειάζεται για την ανάπτυξη των οστών και του σώματος. Βρίσκεται στο γάλα, το γιαούρτι, το ψάρι δίχως κόκαλα και κάποια σκουροπράσινα λαχανικά όπως τα μπρόκολα.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

2. Ο σίδηρος βοηθά το σώμα στην παραγωγή ενέργειας. Βρίσκεται στο κόκκινο κρέας, τα πουλερικά, το ψάρι και τα ξερά φασόλια.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

3. Τα καρότα, το σπανάκι και άλλα φρούτα και λαχανικά είναι πλούσια σε Βιταμίνη Α και Βιταμίνη C. Η Βιταμίνη Α είναι σημαντική για καλή όραση και υγιές δέρμα. Η Βιταμίνη C διατηρεί την υγεία των ούλων και προστατεύει από μολύνσεις.

4. Energy is important and comes from breads, rice, cereal, and pasta.

4. Η ενέργεια είναι σημαντική και προέρχεται από το ψωμί, το ρύζι, τα δημητριακά και τα ζυμαρικά.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

5. Να επιλέγετε υγιείς τροφές για κολατσιό, όπως φρούτα, λαχανικά, γαλακτοκομικά προϊόντα και ξηρούς καρπούς. Είναι πολύ πιο θρεπτικά και καλύτερα για τα δόντια των παιδιών από ότι τα αεριούχα αναψυκτικά, τα πατατάκια (τσιπς) και τα γλυκά.

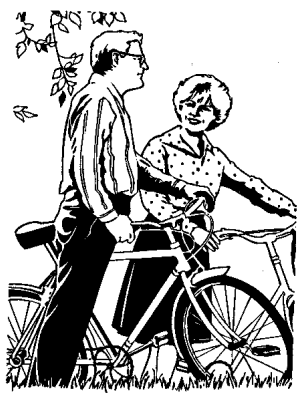
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

6. Η καθημερινή φυσική δραστηριότητα είναι σημαντική για τα παιδιά για να αναπτυχθούν δυνατά και υγιή τα σώματά τους.

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Better Nutrition for Mature Adults

Καλύτερη Διατροφή για Ωριμους Ενήλικους

1. Drink 6 - 8 glasses of water every day.

1. Να πίνετε 6-8 ποτήρια νερό κάθε μέρα.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

2. Να καταναλώνετε τροφές πλούσιες σε ασβέστιο, όπως γάλα, τυρί, γιαούρτι, ψάρι δίχως κόκαλα και κάποια σκουροπράσινα λαχανικά όπως τα μπρόκολα. Το ασβέστιο είναι σημαντικό για γερά κόκαλα.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

3. Να παίρνετε αρκετή Βιταμίνη Α και Βιταμίνη C τρώγοντας φρέσκα φρούτα και λαχανικά, όπως καρότα και πορτοκάλια. Η Βιταμίνη Α είναι ωφέλιμη για τα μάτια και το δέρμα σας. Η Βιταμίνη C διατηρεί την υγεία των ούλων και προστατεύει από μολύνσεις.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

4. Να καταναλώνετε τροφές πλούσιες σε σίδηρο, που βοηθά το σώμα να χρησιμοποιεί την ενέργειά του. Τροφές πλούσιες σε σίδηρο είναι το κόκκινο κρέας, τα πουλερικά, το ψάρι και τα ξερά φασόλια.

5. Include meats, seafood, and poultry in your diet to protect against zinc deficiency. Zinc helps wounds heal faster.

5. Να συμπεριλάβετε κρέας, θαλασσινά και πουλερικά στη διατροφή σας για προστασία από την έλλειψη ψευδαργύρου. Ο ψευδάργυρος βοηθά στη γρηγορότερη αποκατάσταση των πληγών.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

6. Να ασκείτε το σώμα σας τακτικά. Η καλύτερη επιλογή είναι οι ασκήσεις σε εξωτερικούς χώρους, γιατί το σώμα σας παράγει Βιταμίνη D με τη βοήθεια του ήλιου.





Better Health for Mother and Baby

Καλύτερη Υγεία για τη Μητέρα και το Μωρό

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

1. Να αποφεύγετε τα οινοπνευματώδη ποτά και τα ποτά με καφεΐνη, όπως ο καφές και τα αναψυκτικά.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

2. Να καταναλώνετε καθημερινά τροφές που περιέχουν ασβέστιο. Αυτές συμπεριλαμβάνουν το γάλα, το τυρί, το γιαούρτι, το ψάρι δίχως κόκαλα και κάποια σκουροπράσινα λαχανικά.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

3. Να τρώτε 2 με 3 μερίδες κρέας, ψάρια, αυγά ή ξηρά φασόλια κάθε μέρα για λήψη πρωτεΐνης.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

4. Να τρώτε τουλάχιστον 5 μερίδες φρούτα και λαχανικά κάθε μέρα για λήψη βιταμινών και αλάτων. Για παράδειγμα, κόψτε σε φέτες μια μπανάνα μαζί με τα δημητριακά για το πρωινό σας και προτιμήστε να φάτε ένα μήλο για κολατσιό το απόγευμα. Επίσης, να τρώτε καρότα ή κοτσάνια σέλινου με το γεύμα και μπρόκολα και σαλάτα με το δείπνο.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

5. Να τρώτε 6 με 11 μικρές μερίδες δημητριακών ολικής αλέσεως, που είναι σημαντικά για την υγεία και την ενέργειά σας. Αυτά συμπεριλαμβάνουν ψωμί σιταριού ολικής αλέσεως και σκούρο ρύζι.

6. See your doctor early in your pregnancy.

6. Να επισκεφτείτε το γιατρό σας νωρίς κατά την εγκυμοσύνη σας.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

7. Βεβαιωθείτε ότι παίρνετε το σωστό βάρος κατά τη διάρκεια της εγκυμοσύνης σας. Για τις περισσότερες γυναίκες, αυτό είναι από 11 έως 16 κιλά περίπου. Ζητήστε βοήθεια από το γιατρό σας.

Greek Language Version

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Diabetes

મધુપ્રમેહ

Gujarti

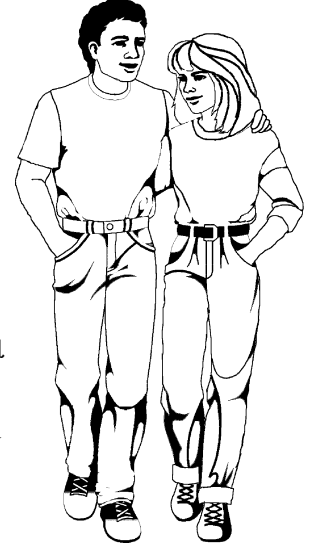
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આ લખાણ જ્યોર્જિયા સ્ટેટ યુનિવર્સિટી, એટલાન્ટા, જ્યોર્જિયા માં ડિપાર્ટમેન્ટ ઓફ એન્ટ્રોપોલોજી એન્ડ જીઓગ્રાફીના ન્યૂટ્રિશન એડ્યુકેશન ફોર ન્યુ અમેરિકન્સ દ્વારા બનાવવામાં આવ્યું હતું. એના માટેની નાણાકીય સહાય યુનાઇટેડ સ્ટેટ્સ ડિપાર્ટમેન્ટ ઓફ એગ્રીકલ્ચર ફૂડ એન્ડ કન્સ્યુમર સર્વિસ દ્વારા ફૂડ સ્ટેમ્પ પ્રોગ્રામના કુટુંબો માટે આપવામાં આવી છે. ફેડરલ કાયદા અને યુ એસ. ડિપાર્ટમેન્ટ ઓફ એગ્રીકલ્ચરની નીતિ મુજબ, આ સંસ્થાને જાતિ, રંગ, રાષ્ટ્રીય મૂળ, લિંગ, ધર્મ, રાજનીતિક માન્યતા કે અપંગતાના આધાર પર ભેદભાવ કરવાનો નિષેધ છે. વધુ માહિતી માટે (404) 651-2542 નંબર પર ફોન કરો.



Diabetes

મધુપ્રમેહ



What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

મધુપ્રમેહ (ડાયાબીટીઝ) શું છે? મધુપ્રમેહ એક રોગ છે જેમાં શરીર ઇન્સ્યૂલિન પેદા નથી કરતું અથવા એનો ભરાબર ઉપયોગ નથી કરતું.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

ઇન્સ્યૂલિન એક હોર્મોન છે જે સાકર, સ્ટાર્ચ (આર) તેમજ બીજા આહારનું દૈનિક જીવન માટે જરૂરી શક્તિમાં રૂપાંતર કરે છે.

How is diabetes managed?

મધુપ્રમેહનું નિયંત્રણ કેવી રીતે થઈ શકે છે?

The management of diabetes has three parts:

મધુપ્રમેહનું નિયંત્રણ નિમ્નલિખિત ત્રણ ભાગોમાં થઈ શકે છે:

- ◆ Healthy Eating
આરોગ્યપ્રદ આહાર
- ◆ Physical Activity
શારીરિક પ્રવૃત્તિ
- ◆ Medication (if needed)
ચિકિત્સા (જો જરૂરત હોય તો)

How can I control my diabetes?

You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

હું મારા મધુપ્રમેહને કેવી રીતે કાબૂમાં રાખી શકું છું? જો તમે આરોગ્યપ્રદ આહાર ખાઓ, પૂરતી શારીરિક પ્રવૃત્તિ કરો, અને સ્વસ્થ વજન જાળવી રાખો, તો તમે તમારી બ્લડ શુગર (બ્લડ ગ્લુકોઝ પણ કહેવાય છે) કાબૂમાં રાખી શકો છો.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

સ્વસ્થ વજન તમને રક્ત મેદ (કોલેસ્ટ્રોલ) કાબૂમાં રાખવા અને તમારું બ્લડપ્રેશર (રક્ત દબાણ) ઓછું કરવામાં પણ મદદ કરે છે.

Many people with diabetes also need to take medicine to help control their blood sugar.

મધુપ્રમેહ વાળા ઘણા લોકોને બ્લડ શુગર કાબૂમાં રાખવા દવા પણ લેવી જરૂરી છે.

Eat Healthy

હું આરોગ્યપ્રદ આહાર કેવી રીતે આરોગી શકું?



Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

હૂડ ગાઈડ પીરામીડનો ઉપયોગ તમને વિવિધ પ્રકારનો આરોગ્યપ્રદ આહાર ખાવામાં મદદરૂપ થશે. વિવિધ આહાર એટલે કે દરરોજ અલગ આહાર જૂથમાંથી આહાર ખાવો. દરરોજ અલગ અલગ આહાર ખાવાથી, તમે જરૂરી વિટામિન્સ અને મિનરલ્સ મેળવી શકો છો..

Here is an example of getting a variety of foods each day.
અહીં નીચે દરરોજ વિવિધ આહાર ખાવા માટેનું ઉદાહરણ આપ્યું છે.

	Day 1 દિવસ 1	Day 2 દિવસ 2
Grains: ધાન્ય:	tortilla ટોર્ટિલા	brown rice તપકીરી ચોખા
Fruit: ફળ:	apple સફરજન	mango કેરી
Vegetable: શાક:	broccoli બ્રોકોલી	tomatoes ટમેટાં
Dairy: દુગ્ધાલય:	milk દૂધ	yogurt દહીં
Protein: પ્રોટીન :	chicken ચિકન	beans કઢોળ

Eat From All the Food Groups

બધા આહાર જૂથમાંથી ખરીદો, રાંધણ અને ખાવાની સ્વસ્થ રીતો કઈ છે?



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
છડયા વિનાના આખા ધાન્યમાંથી બનેલા બ્રેડ તથા બીજા અનાજ ખરીદો. ઉદાહરણ તરીકે છડયા વિનાના આખા ધાન્યમાંથી બનેલા બ્રેડ, બ્રાન ફ્લેક્સ, તપકીરી ચોખા, આખા ઘઉંના પાસ્તા, બલ્ગર અને અમરાનથ.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
તળેલા અને વધુ મેદ સ્ટાર્ચવાળા આહાર જેવા કે પેસ્ટ્રી, બિસ્કિટ કે મફિન ઓછા ખાઓ.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
તાજા ફળ ઉત્તમ પસંદગી છે. ડબ્બામાં બંધ ફળો ખરીદો ત્યારે આ શબ્દો વાંચીને જ ખરીદજો, “પોતાના જ રસના ડબ્બામાં બંધ”.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
નાના ફળો ખરીદો, અને ઓછી માત્રામાં ફળનો રસ પીઓ.
- ◆ Eat raw and cooked vegetables with very little fat.
ખૂબ જ ઓછી માત્રામાં મેદ ધરાવતા કાર્યા અને પકાવેલા શાક ખાઓ.
- ◆ Use mustard instead of mayonnaise on a sandwich.
સેન્ડવીચ પર માયોનેઝની જગ્યાએ રાઈનો ઉપયોગ કરો.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
તેલની જગ્યાએ ફૂકિંગ ઓઈલ સ્પ્રેનો ઉપયોગ કરો, ખાવાનું રાંધવામાં માખણ કે કૃત્રિમ માખણ કે લાર્ડ નો ઓછો ઉપયોગ કરો.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
ખાવાનું રાંધવાની જે રીતો તમારા માટે સારી છે એ છે: શેકવું, બ્રોઈલ કરવું, ઉકાળવું, સ્ટર-ફાય કરવું, ભૂંજવું, વરાળમાં પકાવવું, ધીમા તાપે ઉકાળવું અને ગ્રિલ કરવું. વધુ માત્રામાં તેલ વાપરીને આહાર રાંધવાનું ટાળો.

Eat From All the Food Groups (continued)

બધા આહાર જૂથમાંથી ખરીદી, રાંધણ અને ખાવાની સ્વસ્થ રીતો કઈ છે?

- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
ઓછી ચરબીવાળા માંસના ટુકડા પસંદ કરો જેવા કે: ચિકન, ટર્કી. પોર્ક, બીફ અને હેમ ખરીદતી વખતે વધારાની ચરબીવાળો ભાગ કાઢી નાખો.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
ચરબી રહિત (સ્કીમ) કે ઓછી ચરબી યુક્ત (1%) દૂધ અને બીજી દૂધની બનાવટો પસંદ કરો.

Grains, Beans and Starchy Vegetables

ધાન્ય, બીન્સ અને સ્ટાર્ચી (આરયુક્ત) શાકો શું છે?



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

સ્ટાર્ચ કે કાર્બોહાઇડ્રેટ્સ શું છે?

સ્ટાર્ચ બ્રેડમાં, ધાન્યમાં, સીરીઅલમાં, પાસ્તામાં, બીન્સમાં અથવા સ્ટાર્ચયુક્ત શાકોમાં હોય છે. દરેક જમણ વખતે થોડા સ્ટાર્ચ/કાર્બોહાઇડ્રેટ્સ ખાઓ. લોકો તમને વધુ પ્રમાણમાં સ્ટાર્ચ/કાર્બોહાઇડ્રેટ્સ ખાવાની ના પાડશે, પણ એ હવે સાચી સલાહ નથી. સ્ટાર્ચ/કાર્બોહાઇડ્રેટ્સ વાળા આહાર ભંધાં માટે આરોગ્યપ્રદ છે, મધુપ્રમેહ વાળી વ્યક્તિઓ સહિત.

How many starches/carbohydrates do I need each day? 6-11 servings each day

મને દરરોજ કેટલાં સ્ટાર્ચ/કાર્બોહાઇડ્રેટ્સની જરૂર છે? દરરોજ 6-11 સર્વિંગ્સની

The number of servings you should eat each day depends on:

દરરોજ તમને કેટલા સર્વિંગ્સ લેવા જોઈએ એ નીચેની બાબતો પર નિર્ભર કરે છે:

- ◆ The calories you need
તમને કેટલી કેલરીની જરૂર છે
- ◆ Your diabetes plan
તમારી મધુપ્રમેહ ઉપચારની યોજના

What do starches and carbohydrates do for my body?

Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

સ્ટાર્ચ અને કાર્બોહાઇડ્રેટ્સ મારા શરીર માટે શું કરે છે? સ્ટાર્ચ તમારા શરીરને શક્તિ, બી વિટામિન્સ, મિનરલ્સ અને ફાઇબર (રેસા) દે છે. આખા ધાન્ય વધુ આરોગ્યપ્રદ છે કારણ કે તેઓ વધુ માત્રામાં વિટામિન્સ, મિનરલ્સ અને ફાઇબર દે છે. ફાઇબર તમને નિયમિત મળ ત્યાગમાં મદદ કરે છે. એ તમને બ્લડ શુગર પર કાબૂ રાખવામાં પણ મદદ કરે છે.

Grains, Beans and Starchy Vegetables (continued)

ઘાન્ય, બીન્સ અને સ્ટાર્ચી (આર્યુક્ટ) શાકો શું છે?

How much is one serving of starch/carbohydrate?

સ્ટાર્ચ/કાર્બોહાઇડ્રેટસનું સર્વિંગ કેટલું છે?

- ◆ 1 slice of bread
બ્રૅડની 1 સ્લાઇસ
- ◆ 1 small potato, casaba or plantain
1 નાનું બટાટું, કસેબા કે પ્લાઇન્ટેન
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ કપ પકાવેલું અનાજ જેમ કે ઓટમીલ અથવા વાઉનું કીમ
- ◆ ¾ cup dry cereal such as corn flakes
¾ કપ સૂકું અનાજ જેમ કે કોર્ન ફ્લેક્સ
- ◆ ⅓ cup of cooked rice
⅓ કપ પકાવેલો ભાત
- ◆ 1 small tortilla, roti bread or injira bread
1 નાનું ટોર્ટિલા, રોટીબ્રૅડ અથવા એન્જિરા બ્રૅડ

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example: તમને દરરોજ જમણમાં એક, બે કે ત્રણ સ્ટાર્ચ/કાર્બોહાઇડ્રેટસ સર્વિંગ્સની જરૂરત હોઈ શકે. જો તમે જમણમાં એકથી વધુ સર્વિંગ લેવાના હો તો, આ આહાર જૂથમાંથી અલગ અલગ આહાર પસંદ કરજો. ઉદાહરણ તરીકે:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

બ્રેક ફાસ્ટ : ¾ કપ સુકું અનાજ અને બ્રૅડની 1 સ્લાઇસ - 2 સર્વિંગ્સ

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

લંચ : ⅓ કપ ભાત અને ½ કપ પકાવેલા પ્લાઇન્ટેન્સ - 2 સર્વિંગ્સ

Dinner: ½ cup of pasta and one bread stick—2 servings

ડિનર : ½ કપ પાસ્તા અને 1 બ્રૅડ સ્ટીક - 2 સર્વિંગ્સ

Snack: 6 crackers—1 serving

સ્નેક્સ : 6 કેકર્સ - 1 સર્વિંગ્સ

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

આખા દિવસમાં કુલ: 7 સર્વિંગ્સ. નોંધ લેજો કે જમણમાં કાર્બોહાઇડ્રેટસ સંતુલિત થાય છે. આ તમને બ્લડ શુગર કાબૂમાં રાખવા મદદ કરી શકે છે.

Vegetables

શાકો શું છે?



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

શાકો બધાં માટે આરોગ્યપ્રદ છે. મધુપ્રમેહ વાળી વ્યક્તિઓ સહિત દરરોજ કાચા અને પકવેલા શાકો ખાઓ. શાકો તમને ખૂબ ઓછી કેલરી ધરાવતા વિટામિન્સ, મિનરલ્સ અને રેસાયુક્ત પદાર્થ આપે છે. એવા શાકો ખરીદો જે ચળકતા રંગના હોય. ઉદાહરણ તરીકે, ગાજર, મરચાં, એગ પ્લાન્ટ, બ્રોકોલી, ટમેટાં અને પાલક.

You should have 3 to 5 servings every day.
તમારે રોજ શાકના 3 થી 5 સર્વિંગ લેવા જોઈએ.

How much is a serving of vegetables?

શાકની એક સર્વિંગમાં કેટલી માત્રા હોય છે?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
½ કપ પકવેલા શાક જેવા કે પકવેલા લીલા વટાણા, એગપ્લાન્ટ, પાલક અને સ્ક્વેશ
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
1 - કપ કાચા શાક જેવા કે સલાડ, ગાજરના અથવા કાકડીના ટુકડા
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
½ કપ શાકના રસ જેવો કે ટમેટાંનો રસ કે ગાજરનો રસ

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

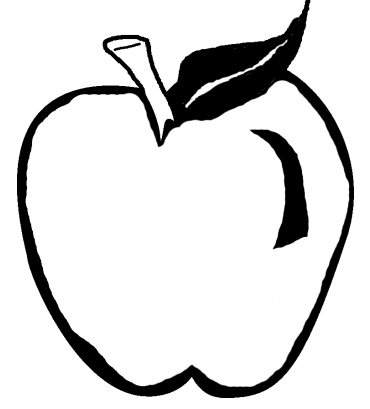
તમારે જમણ દરમ્યાન શાકના એક, બે કે ત્રણ સર્વિંગ્સની જરૂરત હોય શકે. જો તમારે ખાવામાં એક થી વધુ સર્વિંગ્સની જરૂરત હોય, તો વિવિધ પ્રકારના શાકો પસંદ કરો અથવા એક જ શાકના બે કે ત્રણ સર્વિંગ્સ લો.

Fruits

ફળો શું છે?

Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

ફળો બધાં માટે આરોગ્યપ્રદ છે, મધુપ્રમેહ વાળી વ્યક્તિઓ સહિત. ફળ તમને વિટામિન્સ, મિનરલ્સ અને ફાઇબર દે છે.



How many servings of fruit do I need?

મને ફળની કેટલી સર્વિંગ્સની જરૂરત છે?

2 to 4 servings

2 થી 4 સર્વિંગ્સ

What is a serving of fruit?

ફળની એક સર્વિંગ શું છે?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 નાનું સફરજન કે નાસપાતી (અંદાજે સ્ત્રીની મુઠ્ઠીના કદનું)
- ◆ ½ cup of apple or orange juice
½ કપ સફરજન કે સંતરાનો રસ
- ◆ ½ of a grapefruit
½ ગ્રેપફ્રુટ
- ◆ 1 small banana or ½ of a large banana
1 નાનું કેળું અથવા ½ મોટું કેળું
- ◆ ½ cup of chopped fruit
½ કપ સમોરેલા ફળ
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ કપ કિસમિસ અથવા સૂકા ફળ (અંદાજે તમારી હથેળીમાં સમાય એટલા)

You might need to eat one or two servings of fruit at a meal.

તમારે જમણાંમાં ફળની એક કે બે સર્વિંગ્સની જરૂરત હોય શકે.

How should I eat fruit?

મારે ફળ કેવી રીતે ખાવા જોઈએ?

- ◆ Eat fruits raw, or as juice with no sugar added.
ફળો કાચા ખાઓ અથવા સાકર ઉમેર્યા વિના તેમનો રસ પીઓ.
- ◆ Buy smaller pieces of fruit.
નાના કદના ફળ ખરીદો.

Milk and Yogurt Foods

દૂધ અને દહીંનો આહાર શું છે?



Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

મેદ-રહિત અને ઓછા મેદવાળું દૂધ અને દહીં બધાં માટે આરોગ્યપ્રદ છે, મધુપ્રમેહ વાળી વ્યક્તિઓ સહિત. દૂધ અને દહીં તમને શક્તિ, પ્રોટીન, કેલ્સિયમ, વિટામિન એ અને બીજા વિટામિન્સ તેમ જ મિનરલ્સ દે છે.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

દરરોજ મેદ-રહિત (સ્કીમ) અથવા ઓછા મેદ (1%) વાળું દૂધ પીઓ. ઓછા મેદ કે મેદ રહિત દહીં ખાઓ. તેમનામાં કુલ મેદ, સંતૃપ્ત મેદ અને કોલેસ્ટ્રોલ ઓછો હોય છે.

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

મને દરરોજ કેટલા સર્વિંગ્સની જરૂર છે? દરરોજ 2 થી 3 સર્વિંગ્સ. નોંધ: જો તમે ગર્ભવતી હો કે સ્તનપાન કરાવતી હો તો દરરોજ દૂધ અને દહીંના ચારથી પાંચ સર્વિંગ્સ લો.

How much is a serving of milk and yogurt?

દૂધ અને દહીંના એક સર્વિંગની માત્રા કેટલી હોય છે?

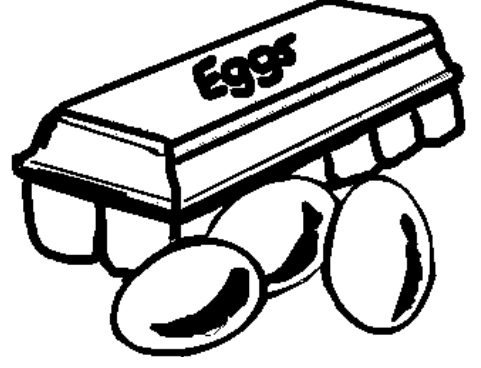
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 કપ મેદ રહિત સાદું દહીં (અસ્પાર્ટમ યુક્ત દહીં શોધો)
- ◆ 1 cup skim or low-fat milk
1 કપ સ્કીમ કે ઓછા મેદવાળું દૂધ

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

નોંધ: "તળીયામાં ફળ છે", એવું લખાણ ધરાવતા દહીં ન ખાતા. તેમાં ઘણી વધુ માત્રામાં સાકર ઉમેરી હોય છે.

Meat, Poultry, Fish, Eggs and Nuts

માંસ, પોલ્ટ્રી, માછલી, ઈંડા અને નટ્સ



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

આ આહાર જૂથમાં માંસ (બીફ, પોર્ક, લેમ્બ) ચિકન, ટર્કી, ઈંડા, માછલી, નટ્સ અને ટોફુ અથવા એવા ઉત્પાદનોનો સમાવેશ થાય છે. દરરોજ આમાંની થોડી વસ્તુઓ ખાઓ. આ બધા આહારો આપણા શરીરને પ્રોટીન આપે છે.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

પ્રોટીનયુક્ત આહારો તમારા શરીરને માંસપેશી અને સ્નાયુઓના બંધારણમાં મદદ કરે છે. તેઓ તમારા શરીરને વિટામિન્સ અને મિનરલ્સ આપે છે.

How many protein foods do I need each day? 2 to 3 servings

મને દરરોજ કેટલા પ્રોટીનયુક્ત આહારની જરૂર છે? 2 થી 3 સર્વિંગ્સ

How much is a serving of meat, poultry, fish, eggs and nuts?

માંસ, પોલ્ટ્રી, માછલી, ઈંડા અને નટ્સની એક સર્વિંગની માત્રા કેટલી છે?

- ◆ 2 to 3 ounces of cooked fish
પકાવેલી માછલીના 2 થી 3 ઓંસ
- ◆ 2 to 3 ounces cooked chicken
પકાવેલા ચિકનના 2 થી 3 ઓંસ
- ◆ 3 to 4 ounces tofu (½ cup)
ટોફુના 3 થી 4 ઓંસ (½ કપ)
- ◆ 1 egg (equals one ounce of protein)
1 ઈંડું (એક ઓંસ પ્રોટીન ની બરાબર થાય)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
ચીઝની 1 સ્લાઇસ અથવા ચીઝનો એક ઓંસ (અંદાજે ડી બેટરીના કદનું)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
મગફળીના માખણની 2 મોટી ચમચી (એક ઓંસ જેટલું)

Meat, Poultry, Fish, Eggs and Nuts (continued)

માંસ, પોલ્ટ્રી, માછલી, ઈંડા અને નટ્સ

Helpful Tips:

ઉપયોગી સૂચનો:

- ◆ The serving size you eat now may be too big.
અત્યારે તમે ખાવો છો એ સર્વિંગની માત્રા કદાચ ઘણી વધુ હોય શકે.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
ગંજી પાના તરફ એક નજર નાંખો. એમનું કદ 2 થી 3 ઓંસ જેટલું છે.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
ભીફ, પોર્ક, અને હેમ લેખના ટુકડા ખરીદો જેના પર ઓછો મેદ હોય. વધારાનો મેદ કાઢી નાખો.
- ◆ Eat chicken or turkey without the skin.
ચિકન અને ટર્કી ચામડી વિના ખાઓ.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
પ્રોટીનયુક્ત આહારો ઓછી માત્રામાં મેદ મળે એ રીતે પકાવો: બ્રોઇલ કરવું, સ્ટર-ફ્રાય, ભૂંજવું, વરાળમાં પકાવવું, બફવું, અથવા ઘીમાં તાપે પકાવવું.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
માંસ પકાવવા ઓછી માત્રામાં તેલ વાપરો, અથવા તેલની જગ્યાએ ફૂકિંગ સ્પ્રે વાપરો.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
માંસ વિનાનું જમણ લો. તમારા પ્રોટીનના સ્ત્રોત તરીકે બીન્સ કે ટોફુનો ઉપયોગ કરો.

Fats, Oils and Sweets

મેદ, તેલ અને મીઠાઈ શું છે?



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

મેદ અને તેલમાં માખણ, કૃત્રિમ માખણ, લાર્ડ અને તેલનો સમાવેશ થાય છે. જે આપણે આહારમાં નાંખીએ છીએ અને આહાર પચાવવા માટે વાપરીએ છીએ. અમુક તેલોના ઉદાહરણ છે: કેનોલા, ઓલિવ અને વેજિટેબલ. માંસ, દૂગધાલયના ઉત્પાદનો, અલ્પાહાર અને અમુક મીઠાઈઓમાં પણ મેદ હોય છે. તમારા મધુપ્રમેહ કાબૂમાં રાખવા ઓછા મેદ અને ઓછા સંતૃપ્ત મેદ (મેદ જે આપણને માંસ અને પ્રાણીજ ઉત્પાદનોથી મળે છે) વાળો આહાર ખાવો ઉત્તમ રહેશે.

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

મીઠાઈઓ સાકરવાળા આહારો છે જેમાં કેલરી હોય છે પરંતુ વિટામિન્સ અને મિનરલ્સ નથી હોતા. અમુક મીઠાઈઓમાં મેદનું પ્રમાણ પણ વધુ હોય છે - જેવી કે કેક, પાઈ અને કુકીસ.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

વધુ માત્રામાં સાકરવાળા અને વધુ મેદવાળા આહારો ખાવાથી તમારી બ્લડ શુગર અને વજન કાબૂમાં રાખવા મુશ્કેલ થઈ રહેશે. જો તમે મેદ અને મીઠાઈઓ ખાઓ તો ઓછી માત્રામાં ખાજો.

How much is a serving of fats, oils and sweets?

મેદ, તેલ અને મીઠાઈઓની એક સર્વિંગની માત્રા કેટલી છે?

- ◆ 1 teaspoon oil
1 નાની ચમચી તેલ
- ◆ 1 tablespoon regular salad dressing
1 મોટી ચમચી સલાડ ડ્રેસિંગ
- ◆ 2 teaspoons light mayonnaise
2 મોટી ચમચી હલ્કું માયોનીઝ
- ◆ 1 strip of bacon
1 બેકનની પટ્ટી
- ◆ 1 cookie
1 કુકી
- ◆ 1 plain doughnut
1 સાદું ડાઉનટ
- ◆ 1 tablespoon syrup
1 મોટી ચમચી સીરપ
- ◆ 10-15 chips
10-15 ચીપ્સ

Gujarti

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. For more information call (404) 651-2542.

આ લખાણ જ્યોર્જિયા સ્ટેટ યુનિવર્સિટી, એટલાન્ટા, જ્યોર્જિયા માં ડિપાર્ટમેન્ટ ઓફ એન્ટ્રોપોલોજી એન્ડ જીઓગ્રાફીના ન્યૂટ્રિશન એડ્યુકેશન ફોર ન્યુ અમેરિકન્સ દ્વારા બનાવવામાં આવ્યું હતું. એના માટેની નાણાકીય સહાય યુનાઇટેડ સ્ટેટ્સ ડિપાર્ટમેન્ટ ઓફ એગ્રીકલ્ચર ફૂડ એન્ડ કન્ઝ્યુમર સર્વિસ દ્વારા ફૂડ સ્ટેમ્પ પ્રોગ્રામના કુટુંબો માટે આપવામાં આવી છે. ફેડરલ કાયદા અને યુ એસ. ડિપાર્ટમેન્ટ ઓફ એગ્રીકલ્ચરની નીતિ મુજબ, આ સંસ્થાને જાતિ, રંગ, રાષ્ટ્રીય મૂળ, લિંગ, ધર્મ, રાજનીતિક માન્યતા કે અપંગતાના આધાર પર ભેદભાવ કરવાનો નિષેધ છે. વધુ માહિતી માટે (404) 651-2542 નંબર પર ફોન કરો.



The Food Pyramid

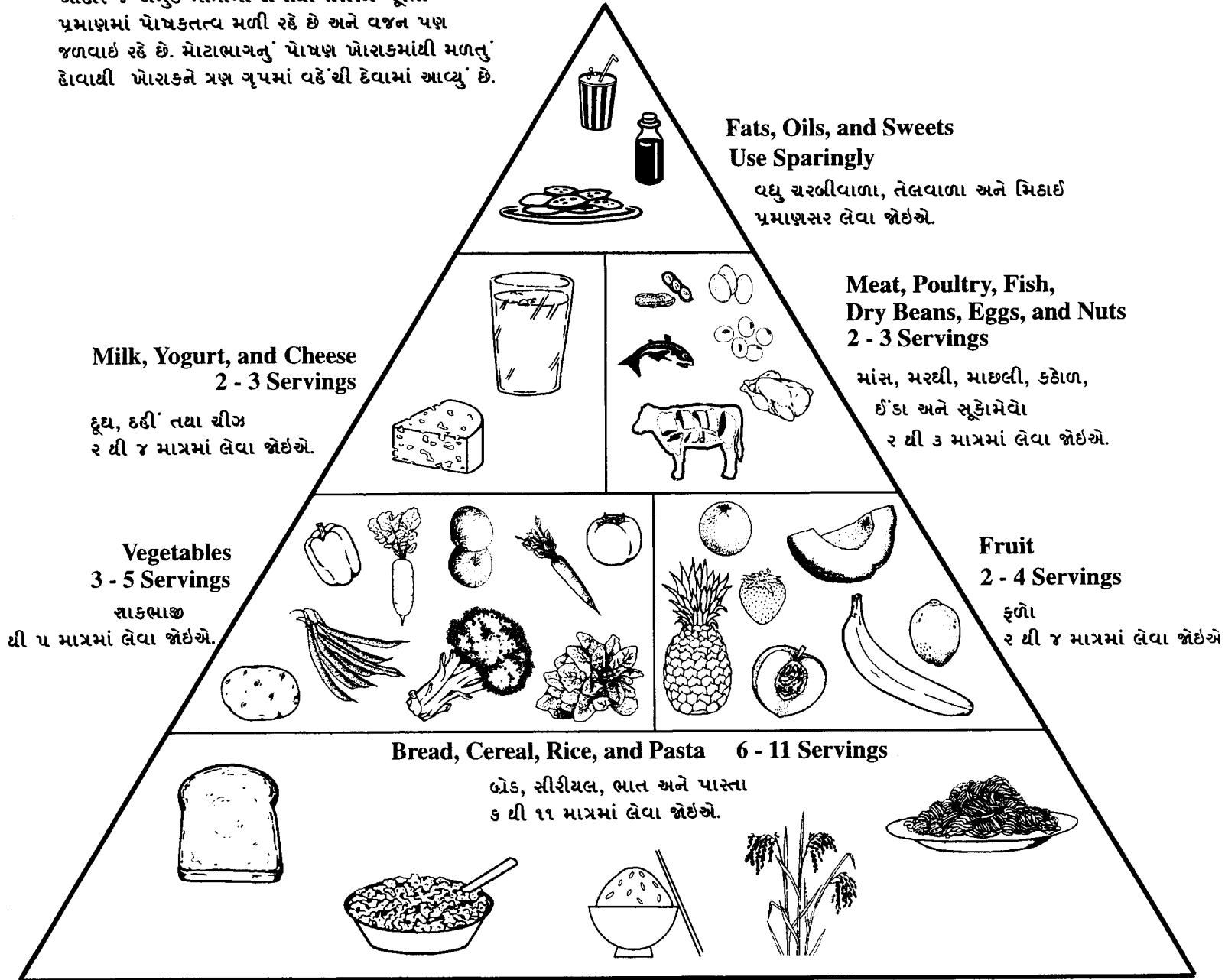
ખોરાકનો પિરામિડ

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

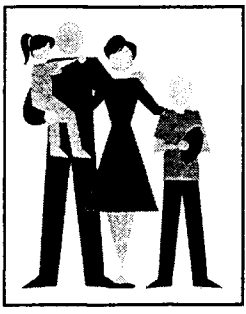
ખોરાકનો પિરામિડ એટલે તંદુરસ્ત ખોરાકની સમજ આપતું માર્ગદર્શન જે તમારા સ્વાસ્થ્ય માટે યોગ્ય તથા જરૂરી હોય. પિરામિડ એટલે વિવિધ જાતનો પોષક આહાર જે અમુક માત્રામાં લેવાથી શરીરને પૂરતા પ્રમાણમાં પોષકતત્વ મળી રહે છે અને વજન પણ જળવાઈ રહે છે. મોટાભાગનું પોષણ ખોરાકમાંથી મળતું હોવાથી ખોરાકને ત્રણ ગ્રુપમાં વહેંચી દેવામાં આવ્યું છે.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

દરેક ગ્રુપ બધા નહીં પણ જુદા જુદા પોષકતત્વો પૂરા પાડે છે જે તમારા શરીરને જરૂરી છે. એક ગ્રુપ બીજા ગ્રુપની જગ્યા લઈ શકે નહીં, તેમજ ન તો એક ગ્રુપ બીજા ગ્રુપ કરતાં વધારે મહત્વનું હોય. તંદુરસ્ત સ્વાસ્થ્ય માટે તમારે ત્રણે ગ્રુપ લેવા જરૂરી છે.



Gujarati Language Version



Better Health Begins With You!

તંદુરસ્તી તમારા હાથમાં

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

ઓછી કેલરીનું બ્રેડ, સીરીયલ, ભાત અને પાસ્તા રોજ ૬ થી ૧૧ માત્રામાં લેવા જોઈએ. દાખલા તરીકે સવારના નાસ્તામાં ઓટમીલ, લંચમાં સેન્ડવીચ અને રાત્રીના ભોજનમાં સાદો ભાત લેવા જોઈએ.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

રોજ ૫ માત્રામાં ફળો અને શાકભાજી લેવા જોઈએ. દાખલા તરીકે સવારના નાસ્તામાં સંતરનો રસ, બપોરના ભોજનમાં સલાડ અને રાત્રીના ભોજનમાં બાફેલો બટેટો અને દ્રાક્ષ.

3. Drink at least 8 glasses of pure, fresh water every day.

૮ ગ્લાસ રોજ તાજુ પાણી પીવું જોઈએ.

4. Eat lean, low-fat meats, such as chicken or fish.

ઓછી ચરબીવાળું માંસ જેવાકે મરઘી અને માછલી ખાવા જોઈએ.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ઓછી ચરબીવાળી અથવા ચરબી વગરની દૂધની બનાવટ જેવીકે પાતળું દૂધ તથા ઠંડી ધાવું જોઈએ.

6. Limit your intake of sweets and alcoholic beverages.

મીઠાઈ તથા માદક પીણાનો ઉપયોગ પ્રમાણસર કરવો જોઈએ.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

શરીરને કસરત મળે એવી પ્રવૃત્તિઓ રોજ કરવી જોઈએ, જેવીક ચાલવા જવું, નૃત્ય કરવું કે રમવું.

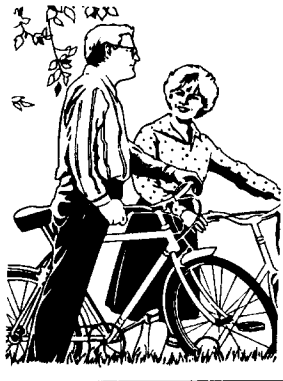
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

રાંધવામાં વધુ ચરબીવાળા તેલ કરતાં ઓછી ચરબીવાળા વેજિટેબલ તેલ અથવા કનોલા-તેલ વાપરવું જોઈએ.

Gujarati Language Version

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Better Nutrition for Mature Adults

પુખ્તવયના માટે જરૂરી પોષકતત્વ

1. Drink 6 - 8 glasses of water every day.

રોજ ૮ ગ્લાસ પાણી પીવું જોઈએ..

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

તંદુરસ્ત હાડકા માટે કેલ્શિયમ મહત્વનું હોવાથી વધારે કેલ્શિયમવાળા ખોરાક જેવાકે ચીઝ, દહીં, માછલી તથા લીલાં શાકભાજી જેવાકે બ્રોકલી લેવા જોઈએ.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

ફળો અને શાકભાજી જેવાકે ગાજર અને સંતરામાંથી પૂરતા પ્રમાણમાં વિટામીન એ અને સી મળતાં હોવાથી તેનો વધુ ઉપયોગ કરવો જોઈએ. વિટામીન એ મળવું આંખ અને ત્વચા માટે જરૂરી છે. જ્યારે વિટામીન સી ઠાંતના અવાળાની તંદુરસ્તી માટે તથા રોગ પ્રતિકારક શક્તિ પૂરી પાડે છે.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

લાલમાંસ, મરઘી, માછલી તથા કઠોળમાંથી આર્યન ખૂબ મળતુ હોવાથી ખોરાકમાં ઉપયોગ કરવાથી શરીરને પૂરતા પ્રમાણમાં શક્તિ મળી રહે છે.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

માંસ તથા માછલી તથા બીજી દરિયાઈ માછલીઓ તથા મરઘી જેવો ખોરાક લેવાથી ઝિંકની ખામી દૂર થાય છે જે શરીર પરના ઘા ને રુઝાવામાં મદદરૂપ થાય છે.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

રોજ ઘર બહારની પ્રવૃત્તિઓમાં ભાગ લેવો જોઈએ જે શરીરણે સૂર્યના કિરણથી વિટામીન ડી મેળવવામાં મદદરૂપ થાય છે.

Gujarati Language Version

These materials were developed by the Center for Applied Research in Anthropology at Georgia State University for the Georgia Coalition for Better Health Project which is funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families.





Better Health for Mother and Baby

ગર્ભવતી માતાની તંદુરસ્તી

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

માદકપીણાં તથા કેફીનવાળા પીણાં જેવાકે કોફી તથા કોક કે પેપ્સી જેવા પીણાંનો ત્યાગ કરવો.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

કેલ્શિયમના પ્રમાણવાળો ખોરાક જેવોકે દૂધ, ચીઝ, દહીં, માછલી તથા લીલાં શાકભાજી રોજ ખાવા જોઈએ.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

રોજ ૨ થી ૩ માત્રામાં માંસ, માછલી, ઈંડા તથા કઠોળ લેવાથી શરીરને પુસ્તા પ્રમાણમાં મળી રહે છે.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

રોજ ૫ માત્રામાં ફળો તથા શાકભાજી લેવા જોઈએ., જેથી શરીરને પૂરતા પ્રમાણમાં વીટામીન્સ મળી રહે છે. દાખલા તરીકે સવારના નાસ્તામાં સીરીયલ સાથે કેળુ લેવું જોઈએ, બપોરના પછીના નાસ્તામાં એપલ. બપોરના ભોજનમાં ગાજર તથા સેલરી અને બ્રોકલી તથા સલાદ રાત્રીના ભોજનમાં લેવું જોઈએ.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

હોલવીટ બ્રેડ તથા બ્રાઉન રાઇસ જેવા ફાઇબરવાળા સિરિયલ બ્રાન ૬ થી ૧૧ ની થોડી માત્રામાં લેવી જોઈએ.

6. See your doctor early in your pregnancy.

ગર્ભવતી માતાએ ગર્ભની શરૂઆતથી જ ડોક્ટરી ચેકઅપ કરાવવી જોઈએ.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

ગર્ભવતી માતાએ પોતાના વજનનું ખાસ ધ્યાન રાખવું જોઈએ. લગભગ બધી સ્ત્રીઓ માટે ૨૫ થી ૩૫ પાઉન્ડ વજન હોવું જોઈએ. વધુ જાણકારી માટે ડોક્ટરની સલાહ લેવી જોઈએ.

Gujarati Language Version

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Good Food for Kids

બાળકોના વિકાસ માટે સારો આહાર

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

હાડકાના વિકાસ અને વૃદ્ધિ માટે કેલ્શિયમ જરૂરી છે જે દૂધ, દહીં, માંછલી તથા લીલાં શાકભાજીમાંથી જેવાકે બ્રોકલીમાંથી મળી રહે છે.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

શરીરને શક્તિ પૂરી પાડવા માટે આયર્ન જરૂરી છે જે લાલ માંસ, મરઘી, માંછલી તથા કઠોળ માંથી મળી રહે છે.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

વીટામીન એ અને સી ગાજર, સ્પીનેચ તથા ફળો અને શાકભાજીમાંથી મળી રહે છે. વીટામીન એ સારી દૃષ્ટિ તથા સુંદર ત્વચા માટે અને વીટામીન સી ઠાંતનાં અવાળા તંદુરસ્ત રહે તે માટે તથા રોગ સામે પ્રતિકાર કરવામાં મદદરૂપ બને છે.

4. Energy is important and comes from breads, rice, cereal, and pasta.

શક્તિ-તાકત હોવી જરૂરી છે જે બ્રેડ, રાઇસ, સીરીયલ તથા પાસ્તામાંથી મળી રહે છે.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

સારો તંદુરસ્ત નાસ્તો જેવાકે ફળો, શાકભાજી, દૂધની બનાવટ તથા સૂકોમેવો લેવો જોઈએ. તેમાં વધારે પોષક તત્વ હોવાથી બાળકોના ઠાંત માટે વધુ તંદુરસ્ત છે. જ્યારે કોક કે પેપ્સી તથા ચીપ્સ અને મીઠાઈ ઠાંતને નુકસાન કરે છે.

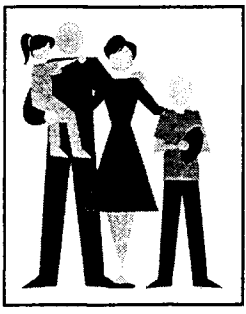
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

બાળકોની તંદુરસ્તી અને વૃદ્ધિ માટે રોજની શારીરિક પ્રવૃત્તિ મહત્વની છે.

Gujarati Language Version

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service. For more information call (404) 651-2542.





Better Health Begins With You!

તંદુરસ્તી તમારા હાથમાં

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

ઓછી કેલરીનું બ્રેડ, સીરીયલ, ભાત અને પાસ્તા રોજ ૬ થી ૧૧ માત્રામાં લેવા જોઈએ. દાખલા તરીકે સવારના નાસ્તામાં ઓટમીલ, લંચમાં સેન્ડવીચ અને રાત્રીના ભોજનમાં સાદો ભાત લેવા જોઈએ.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

રોજ ૫ માત્રામાં ફળો અને શાકભાજી લેવા જોઈએ. દાખલા તરીકે સવારના નાસ્તામાં સંતરનો રસ, બપોરના ભોજનમાં સલાડ અને રાત્રીના ભોજનમાં બાફેલો બટેટો અને દ્રાક્ષ.

3. Drink at least 8 glasses of pure, fresh water every day.

૮ ગ્લાસ રોજ તાજુ પાણી પીવું જોઈએ.

4. Eat lean, low-fat meats, such as chicken or fish.

ઓછી ચરબીવાળું માંસ જેવાકે મરઘી અને માછલી ખાવા જોઈએ.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ઓછી ચરબીવાળી અથવા ચરબી વગરની દૂધની બનાવટ જેવીકે પાતળું દૂધ તથા ઠંડી ધાવું જોઈએ.

6. Limit your intake of sweets and alcoholic beverages.

મીઠાઈ તથા માદક પીણાનો ઉપયોગ પ્રમાણસર કરવો જોઈએ.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

શરીરને કસરત મળે એવી પ્રવૃત્તિઓ રોજ કરવી જોઈએ, જેવીક ચાલવા જવું, નૃત્ય કરવું કે રમવું.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

રાંધવામાં વધુ ચરબીવાળા તેલ કરતાં ઓછી ચરબીવાળા વેજિટેબલ તેલ અથવા કનોલા-તેલ વાપરવું જોઈએ.

Gujarati Language Version

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The Food Pyramid

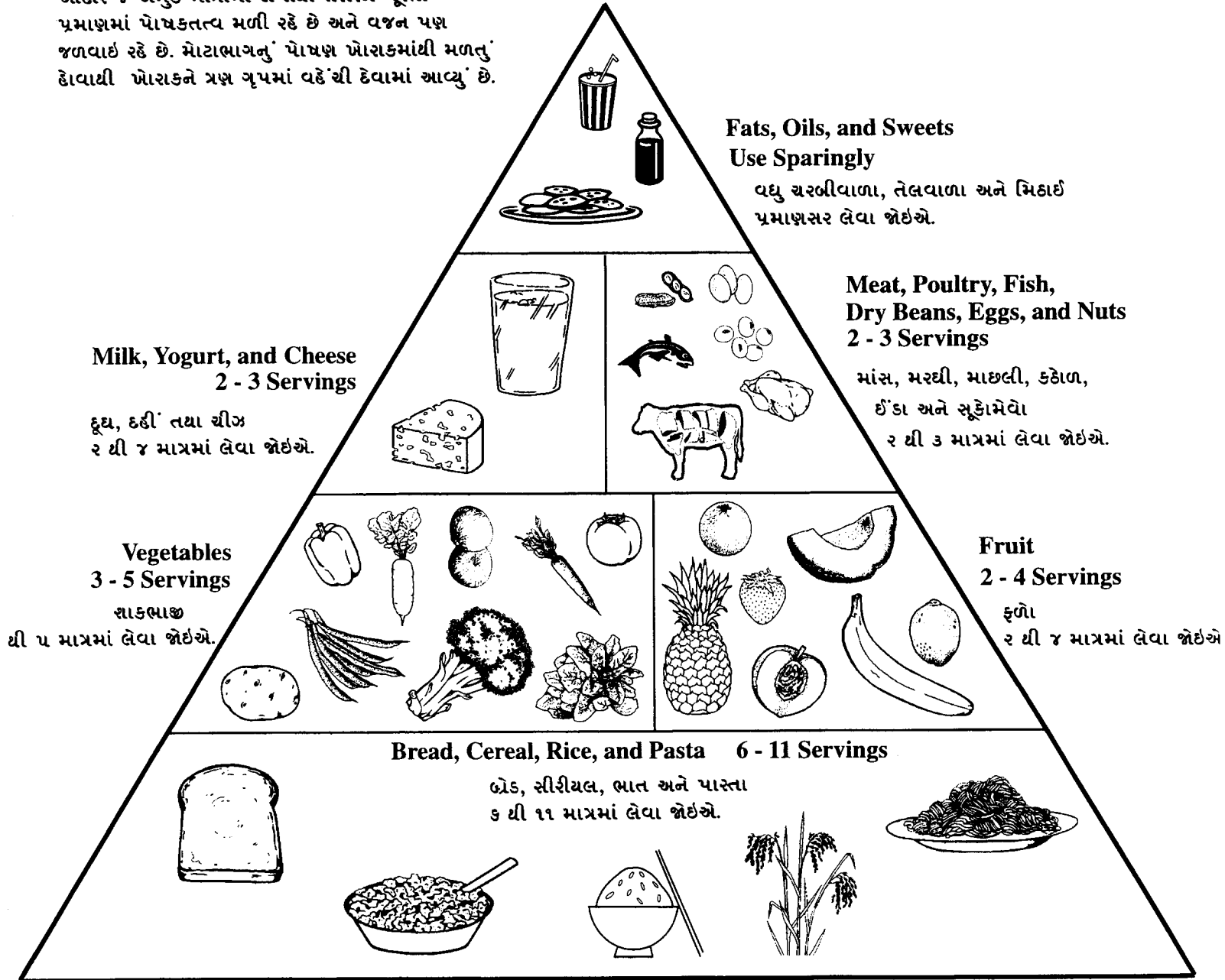
ખોરાકનો પિરામિડ

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

ખોરાકનો પિરામિડ એટલે તંદુરસ્ત ખોરાકની સમજ આપતું માર્ગદર્શન જે તમારા સ્વાસ્થ્ય માટે યોગ્ય તથા જરૂરી હોય. પિરામિડ એટલે વિવિધ જાતનો પોષક આહાર જે અમુક માત્રામાં લેવાથી શરીરને પૂરતા પ્રમાણમાં પોષકતત્વ મળી રહે છે અને વજન પણ જળવાઈ રહે છે. મોટાભાગનું પોષણ ખોરાકમાંથી મળતું હોવાથી ખોરાકને ત્રણ ગ્રુપમાં વહેંચી દેવામાં આવ્યું છે.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

દરેક ગ્રુપ બધા નહીં પણ જુદા જુદા પોષકતત્વો પૂરા પાડે છે જે તમારા શરીરને જરૂરી છે. એક ગ્રુપ બીજા ગ્રુપની જગ્યા લઈ શકે નહીં, તેમજ ન તો એક ગ્રુપ બીજા ગ્રુપ કરતાં વધારે મહત્વનું હોય. તંદુરસ્ત સ્વાસ્થ્ય માટે તમારે ત્રણે ગ્રુપ લેવા જરૂરી છે.



Gujarati Language Version



Good Food for Kids

બાળકોના વિકાસ માટે સારો આહાર

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

હાડકાના વિકાસ અને વૃદ્ધિ માટે કેલ્શિયમ જરૂરી છે જે દૂધ, દહીં, માંછલી તથા લીલાં શાકભાજીમાંથી જેવાકે બ્રોકલીમાંથી મળી રહે છે.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

શરીરને શક્તિ પૂરી પાડવા માટે આયર્ન જરૂરી છે જે લાલ માંસ, મરઘી, માંછલી તથા કઠોળ માંથી મળી રહે છે.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

વીટામીન એ અને સી ગાજર, સ્પીનેચ તથા ફળો અને શાકભાજીમાંથી મળી રહે છે. વીટામીન એ સારી દૃષ્ટિ તથા સુંદર ત્વચા માટે અને વીટામીન સી ઠાંતનાં અવાળા તંદુરસ્ત રહે તે માટે તથા રોગ સામે પ્રતિકાર કરવામાં મદદરૂપ બને છે.

4. Energy is important and comes from breads, rice, cereal, and pasta.

શક્તિ-તાકત હોવી જરૂરી છે જે બ્રેડ, રાઇસ, સીરીયલ તથા પાસ્તામાંથી મળી રહે છે.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

સારો તંદુરસ્ત નાસ્તો જેવાકે ફળો, શાકભાજી, દૂધની બનાવટ તથા સૂકોમેવો લેવો જોઈએ. તેમાં વધારે પોષક તત્વ હોવાથી બાળકોના ઠાંત માટે વધુ તંદુરસ્ત છે. જ્યારે કોક કે પેપ્સી તથા ચીપ્સ અને મીઠાઈ ઠાંતને નુકસાન કરે છે.

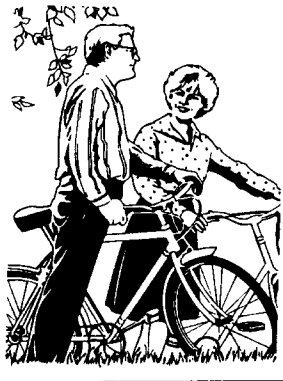
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

બાળકોની તંદુરસ્તી અને વૃદ્ધિ માટે રોજની શારીરિક પ્રવૃત્તિ મહત્વની છે.

Gujarati Language Version

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Better Nutrition for Mature Adults

પુખ્તવયના માટે જરૂરી પોષકતત્વ

1. Drink 6 - 8 glasses of water every day.

રોજ ૮ ગ્લાસ પાણી પીવું જોઈએ..

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

તંદુરસ્ત હાડકા માટે કેલ્શિયમ મહત્વનું હોવાથી વધારે કેલ્શિયમવાળો ખોરાક જેવો કે ચીઝ, દહીં, માછલી તથા લીલાં શાકભાજી જેવાકે બ્રોકલી લેવા જોઈએ.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

ફળો અને શાકભાજી જેવાકે ગાજર અને સંતરામાંથી પૂરતા પ્રમાણમાં વિટામીન એ અને સી મળતાં હોવાથી તેનો વધુ ઉપયોગ કરવો જોઈએ. વિટામીન એ મળવું આંખ અને ત્વચા માટે જરૂરી છે. જ્યારે વિટામીન સી ઠાંતના અવાળાની તંદુરસ્તી માટે તથા રોગ પ્રતિકારક શક્તિ પૂરી પાડે છે.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

લાલમાંસ, મરઘી, માછલી તથા કઠોળમાંથી આર્યન ખૂબ મળતુ હોવાથી ખોરાકમાં ઉપયોગ કરવાથી શરીરને પૂરતા પ્રમાણમાં શક્તિ મળી રહે છે.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

માંસ તથા માછલી તથા બીજી દરિયાઈ માછલીઓ તથા મરઘી જેવો ખોરાક લેવાથી ઝિંકની ખામી દૂર થાય છે જે શરીર પરના ઘા ને રુઝાવામાં મદદરૂપ થાય છે.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

રોજ ઘર બહારની પ્રવૃત્તિઓમાં ભાગ લેવો જોઈએ જે શરીરણે સૂર્યના કિરણથી વિટામીન ડી મેળવવામાં મદદરૂપ થાય છે.

Gujarati Language Version

These materials were developed by the Center for Applied Research in Anthropology at Georgia State University for the Georgia Coalition for Better Health Project which is funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families.





Better Health for Mother and Baby

ગર્ભવતી માતાની તંદુરસ્તી

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

માદકપીણાં તથા કેફીનવાળા પીણાં જેવાકે કોફી તથા કોક કે પેપ્સી જેવા પીણાંનો ત્યાગ કરવો.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

કેલ્શિયમના પ્રમાણવાળો ખોરાક જેવોકે દૂધ, ચીઝ, દહીં, માછલી તથા લીલાં શાકભાજી રોજ ખાવા જોઈએ.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

રોજ ૨ થી ૩ માત્રામાં માંસ, માછલી, ઈંડા તથા કઠોળ લેવાથી શરીરને પુરતા પ્રમાણમાં મળી રહે છે.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

રોજ ૫ માત્રામાં ફળો તથા શાકભાજી લેવા જોઈએ., જેથી શરીરને પૂરતા પ્રમાણમાં વીટામીન્સ મળી રહે છે. દાખલા તરીકે સવારના નાસ્તામાં સીરીયલ સાથે કેળુ લેવું જોઈએ, બપોરના પછીના નાસ્તામાં એપલ. બપોરના ભોજનમાં ગાજર તથા સેલરી અને બ્રોકલી તથા સલાદ રાત્રીના ભોજનમાં લેવું જોઈએ.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

હોલવીટ બ્રેડ તથા બ્રાઉન રાઇસ જેવા ફાઇબરવાળા સિરિયલ બ્રાન ૬ થી ૧૧ ની થોડી માત્રામાં લેવી જોઈએ.

6. See your doctor early in your pregnancy.

ગર્ભવતી માતાએ ગર્ભની શરૂઆતથી જ ડોક્ટરી ચેકઅપ કરાવવી જોઈએ.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

ગર્ભવતી માતાએ પોતાના વજનનું ખાસ ધ્યાન રાખવું જોઈએ. લગભગ બધી સ્ત્રીઓ માટે ૨૫ થી ૩૫ પાઉન્ડ વજન હોવું જોઈએ. વધુ જાણકારી માટે ડોક્ટરની સલાહ લેવી જોઈએ.

Gujarati Language Version

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NUTRITION EDUCATION FOR NEW AMERICANS PROJECT

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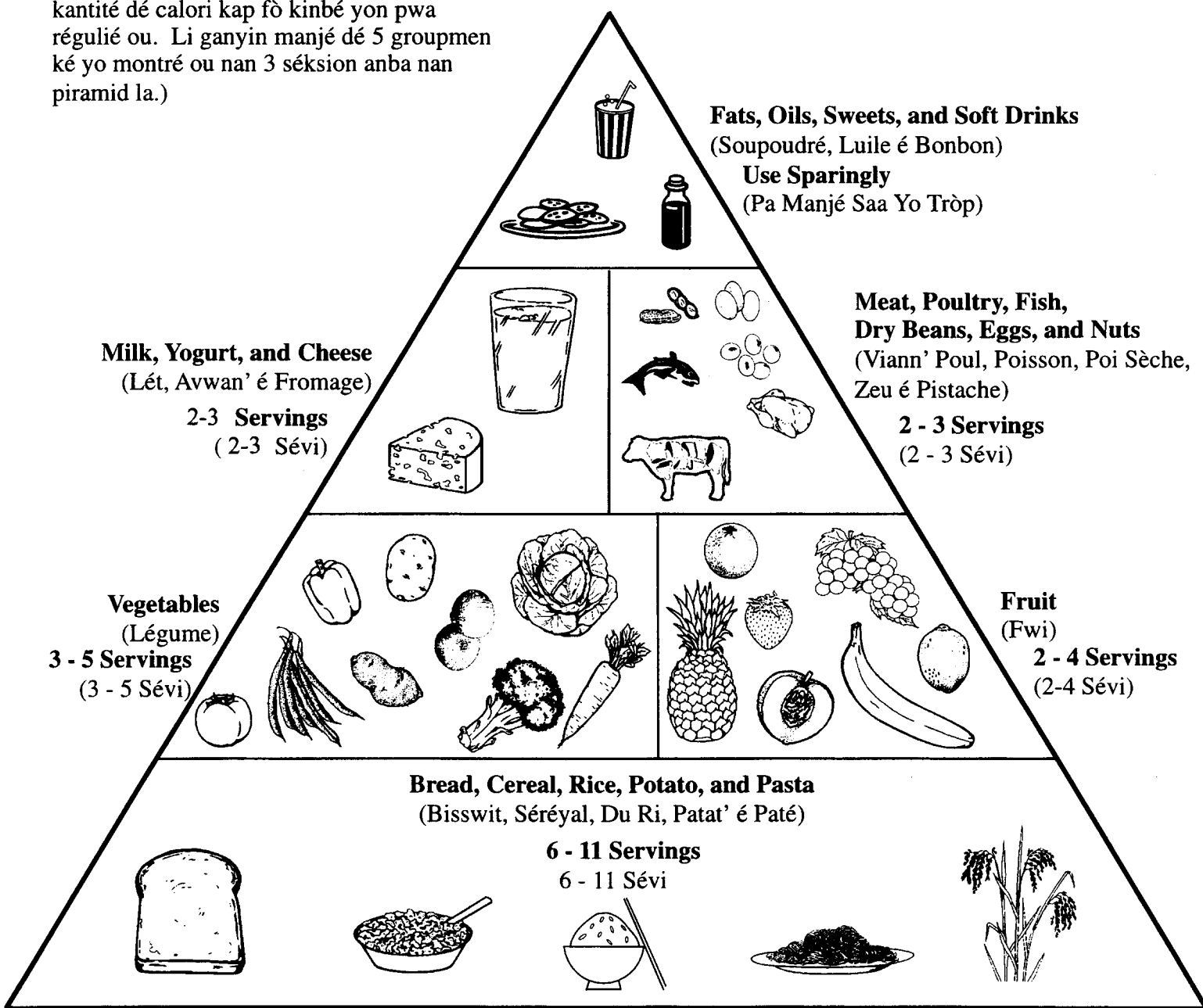
The Food Pyramid (Manjé Piramid Amerikin)

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eat the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

(Manjé Piramid Amerikin yan sé yon guide pou lésé ou chwozi manjé ki ap bon pou santé ou. Piramid saa sé yon séri dé manjee ki ganyin vitamin ké ou bézoin avek kantité dé kalori kap fò kinbé yon pwa régulié ou. Li ganyin manjé dé 5 groupmen ké yo montré ou nan 3 séksion anba nan piramid la.)

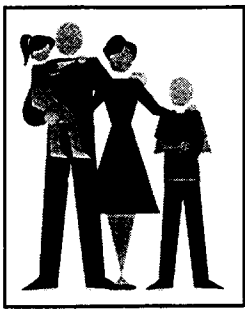
Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

(Chak group yo ba ou kelké, min pa touté vitamin yo ké ou bézoin. Manjé ki nan yon group pa ka remplace lòt ki nan yon lòt group yo. Pa ganyin yon group manjé ki pi impòtan ké yon lòt group. Pou santé ou, ou bézoin tout group dé manjé saa yo.)



Haitian Creole Language Version

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Better Health Begins With You!

Pou nou gain bène santé, fòk nou kòmansé pran swin tète pa nou!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Manjé 6 a 11 ti pòsyon pain ki pa gra, séréyale, diri oy byin pate, chak jou. Nou gain dwa pa ekzanpe manjé avoine pou déjéné, you sandwich pou répa lé midi ,épi diri pou diné.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Manjé 5 pòsyon fwi ak léguime chak jou. Tankou pa ezanpe, nou ka bwè ji doranje pou déjéné, nou ka manjé you salade pou répa lé midi, épi pwa vète ak pòme dé tè bouyi pou diné, nou ka manjé rézin tou pou diné.

3. Drink at least 8 glasses of pure, fresh water every day.

Bwè pou pi piti 8 vè dlo frèche chak jou.

4. Eat lean, low-fat meats, such as chicken or fish.

Manjé viande mèg tankou poule ou byin poisson.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Chwazi pwodi létyé ki pa gra anpil ou byin ki pa gra ditou, tankou lè ékrémé épi yogoute glasé konjlé.

6. Limit your intake of sweets and alcoholic beverages.

Bwè you kantité limité boisson sicré ou byin boisson ki gain alkòle.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Fè aktivité fizike chak jou. Nou gain dwa maché, dansé ou byin jwé.

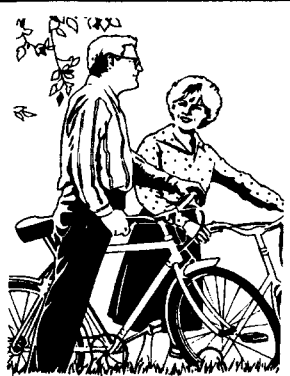
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Sèvi ak luile véjétable ou byin luile canola pou nou fè manjé, pasé pou nou sèvi ak grèse cochon ou byin ak grès bète. Luile véjétable la pi bon pou nou paské li pa gain kolestéròle.

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Better Nutrition for Mature Adults

Bon jan nitrisyon pou moun ki rèk

1. Drink 6 - 8 glasses of water every day.

Bwè 6 a 8 vè dlo chak jou.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Manjé manjé ki gain anpil calcium, tankou lèt, fwomaje, yogoute, poisson ak zo, épi léguime koulè vète fonsé, tankou bwokoli. Calcium ban nou zo ki solid.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Plin kò nou vitamine A ak vitamine C. Pou sa, fòk nou manjé bon jan fwi ak léguime, tankou karòte ak zoranje. Vitamine A bon pou jé nou, ak po nou. Vitamine C kinbé jansive nou an bònè santé, épi li pwotéjé nou konte infeksyon.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Manjé manjé ki gain anpile fè. Fè sé you bagaye ki édé kò nou boulé énéji. Nou ka jwinde anpile fè lan viande rouje, volaye, poisson, épi pwa sèche.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Manjé viande, bète lan mè ak volaye pou nou pa janme manké zinc. Zinc sé bagaye ki édé blési nou guéri vite.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Sé pou nou pa janme bouké fè aktivité fizik. Li pi bon lè nou fè aktivité fizik déyò o gran tè, paské solèye la édé kò nou kréyé vitamine D.

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Better Health for Mother and Baby

Bònè santé pou manman ak pitite

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

Évité boisson ki gain alkòle épi toute boisson ki gain kaféyne, tankou kafé, ou byin kola.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

Manjé manjé ki gain calcium chak jou. Tankou laite, fwomaje, yogoute, poisson ak zo épi sètin léguime koulè vète fonsé.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

Manjé 2 a 3 pòsyon viande, poisson, zé, ou pwa sèche chak jou, pou nou ka gain pwotéine.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

Manjé pou pi piti 6 pòsyon fwi ak léguime chak jou, pou nou ka gain vitamine ak minérale. Tankou nou gain dwa manjé séréyale lé matin ak you tranche banane sou li. Nou gain dwa tou manjé you pòme lan aprè midi. Épi tou, nou gain dwa manjé karòte ak séléri, lè nou ap pran déjéné, épi bwokoli ak salade lè nou ap pran diné.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

Manjé 6 a 11 pòsyon grain antyé. Manjé sa ka ban nou bon jan énéji ak la santé. Kòme graine antyé, nou ka pran pain blé antyé, épi diri rouje.

6. See your doctor early in your pregnancy.

Alé vizité doktè nou bonè, lè nou ansinte.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

Chèché pou nou gain you pwa nòmale lè nou ansinte. Pou twa ka fanme, pwa sa varié ante 25 ak 35 live. Mandé doktè nou, si nou bézwin ède.

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Good Food for Kids

Bon manjé pou ti mounne

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Nou bezwin calcium pou pèmète zo nou dévlopé. Nou jwinde calcium lan lèt, yogoute, poisson ak zo épi tou lan sètèn léguime vète fonsé, tankou bwokoli.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Fè édé kò nou kréyé énéji. Nou jwinde fè lan viande rouge, volaye, poisson ak pwa sèche.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Nou jwinde anpil vitamine A ak vitamine C lan karòte, épina, épi tou lan sètèn lòt fwi ak léguime. Vitamine A bon pou jé nou, ak po nou. Vitamine C kinbé jansive nou an bòne santé épi li pwotéjé nou konte infeksyon.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Énéji, sé bagaye ki impòtan anpile. Nou jwinde sa lan pain, diri, séréyale ak pate.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Manjé kolasyon ki sain, tankou fwi, léguime, pwodi laitíe ak nwa. Yo pi nourisan, épi yo pi bon pou dan ti mounne pasé soda, chips ak sikréri.

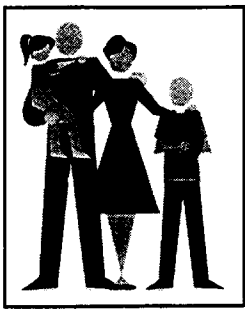
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Li impòtan pou ti mounne fè aktivité fizik chak jou, sa va pèmèt kò yo dévlopé solide épi en bòne santé.

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Better Health Begins With You!

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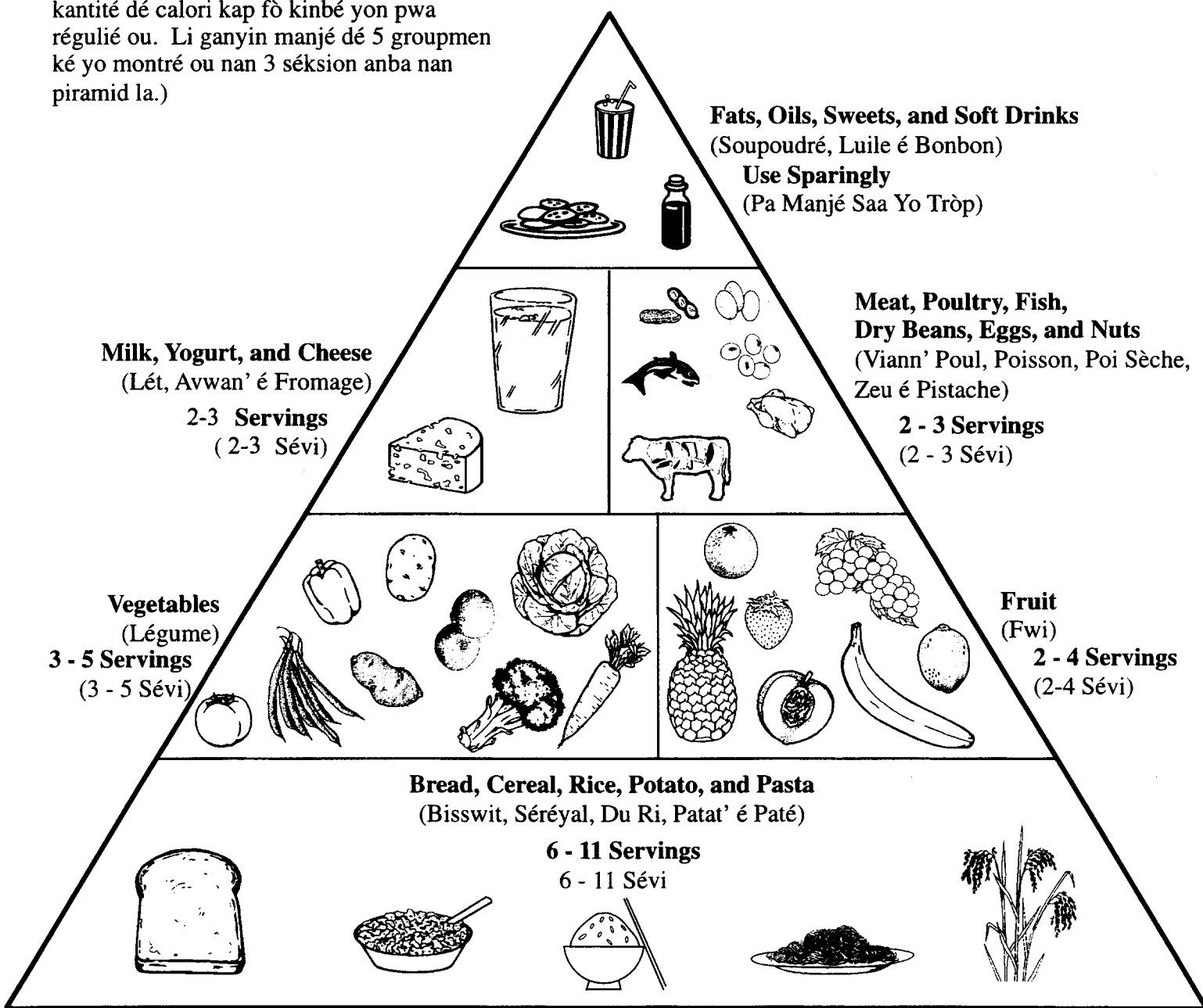
The Food Pyramid (Manjé Piramid Amerikin)

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eat the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

(Manjé Piramid Amerikin yan sé yon guide pou lésé ou chwozi manjé ki ap bon pou santé ou. Piramid saa sé yon séri dé manjee ki ganyin vitamin ké ou bézoin avek kantité dé kalori kap fò kinbé yon pwa régulié ou. Li ganyin manjé dé 5 groupmen ké yo montré ou nan 3 séksion anba nan piramid la.)

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

(Chak group yo ba ou kelké, min pa touté vitamin yo ké ou bézoin. Manjé ki nan yon group pa ka remplace lòt ki nan yon lòt group yo. Pa ganyin yon group manjé ki pi impòtan ké yon lòt group. Pou santé ou, ou bézoin tout group dé manjé saa yo.)



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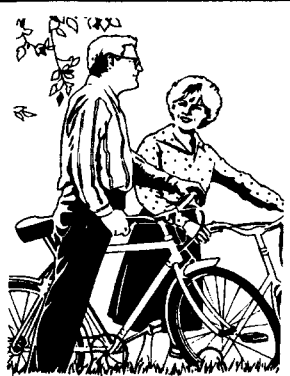
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6. See your doctor early in your pregnancy.

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Diabetes

Dyabèt

Haitian Creole

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Materyèl sa a te devlope pa pwojè Edikasyon Nitrisyon pou Nouvo Ameriken de Depatman Antropoloji ak Jeografi de Inivèsite eta Georgia, Atlanta, Georgia (Department of Anthropology and Geography at Georgia State University). Pwojè sa a finanse pa Biwo Alimantasyon ak Sèvis pou Konsomatè de Ministè Agrikilti Ameriken pou fanmi ki resevwa èd alimantè. Ann akò ak lwa federal e règleman Depatman Agrikilti Ameriken, Biwo sa a pa gen dwa fè **diskriminasyon sou afè ras, koulè, nasyonalite, sèks, laj, relijyon, kwayans politik ak enfimite**. Pou pis enfòmasyon rele (404) 651-2542.



Diabetes

Dyabèt

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

Ki sa dyabèt ye? Dyabèt se yon maladi kote kò a pa fè oswa pa sèvi ak ensilin kòm sa dwa.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

Ensilin se yon pwodwi chimik ki chanje sik, farine ak lòt manje an enèji ki nesèsè pou lavi chak jou.

How is diabetes managed?

Ki jan yo kontwole dyabèt?

The management of diabetes has three parts:

Kontwole dyabèt gen twa pati:

- ◆ Healthy Eating
Manje sante
- ◆ Physical Activity
Fè egzèsis fizik
- ◆ Medication (if needed)
Pran medikamen (si nesèsè)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

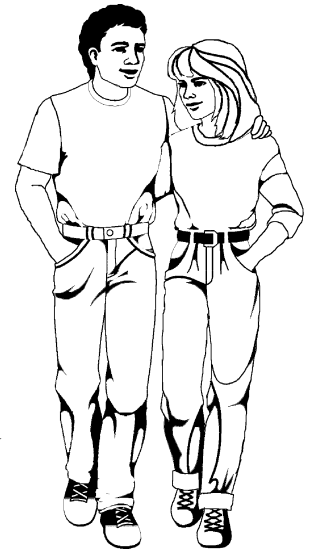
Ki jan m ka kwontole dyabèt mwen? Ou ka kontwole sik nan san w (li rele tou glikoz nan san) ak dyabèt lè ou manje manje sante, fè kont egzèsis fizik, e kontwole gwosè w.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Lè ou pa twò gwo ou ka kontwole grès nan san w (kolestewòl) e diminye tansyon w.

Many people with diabetes also need to take medicine to help control their blood sugar.

Anpil moun ak dyabèt fèt pou pran medikaman pou ede yo kontwole sik nan san yo.



Eat Healthy

Manje Pou m Gen Lasante

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

Piramid gid manje a ede w manje plizyè manje ki bay lasante. Varyete vle di manje manje nan chak gwoup yo chak jou. Lè ou manje plizyè manje chak jou, ou jwenn vitamin ak mineral ou bezwen.

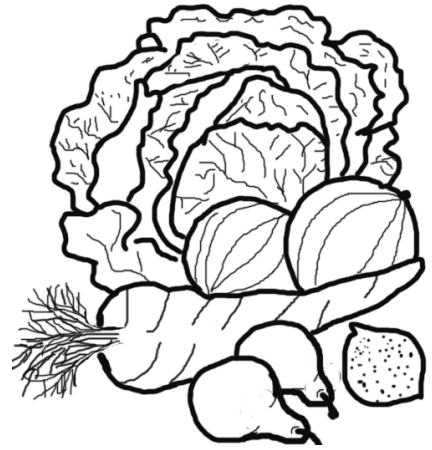
Here is an example of getting a variety of foods each day.
Men yon egzanp pou pran plizyè kalite manje chak jou.



	Day 1	Day 2
	Jou 1	Jou 2
Grains:	tortilla	brown rice
Grenn:	tòtiya	diri wouj
Fruit:	apple	mango
Fwi:	pòm	mango
Vegetable:	broccoli	tomatoes
Legim:	bwokoli	tomat
Dairy:	milk	yogurt
Sa ki fèt ak lèt:	lèt	yogout
Protein:	chicken	beans
Pwoteyin:	poul	pwa

Eat From all the Food Groups

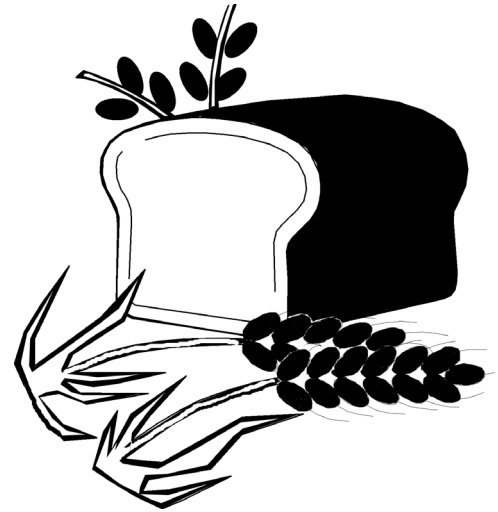
Manje ki sot nan Tout Gwoup Manje Yo



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Achte pen ble antye ak sereyal. Kèk egzanzp se pen ble antye, flokon ble antye, diri wouj, pat alimantè ki fèt ak ble antye, bilgi ak amarant.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Manje mwens manje fri ak manje ki gen anpil farin takou patisri, bisuit oswa ti gato.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Fwi fre se pi bon chwa. Lè w ap achte fwi an bwat, wè si li make ke “Fwi a nan pwòp ji pa l.”
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Achte ti pòsyon fwi, epi pa bwè anpil ji.
- ◆ Eat raw and cooked vegetables with very little fat.
Manje legim pa kuit ak legim kuit ki pa gen anpil grès.
- ◆ Use mustard instead of mayonnaise on a sandwich.
Sèvi ak moutad nan plas mayonèz pou yon sandwich.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Sèvi ak luil vejetal an spre pou kuit manje, nan plas matèg, bè oswa magarin, oswa grès kochon.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
Bon teknik po kuit manje ki bon pou wou se: kuit nan fou, flanbe, bouyi, sote, roti, pase nan vapè, kuit sou ti dife e griye.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Chwazi moso vyann ki pa gen anpil grès tankou: poul, kodenn. Lè w ap achte vyann kochon, bèf ak janbon, retire grès ki anplis la.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Chwazi lèt san grès (“ekreme”) oswa lèt ki gen mwens grès ladan l (1%), oswa pwodui letye.

Grains, Beans and Starchy Vegetables

Grenn, Pwa ak Legim Ye



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal.

People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

Ki sa farine oswa idratdekabòn ye?

Farine se pen, grenn, sereyal, pat alimantè, pwa oswa farine. Manje farine/idratdekabòn nan chak repa. Moun ka di w pa manje farine/idratdekabòn, men kounye a yo pa konseye sa ankò. Manje farine/idratdekabòn se yon bon bagay pou sante tout moun, pou moun ki gen dyabèt tou.

How many starches/carbohydrates do I need each day? 6–11 servings each day Ki kantite farine/idratdekabòn m bezwen chak jou? 6–11 pòsyon chak jou

The number of servings you should eat each day depends on:

Valè pòsyon ou bezwen chak jou a se selon:

- ◆ The calories you need
Kantite kalori ou bezwen
- ◆ Your diabetes plan
Plan tretman dyabèt ou an

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

Ki sa farine ak idratdekabòn fè pou kò m? Farine ba kò w enèji, vitamin B, mineral ak fib. Grenn antye pi bon paske yo gen pis vitamin, mineral e fib. Fib ede w al nan watè. Yo ede w tou kontwole sik nan san w.

Grains, Beans and Starchy Vegetables (continued)

Grenn, Pwa ak Legim Ye (suit)

How much is one serving of starch/carbohydrate?

Ki kantite ki se yon pòsyon farine/idratdekabòn?

- ◆ 1 slice of bread
1 trançh pen
- ◆ 1 small potato, casaba or plantain
1 ti pòmdechè, kasav, oswa bannann
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ tas sereyal kuit tankou avwàn oswa labouyi ble
- ◆ ¾ cup dry cereal such as corn flakes
¾ tas sereyal sèk tankou kònfleks
- ◆ ⅓ cup of cooked rice
⅓ tas diri kuit
- ◆ 1 small tortilla, roti bread or enjira bread
1 ti tòtiya, pen roti oswa pen anjira

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

Ou ka bezwen manje youn, de oswa twa pòsyon farine/idratdekabòn pandan yon repa. Si ou bezwen manje plis pase yon pòsyon pandan yon repa, chwazi diferan manje nan gwoup sa a. Pa egzanzp:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Manje maten: ¾ tas sereyal sèk ak 1 trançh pen—2 pòsyon

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Manje midi: ⅓ tas diri ak ½ tas bannann kuit—2 pòsyon

Dinner: ½ cup of pasta and one bread stick—2 servings

Soupe: ½ tas pat alimantè ak yon batonè pen—2 pòsyon

Snack: 6 crackers—1 serving

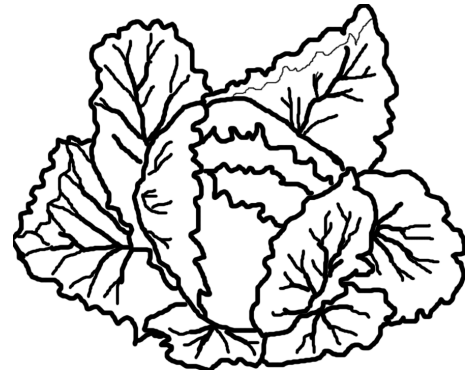
Goute: 6 bisui soda—1 pòsyon

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Total pou jounen an : 7 pòsyon. Pran nòt distribisyon idratdekabòn yo byen balanse pou chak repa. Se pou ede w kontwole sik nan san w.

Vegetables

Legim



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Legim se bon jan manje ki bay lasante a tout moun, a moun ki gen dyabèt tou. Manje legim ki pa kuit ak legim kuit chak jou. Legim ba w vitamin, mineral, ak fib e yo pa gen anpil kalori. Chèche legim ki gen koulè fò. Kèk egzanp se : Kawòt, piman dou, obèjin, bwokoli, tomat, ak epina.

You should have 3 to 5 servings every day.
Fòk ou gen 3 a 5 pòsyòn chak jou.

How much is a serving of vegetables?

Ki kantite yon pòsyon ye?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
½ tas legim kuit, tankou pwa vèt, obèjin, epina e skwach
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
1-tas legim ki pa kuit, tankou salad, kawòt, oswa konkonm koupe
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
½ ji legim, tankou ji tomat oswa ji kawòt

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

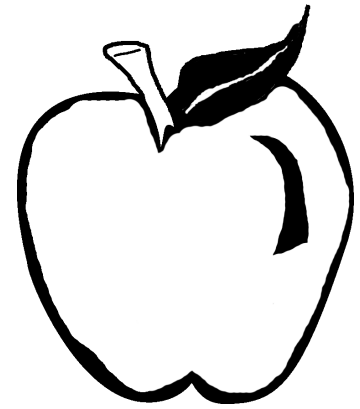
Ou ka bezwen manje youn, de oswa twa pòsyon legim nan yon repa. Si ou bezwen manje pis pase yon pòsyon nan yon repa, chwazi diferan kalite legim oswa pran de oswa twa pòsyon de yon legim.

Fruits

Fwi

Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

Fwi bon pou tout moun, pou moun ki gen dyabèt tou. Fwi ba w enèji, vitamin, mineral ak fib.



How many servings of fruit do I need?

Ki kantite fwi m bezwen?

2 to 4 servings
2 a 4 pòsyon

What is a serving of fruit?

Ki sa yon pòsyon fwi ye?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
I ti pòm oswa pwar (apeprè gwosè pwen men yon madanm)
- ◆ ½ cup of apple or orange juice
½ tas ji pòm oswa ji zoranj
- ◆ ½ of a grapefruit
½ chadèk
- ◆ 1 small banana or ½ of a large banana
I ti fig oswa ½ yon gwo fig
- ◆ ½ cup of chopped fruit
½ tas fwi koupe
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ tas rezen oswa fwi sèk (apeprè sa ou t a mete nan men w)

You might need to eat one or two servings of fruit at a meal.

Ou ka bezwen manje youn oswa de pòsyon fwi nan yon repa.

How should I eat fruit?

Ki jan pou m manje fwi?

- ◆ Eat fruits raw, or as juice with no sugar added.
Manje fwi konsa oswa fè ji avè l san ou pa ajoute sik.
- ◆ Buy smaller pieces of fruit.
Achte fwi an ti mòso.

Milk and Yogurt Foods

Lèt e Yogout

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Lèt san grès ak lèt ki pa gen anpil grès ak yogout bon pou tout moun, pou moun ki gen dyabèt tou. Lèt ak yogout ba w enèji, pwoteyin, kalsyòm, vitamin A, ak lòt vitamin e mineral.



Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Bwè lèt san grès (ekreme, oswa san grès) oswa lèt ki pa gen anpil grès (1%) chak jou.

Manje yogout ki pa gen anpil grès oswa san grès. Yo gen mwens grès an total, grès satire e kolestewòl.

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

Ki kantite m bezwen chak jou? 2 a 3 pòsyon chak jou. *Nòt: Si ou ansent oswa w ap bay tete, manje kat a senk pòsyon lèt ak yogout chak jou.*

How much is a serving of milk and yogurt?

Ki kantite ki yon pòsyon lèt ak yogout?

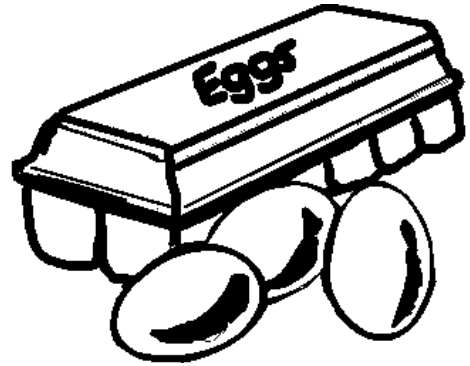
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 tas yogout pur, san grès (chèche pou yogout ki gen aspartame tou)
- ◆ 1 cup skim or low-fat milk
1 tas lèt ekereme oswa lèt ki pa gen anpil grès

Note: Avoid yogurts that say, “fruit on the bottom”. They contain high amounts of added sugar.

Nòt: Evite yogout ki di “fwi nan fon”. Gen anpil kantite sik ki ajoute ladan yo.

Meat, Poultry, Fish, Eggs and Nuts

Vyann, Poul, Pwason, Ze, Nwa



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Gwoup manje sa a gen vyann (bèf, kochon, mouton), poul, kodenn, ze, pwason, nwa e tofou oswa pwodui soya. Manje ti kantite nan kèk manje sa yo chak jou. Tout manje sa yo ba kò n pwoteyin.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Manje pwoteyin ede kò n fè tisi ak mis. Yo ba kò n tou vitamin ak mineral.

How many protein foods do I need each day? 2 to 3 servings

Ki kantite manje pwoteyin mwen bezwen chak jou? 2 a 3 pòsyon

How much is a serving of meat, poultry, fish, eggs and nuts?

Ki kantite ki yon pòsyon vyann, poul, ze e nwa?

- ◆ 2 to 3 ounces of cooked fish
2 a 3 ons pwason kuit
- ◆ 2 to 3 ounces cooked chicken
2 a 3 ons poul kuit
- ◆ 3 to 4 ounces tofu (½ cup)
3 a 4 ons tofou (½ tas)
- ◆ 1 egg (equals one ounce of protein)
1 ze (egal yon ons pwoteyin)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
1 tranç fwomaj oswa yon ons fwomaj (apeprè gwochè yon pil D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 Kiyèatab manba (egal yon ons)

Meat, Poultry, Fish, Eggs and Nuts (continued)

Vyann, Poul, Pwason, Ze, Nwa (suit)

Helpful Tips:

Bon jan teknik:

- ◆ The serving size you eat now may be too big.
Kantite pòsyon ke ou manje kounye a ka twò gwo.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Gade yon pil kat. Dimansyon sa a egal 2 a 3 ons.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Achte mòso vyann, kochon, janbon e mouton ki gen yon ti grès sou yo. Wete grès an plis la.
- ◆ Eat chicken or turkey without the skin.
Manje poul oswa kodenn san po.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Kuit manje pwoteyin yon fason ki pa pran anpil grès: flanbe, griye, sote, roti, kuit sou vapè, bouyi, kuit sou ti dife.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Fè manje ak yon ti kantite luil, oswa sèvi ak yon spre pou fè manje nan plas sèvi ak luil.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Manje san vyann. Eseye pwa oswa tofou kòm sous pwoteyin.

Fats, Oils and Sweets

Grès, Luil, ak Manje Dous



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Grès ak luil se : bè, magarin, grès kochon e luil ke nou ajoute nan manje e pou kuit manje. Kèk egzanp luil : luil kanola, luil doliv, luil vejetal. Gen grès tou nan vyann, pwodui letye, manje goute nan sache, ak nan kèk manje dous. Pou kontwòle dyabèt ou, li pi bon pou manje manje ki gen mwens grès e mwens grès satire (grès nou jwenn nan vyann ak lòt pwodui ki sot nan bèt).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Manje dous se manje sikre ki gen kalori men ki pa gen anpil vitamin ak mineral. Gen manje dous tou ki plen grès—tankou gato, tat, koukiz.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Manje twòp bagay ki gen sik e ki gen anpil grès fè li difisil pou kontwòle sik nan san w ak gwosè w. Si ou manje grès ak sik, manje ti pòsyon grès.

How much is a serving of fats, oils and sweets?

Ki kantite ki yon pòsyon grès, luil ak manje dous?

- | | |
|--|---|
| ◆ 1 teaspoon oil
1 kiyèate luil | ◆ 1 cookie
1 koukiz |
| ◆ 1 tablespoon regular salad dressing
1 kiyèatab vinegrèt nòmàl | ◆ 1 plain doughnut
1 dounòt san anyen ladann |
| ◆ 2 teaspoons light mayonnaise
2 kiyèate mayonèz leje | ◆ 1 tablespoon syrup
1 kiyèatab siwo |
| ◆ 1 strip of bacon
1 tranç bekonn | ◆ 10–15 chips
10–15 tchips |

Haitian Creole

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Diabetes

סוכרת

Hebrew

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Diabetes

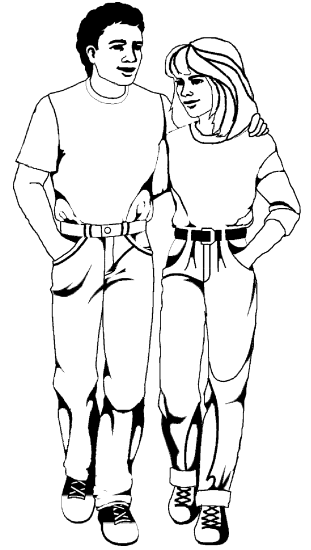
סוכרת

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

מה זה סוכרת? סוכרת היא מחלה שבה הגוף לא מייצר או עושה שימוש נכון באינסולין.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

אינסולין הוא הורמון שמפרק סוכרים, עמילנים ומזונות אחרות לאנרגיה הנדרשת לחיים היומיום.



How is diabetes managed?

The management of diabetes has three parts:

- ◆ Healthy Eating
- ◆ Physical Activity
- ◆ Medication (if needed)

דרכים להתמודדות עם סוכרת?

להתמודדות עם סוכרת שלושה תחומים:

- ◆ אכילה בריאה
- ◆ פעילות גופנית
- ◆ תרופות (במידה וקיים הוצרך)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

כיצד ניתן להתמודד עם מחלת הסוכרת? ב יכולתך להשפיע על רמת הסוכר בדם שלך (שנקרא גם רמת הגלוקוז בדם) ועל הסוכרת על ידי אכילה בריאה, פעילות גופנית מספיקה, ושמירה על משקל בריא.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

שמירה על משקל בריא עוזרת לשלוט ברמת השומנים בדם (כולסטרול) ומורידה את לחץ הדם.

Many people with diabetes also need to take medicine to help control their blood sugar.

אנשים רבים החולים בסוכרת נזקקים לטיפול תרופתי לאיזון רמת הסוכר בדם.

Eat Healthy

כיצד אני אוכל לאכול בריא?

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.



שימוש במדריך פרמידת האוכל עוזר בבחירת מזון מגוון. גיוון משמעותו אכילת מזונות מכל קבוצות המזון מידי יום. אכילת מזונות שונים מידי יום, תבטיח קבלתם של ויטמינים ומינרלים להם אתה נזקק.

Here is an example of getting a variety of foods each day.
להלן דוגמה של מזונות מגוונים מידי יום.

	Day 1	Day 2
Grains:	tortilla	brown rice
Fruit:	apple	mango
Vegetable:	broccoli	tomatoes
Dairy:	milk	yogurt
Protein:	chicken	beans
יום ב'	יום א'	
אורז חום	טורטייה	דגנים:
מנגו	תפוח	פרי:
עגבניות	ברוקולי	ירק:
יוגורט	חלב	מוצרי חלב:
שעועית	עוף	חלבון:

Eat From all the Food Groups

אכול מזונות מקבוצות המזון השונות



פסטה מחיטה מלאה, בורגול וחיעד.

- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
◆ קנה לחמים ודגנים מלאים. לדוגמא, לחם מדגנים מלאים, פתיתי סובין, אורז חום, פסטה מחיטה מלאה, בורגול וחיעד.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
◆ הפחת אכילת פחממות מטוגנות עם רמת שומן גבוהה כדוגמת עוגות, בייסקוויטים, או מאפינס.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
◆ הבחירה הטובה ביותר היא פרות טריים. בקניית שימורים, חפש את אלו שארוזים במיצם הטבעי.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
◆ קנה פרות קטנים יותר ושתה מיצי פרות בכמויות קטנות.
- ◆ Eat raw and cooked vegetables with very little fat.
◆ אכול ירקות חיים ומבושלים במעט מאוד שומן.
- ◆ Use mustard instead of mayonnaise on a sandwich.
◆ השתמש בחרדל למריחת סנדוויצים במקום במיונז.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
◆ השתמש בתרסיס שמן לבישול במקום בשמן, שומן לאפייה, חמאה או מרגרינה, או שומן חזיר.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
◆ טכניקות לבישול בריאות כוללות: אפיה, גריל בתנור, בישול במים, הקפצה, קלייה, אידוי, גולש ובישול בגריל. הימנע מבישול עם כמויות שמן גדולות.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
◆ בחר בבשרים עם פחות שומן כדוגמת עוף והודו. בקניית בקר וחזיר, חתוך את השומן המיותר.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
◆ בחר בחלב ומוצרי חלב ללא שומן (רזה) או דל שומן (1%).

Grains, Beans and Starchy Vegetables

מהם דגנים, מיני קטניות ועמילני ירקות?



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables.

Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice.

Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

מהם עמילנים או פחממות?

עמילנים הם לחמים, דגנים, דגני בוקר, פסטה, מיני קטניות או עמילני ירקות. אכול עמילנים / פחממות בכל ארוחה. יאמרו לך לא להרבות באכילת עמילנים / פחממות, אך אין עצה זו אינה נכונה יותר. אכילת עמילנים / פחממות בריאה לכל, וגם לאלו החולים בסוכרת.

How many starches/carbohydrates do I need each day? 6–11 servings each day

כמה עמילנים / פחממות עלי לצרוך מידי יום? 6 עד 11 מנות ליום

The number of servings you should eat each day depends on:

- ◆ The calories you need
- ◆ Your diabetes plan

מספר המנות היומיות שעליך לאכול ליום תלויה ב:

- ◆ מספר הקלוריות שעליך לצרוך ביום
- ◆ תוכנית הטיפול בסוכרת שלך

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

כיצד פועלים עמילנים ופחממות בגופי? עמילנים מספקים לגוף שלך אנרגיה, ויטמינים מקבוצת B, מינרלים ותאית. דגנים מלאים בריאים יותר כיוון שהם מספקים יותר ויטמינים, מינרלים ותאית. תאית עוזרת לפעילות מעיים סדירה.

Grains, Beans and Starchy Vegetables (continued)

מהם דגנים, מיני קטניות ועמילני ירקות?

How much is one serving of starch/carbohydrate?

- ◆ 1 slice of bread
- ◆ 1 small potato, casaba or plantain
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
- ◆ ¾ cup dry cereal such as corn flakes
- ◆ ⅓ cup of cooked rice
- ◆ 1 small tortilla, roti bread or enjira bread

מהי מנת עמילנים / פחממות?

- ◆ 1 פרוסת לחם
- ◆ 1 תפוח אדמה קטן, כסבא (מלון) או לחך
- ◆ ½ כוס דגן מבושל כדוגמת שיבולת שועל או דייסת חיטה
- ◆ ¾ כוס דגן יבש כדוגמת דגני בוקר
- ◆ ⅓ כוס אורז מבושל
- ◆ 1 טורטייה קטנה, לחם רוטי או אנג'ירה

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Dinner: ½ cup of pasta and one bread stick—2 servings

Snack: 6 crackers—1 serving

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

יתכן ויהיה עליך לאכול מנה אחת, שתי מנות או שלוש מנות פחממות / עמילנים בארוחה. במידה ותצטרך לאכול יותר ממנה אחת

לארוחה בחר מזונות שונים מקבוצה זו. לדוגמה:

ארוכת בוקר: ¾ כוס דגן יבש ו-1 פרוסת לחם – 2 מנות

ארוכת צהרים: ⅓ כוס אורז ו-½ כוס לחך – 2 מנות

ארוכת ערב: ½ כוס פסטה ומקל לחם – 2 מנות

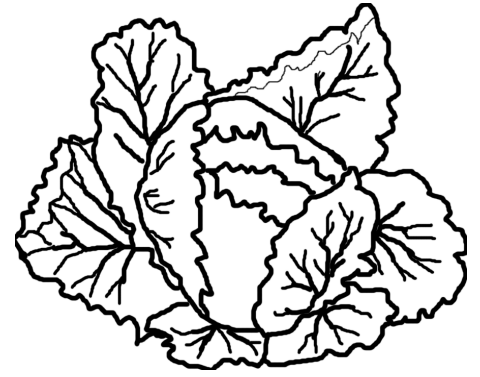
ארוכת ביניים: 6 קרקרים – 1 מנה

סה"כ ליום: 7 מנות. שים לב - איזון הפחמימות בארוחות יתרום לשמירה על רמה מאוזנת של סוכרים בדם.

Vegetables

מהם ירקות?

Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.



אכילת ירקות בריאה לכל וגם לאלו החולים בסוכרת. אכול ירקות חיים ומבושלים מידי

יום. ירקות מספקים ויטמינים, מינרלים, ותאית ובעלי קלוריות נמוכות. חפש ירקות עם צבעים זוהרים, כדוגמת גזר, פלפל, חציל, ברוקולי, עגבנייה, ותרד.

You should have 3 to 5 servings every day.

מומלץ לאכול 3 עד 5 מנות כל יום.

How much is a serving of vegetables?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice

מהי מנת ירקות?

◆ ½ כוס ירקות מבושלים כדוגמת שעועית ירוקה, חציל, תרד וקישוא מבושל

◆ 1 כוס ירקות חיים כדוגמת סלט, רצועות גזר או מלפפונים חתוכים.

◆ ½ כוס מיץ ירקות כדוגמת מיץ עגבניות או גזר

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

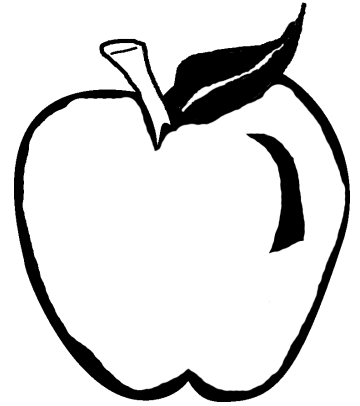
ייתכן ויהיה עלייך לצרוך מנה אחת, שתיים או שלוש בארוחה באם עלייך לצרוך למעלה ממנה אחת, בחר סוגים שונים של ירקות או אכול שתיים או שלוש מנות ירק אחד.

Fruits

מהם פרות?

Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

אכילת פרות בריאה לכל וגם לאלו החולים בסוכרת. פרות מספקים לך אנרגיה, ויטמינים, מינרלים אחרים וסיבים.



How many servings of fruit do I need? 2 to 4 servings

כמה מנות פרות עלי לאכול מדי יום? 2 עד 4 מנות

What is a serving of fruit?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
- ◆ ½ cup of apple or orange juice
- ◆ ½ of a grapefruit
- ◆ 1 small banana or ½ of a large banana
- ◆ ½ cup of chopped fruit
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)

מהי מנת פרות?

- ◆ תפוח או אגס אחד קטן (בגודל אגרוף של אישה)
- ◆ חצי כוס מיץ תפוחים או תפוזים
- ◆ חצי אשכולית
- ◆ בננה אחת קטנה או חצי בננה גדולה
- ◆ חצי כוס פרות חתוכים
- ◆ רבע כוס צימוקים או פרות יבשים (בערך הכמות שנכנסת לכף ידיך)

You might need to eat one or two servings of fruit at a meal.

יתכן ותצטרך לאכול מנה או שתיים בארוחה.

How should I eat fruit?

- ◆ Eat fruits raw, or as juice with no sugar added.
- ◆ Buy smaller pieces of fruit.

איך לאכול פרות?

- ◆ אכול פרות חיים, או במיץ ללא תוספת סוכר.
- ◆ קנה יחידות פרי קטנות יותר.

Milk and Yogurt Foods

מהם מזונות חלב ויוגורט?

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

שתייית חלב רזה ודל שומן ויוגורט בריאה לכל וגם לאלו החולים בסוכרת. חלב ויוגורט מספקים לך אנרגיה, חלבון, סידן, ויטמין A וויטמינים ומינרלים אחרים.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

שתה חלב (רזה או ללא שומן) או דל שומן (1%) מידי יום. אכול יוגורט דל שומן או ללא שומן. במזונות אלו ישנם כמויות מופחתות של שומן כולל, שומן רווי וכולסטרול.



How many servings do I need each day? 2 to 3 servings

each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

כמה מנות עלי לאכול מדי יום? 2 עד 3 מנות מידי יום. הערה: באם את הרה או מניקה, אכלי 4 עד 5 מנות חלב ויוגורט מידי יום.

How much is a serving of milk and yogurt?

- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
- ◆ 1 cup skim or low-fat milk

מהי מנת חלב ויוגורט?

◆ 1 כוס יוגורט לבן ללא שומן (באפשרותך לאכול גם יוגורט עם אספארטאם)

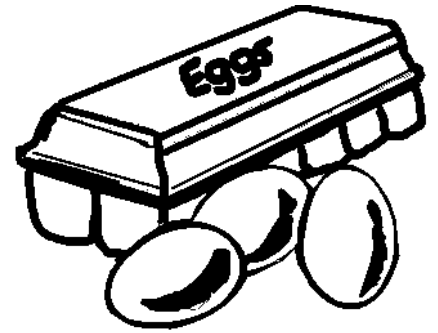
◆ 1 כוס חלב רזה או דל שומן

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

הערה: הימנע ממוצרי יוגורט עם "פרות בתחתית". הם מכילים תוספת סוכר גבוהה.

Meat, Poultry, Fish, Eggs and Nuts

בשרים, עופות, דגים, ביצים ואגוזים



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

קבוצת מזון זו מכילה בשר (בקר, חזיר, כבש), עוף, הודו, ביצים, דגים, אגוזים, טופו ומוצרי

סויה. אכול כמויות קטנות ממזונות אלו מידי יום. מזונות אלו מספקים לגופינו חלבונים.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

חלבונים מסייעים לגופך לבנות רקמה ושרירים ומספקים גם ויטמינים ומינרלים.

How many protein foods do I need each day? 2 to 3 servings

כמה מזונות המספקים חלבון עלי לצרוך מידי יום? 2 עד 3 מנות

How much is a serving of meat, poultry, fish, eggs and nuts?

- ◆ 2 to 3 ounces of cooked fish
- ◆ 2 to 3 ounces cooked chicken
- ◆ 3 to 4 ounces tofu ($\frac{1}{2}$ cup)
- ◆ 1 egg (equals one ounce of protein)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
- ◆ 2 tablespoons of peanut butter (equals one ounce)

מהי מנה בשרים, עופות, דגים, ביצים ואגוזים?

◆ 2 עד 3 אונקיה (60 עד 90 גרם) דג מבושל

◆ 2 עד 3 אונקיה (60 עד 90 גרם) עוף מבושל

◆ 3 עד 4 אונקיה (90 עד 120 גרם) טופו ($\frac{1}{2}$ כוס)

◆ ביצה (שווה ל-1 אונקיה או 30 גרם חלבון)

◆ חתיכת גבינה או כ-1 אונקיה או 30 גרם גבינה (בערך בגודלה של סוללת D)

◆ כפות חמאת בוטנים (שווה ל-1 אונקיה או 30 גרם חלבון)

Meat, Poultry, Fish, Eggs and Nuts (continued)

בשרים, עופות, דגים, ביצים ואגוזים

Helpful Tips:

- ◆ The serving size you eat now may be too big.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
- ◆ Eat chicken or turkey without the skin.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.

טיפים:

- ◆ יתכן והמנה שאתה אוכל כיום גדולה מדי
- ◆ לאומדן הסתכל על גודלה של חפיסת קלפים השווה בערך ל- 2 עד 3 אונקיה (60 עד 90 גרם)
- ◆ קנה חתיכות בקר, חזיר וכבש הדלים בשומן. חתוך את השומן המיותר.
- ◆ אכול בשר עוף או הודו ללא עור.
- ◆ בשל את מזונות חלבון בבישול הדל בשומן: גריל בתנור, גריל, מוקפץ, צלוי, אידוי, או בבישול איטי (כמו בהכנת גולש).
- ◆ השתמש בכמויות קטנות של שמן בבישול בשר, או השתמש בתרסיס בישול במקום שמן.
- ◆ אכול ארוחה ללא בשר. נסה שעועית או טופו כתחליף למקור חלבון.

Fats, Oils and Sweets

מהם שומנים, שמנים וממתקים?

Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).



שומנים ושומנים כוללים חמאה, מרגרינה, שומן-חזיר ושומנים שאנו מוסיפים למאכלים ומשתמשים בבישול. דוגמאות לשומנים: קנולה, זית ושומנים צמחים. שומנים מצויים גם בבשרים, מוצרי חלב, חטיפים וממתקים. בכדי לייצב את הסוכרת שלך, עדיף לאכול מזונות המופחתים בשומן בכלל ובשומן רווי בפרט (שומן המצוי בבשר ומזונות מן החי).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

סוכרים הם דברי מתיקה שלהם ערך קלורי אך הם מקור מועט לויטמינים ומינרלים. ישנם ממתקים שהם גם בעלי רמת שומנים גבוהה—כדוגמת עוגות ועוגיות.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

אכילת יתר של מזונות העשירים בסוכרים ושומנים רוויים מקשים על יכולת שליטתך באיזון רמת הסוכר בדם ובמשקלך. במידה ואתה אוכל שומנים וסוכרים, אכול מנות קטנות.

How much is a serving of fats, oils and sweets?

- ◆ 1 teaspoon oil
- ◆ 1 tablespoon regular salad dressing
- ◆ 2 teaspoons light mayonnaise
- ◆ 1 strip of bacon
- ◆ 1 cookie
- ◆ 1 plain doughnut
- ◆ 1 tablespoon syrup
- ◆ 10–15 chips

מהי מנה שומנים, שמנים וממתקים?

- 2 כפיות שמן
- 1 כף רוטב סלט רגיל
- 2 כפות מיונז קל
- 1 חתיכת בייקון (חזיר)
- 1 עוגיה
- 1 דונאט (סופגנייה) ללא תוספות
- 1 כף סירוף
- 10-15 צ'יפסים

Hebrew

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. For more information call (404) 651-2542.

חומר זה פותח על ידי הפרוייקט לחינוך תזונתי לאמריקאיים חדשים של הפקולטה לאנתרופולוגיה וגיאוגרפיה באוניברסיטת ג'ורג'יה סטייט הנמצאת באטלנטה ג'ורג'יה. מומן על ידי מחלקת החקלאות של ארה"ב, שרות המזון והצרכן עבור תוכנית בולי מזון למשפחות. בהתאם לחוק הפדראלי ומדיניות מחלקת החקלאות של ארה"ב, חל איסור על מוסד זה להפלות אדם על בסיס גזעו, צבעו, מוצאו, מינו, גילו, דתו, השתייכותו הפוליטית או נכותו. למידע נוסף, התקשר ל- (404) 651-2542.



The Food Pyramid

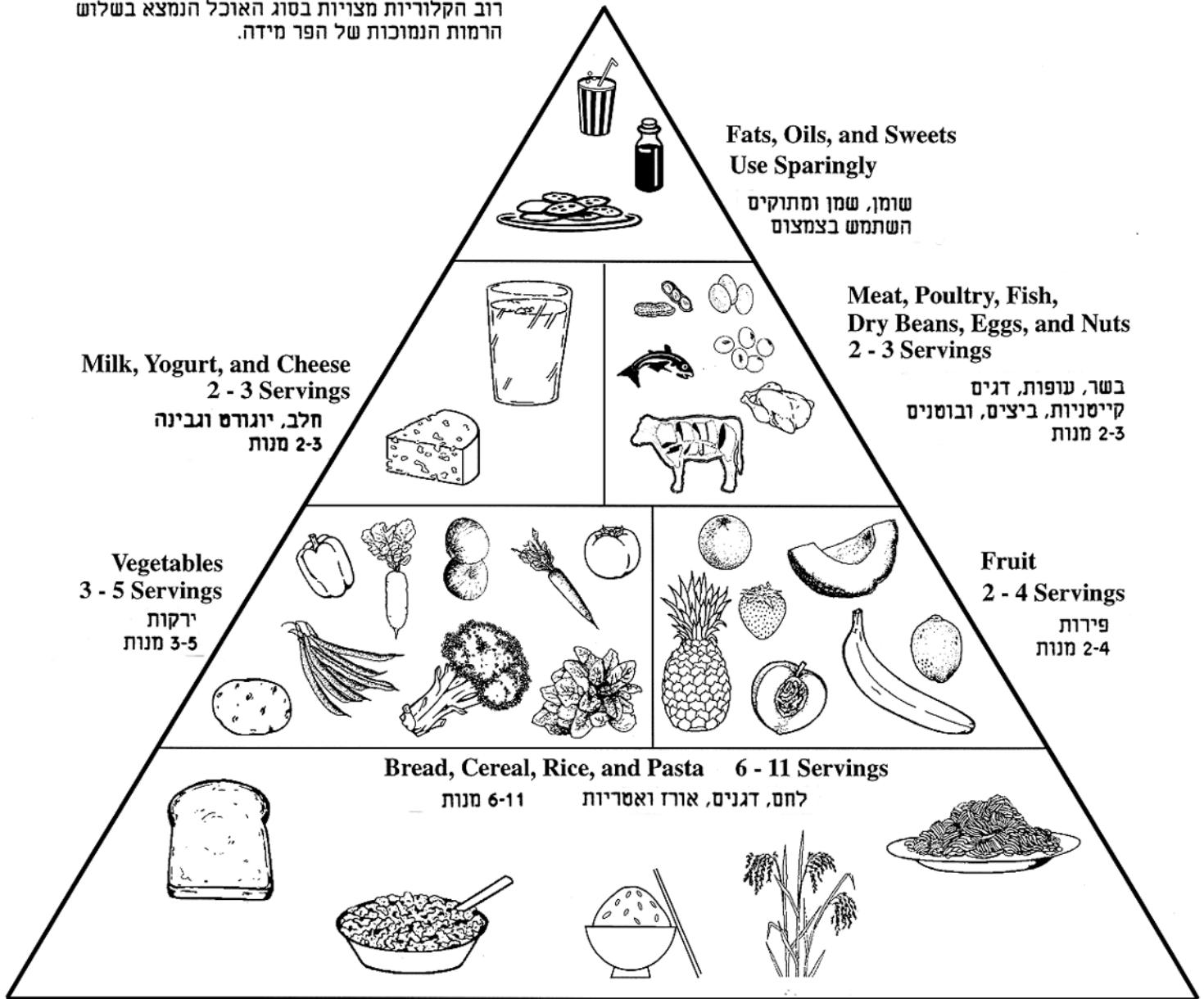
פרמידת האוכל

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

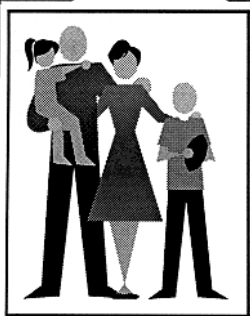
פרמידת מדריך האוכל הנה מדריך כללי אשר מאפשרת בחירת דיאטת בריאות שנכונה לך. הפר מידה מעודדת אכילה רב גונית של אוכל מזין ואכילה נכונה של כמות קלויות בכדי לקיים משקל בריא. רוב הקלוריות מצויות בסוג האוכל הנמצא בשלוש הרמות הנמוכות של הפר מידה.

כל אחד מהקבוצות הנ"ל מספק חלק אך לא את כל התזונה לה אתה זקוק. אוכל בקבוצה אחת אינו יכול להחליף קבוצה אחרת. אין קבוצת אוכל אחת חשובה יותר מאחרת. לבריאות טובה, אתה זקוק לכולן



Hebrew Language Version

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Better Health Begins With You!

בריאות טובה מתחילה אתך

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

אכול 6 עד 11 מנות קטנות של לחם דל שומן, דגנים, אורז, או אטריות ליום. לדוגמה: שיבולת שועל לארוחת בוקר, כריך לארוחת צהרים, ואורז לארוחת ערב.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

אכול 5 מנות של פירות וירקות בכל יום. לדוגמה: אתה אמור לשתות מיץ תפוזים לארוחת בוקר, סלט לארוחת צהרים, קטניות ירוקות, תפחי אדמה מורתחים וענבים לארוחת ערב.

3. Drink at least 8 glasses of pure, fresh water every day.

שתה לפחות 8 כוסות מים בכל יום.

4. Eat lean, low-fat meats, such as chicken or fish.

אכול בשר רזה, ללא שומן, כמו עוף או דג.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

בחר מוצרי חלב ללא שומן או אחוז שומן נמוך, כמו: חלב ויוגורט.

6. Limit your intake of sweets and alcoholic beverages.

הגבל את כמות המתוקים ומשקאות האלכוהוליים.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

קח חלק בפעילות גופנית יומית כלשהי. הליכה, ריקוד או משחק.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

השתמש לבישול בשמן ירקות במקום שומן חזיר או שמן חיות שמן. שמן ירקות טוב יותר עבורך בגלל שאינו מכיל כולסטרול.

Hebrew Language Version

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Better Nutrition for Mature Adults

תזונה בריאה לבוגר

1. Drink 6 - 8 glasses of water every day.

שתה 6 - 8 כוסות מים כל יום.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

אכול אוכל עשיר בסידן כמו חלב, גבינות, יוגורט, דגים עם אדרות וחלק מהירקות הירוקים. כמו ברוקולי. סידן חשוב לחיזוק עצמות.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

השג שפע של ויטמין A וויטמין C על ידי אכילת פירות טריים וירקות, כמו גזר ותפוזים. ויטמין A טוב לעיניים ולעור. ויטמין C שומר על חניכיים בריאות ומגן מפני דלקות.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

אכול אוכל עשיר ברזל, אשר עוזר לגוף להשתמש באנרגיות. ברזל מצוי בשפע בבשר אדום, עופות, דגים, וקטניות יבשות.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

הכלל בשר, מאכלי ים, ועופות בדיאטה כדי להגן מפני מחסור באבץ. האבץ עוזר בהחלמת פצעים.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

תרגל פעילות גופנית פשוטה. פעילות גופנית מחוץ לבית עדיפה בגלל שגופך יכול לייצר ויטמין D בעזרת השמש.

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Better Health for Mother and Baby

בריאות טובה לאם ולתינוק

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

הימנעי ממשקאות אלכוהוליים ושתייה שמכילה קפאין, כמו קפה ושתייה קלה.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

אכלי אוכל המכיל סידן בכל יום. זה כולל חלב, גבינות, יוגורט, דגים עם אדרות, וחלק מהירקות הידוקים.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

אכלי 2 עד 3 מנות של בשר, דגים, ביצים או קטניות יבשים בכל יום בעבור הפרוטאין.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

אכלי 6 עד 11 מנות קטנות של גרעינים, אשר חשובים לבריאות ולאנרגיה. זה כולל כל סוגי הלחמים מחיטה ואורז חום.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

אכלי לפחות 5 מנות של פירות וירקות בכל יום בעבור הויטמינים והמינרלים. לדוגמה, חלק מבננה במשך הבוקר. דגנים ובחרי תפוח כחטיף אחר הצהריים. כמו כן אכלי גזר או מקלות סלרי עם הארוחה וברוקולי וסלט עם ארוחת ערב.

6. See your doctor early in your pregnancy.

בקרי את הרופא בתקופה ההתחלתית של הריוןך.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

בדקי היטב שאת משיגה את המשקל הנכון במשך הריוןך. עבור רוב הנשים, זה נע בין 10 עד 14 ק"ג. היעזרי ברופאך.

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Good Food for Kids

אוכל בריא לילדים

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

סידן נצרך לבניית עצמות ולגדילה. הסידן מצוי בחלב, יוגורט, דגים עם אדרות ובחלק מהירקות הירוקים כמו הברוקולי.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

הברזל עוזר לגוף ליצור אנרגיה. הוא מצוי בבשר אדום, עופות, דגים וקטניות יבשות.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

גזר, תרד ושאר הפירות והירקות מכילים כמות גדולה של ויטמין A ו-C. ויטמין A חשוב לראיה טובה ובריאות העור. ויטמין C שומר על חניכיים בריאות ומגן מפני דלקות.

4. Energy is important and comes from breads, rice, cereal, and pasta.

האנרגיה היא חשובה. היא מצויה בלחם, אורז, דגנים ואטריות.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

בחירת חטיפים בריאים כמו פירות, ירקות, דברי חלב ובוטנים. הם יותר מזינים, במיוחד לשיני הילדים מאשר משקאות תוססים, צ'יפס, ומתוקים.

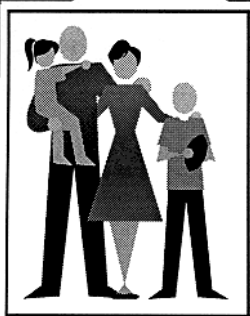
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

פעילות גופנית יומיומית חשובה לילדים כדי שהגוף שלהם יגדל חזק ובריא.

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Better Health Begins With You!

בריאות טובה מתחילה אתך

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

אכול 6 עד 11 מנות קטנות של לחם דל שומן, דגנים, אורז, או אטריות ליום. לדוגמה: שיבולת שועל לארוחת בוקר, כריך לארוחת צהרים, ואורז לארוחת ערב.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

אכול 5 מנות של פירות וירקות בכל יום. לדוגמה: אתה אמור לשתות מיץ תפוזים לארוחת בוקר, סלט לארוחת צהרים, קטניות ירוקים, תפחי אדמה מורתחים וענבים לארוחת ערב.

3. Drink at least 8 glasses of pure, fresh water every day.

שתה לפחות 8 כוסות מים בכל יום.

4. Eat lean, low-fat meats, such as chicken or fish.

אכול בשר רזה, ללא שומן, כמו עוף או דג.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

בחר מוצרי חלב ללא שומן או אחוז שומן נמוך, כמו: חלב ויוגורט.

6. Limit your intake of sweets and alcoholic beverages.

הגבל את כמות המתוקים ומשקאות האלכוהוליים.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

קח חלק בפעילות גופנית יומית כלשהי. הליכה, ריקוד או משחק.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

השתמש לבישול בשמן ירקות במקום שומן חזיר או שמן חיות שמן. שמן ירקות טוב יותר עבורך בגלל שאינו מכיל כולסטרול.

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The Food Pyramid

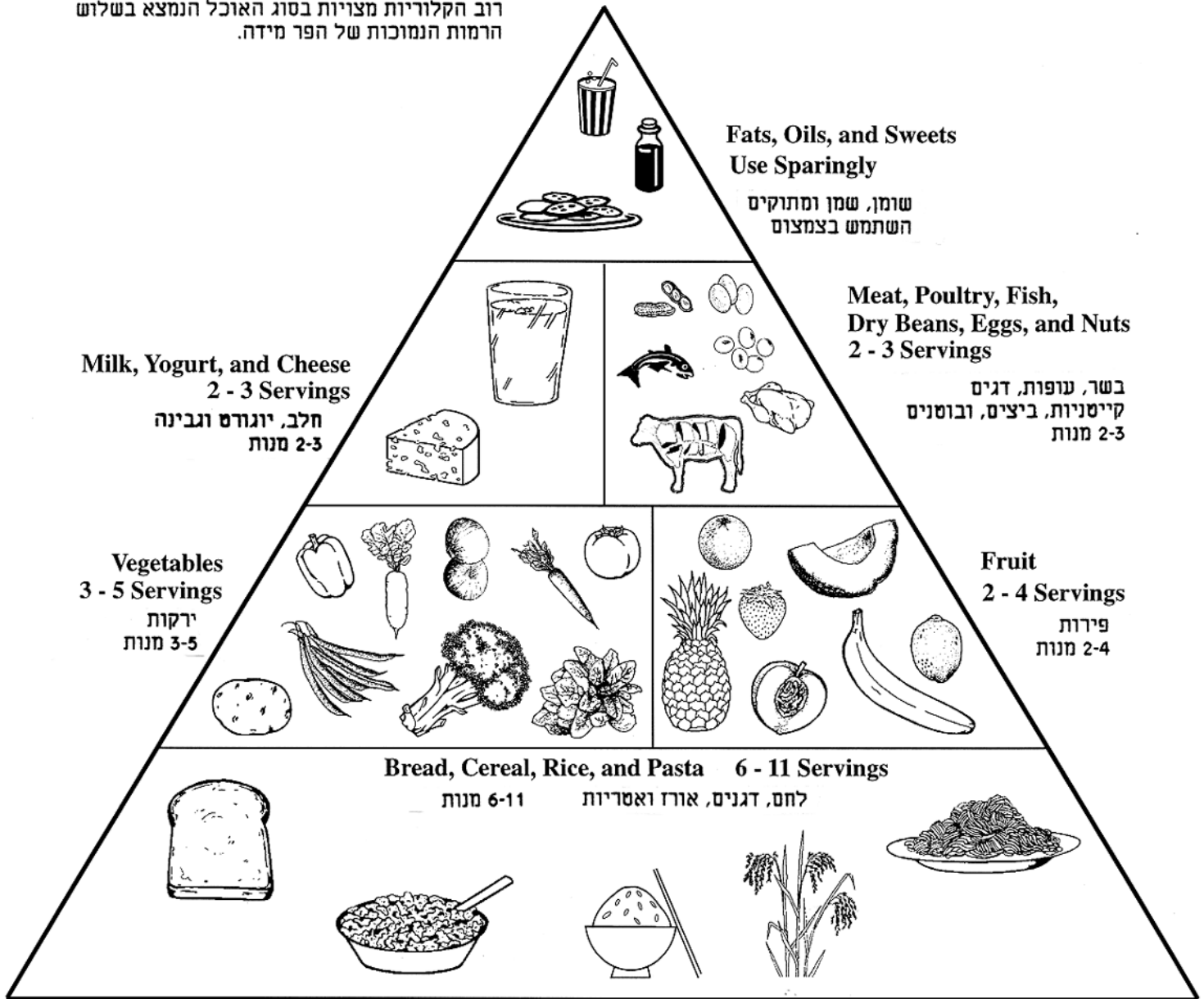
פרמידת האוכל

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

פרמידת מדריך האוכל הנה מדריך כללי אשר מאפשרת בחירת דיאטת בריאות שנכונה לך. הפר מידה מעודדת אכילה רב גונית של אוכל מזין ואכילה נכונה של כמות קלויות בכדי לקיים משקל בריא. רוב הקלוריות מצויות בסוג האוכל הנמצא בשלוש הרמות הנמוכות של הפר מידה.

כל אחד מהקבוצות הנ"ל מספק חלק אך לא את כל התזונה לה אתה זקוק. אוכל בקבוצה אחת אינו יכול להחליף קבוצה אחרת. אין קבוצת אוכל אחת חשובה יותר מאחרת. לבריאות טובה, אתה זקוק לכולן



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Good Food for Kids

אוכל בריא לילדים

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

סידן נצרך לבניית עצמות ולגדילה. הסידן מצוי בחלב, יוגורט, דגים עם אדרות ובחלק מהירקות הירוקים כמו הברוקולי.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

הברזל עוזר לגוף ליצור אנרגיה. הוא מצוי בבשר אדום, עופות, דגים וקטניות יבשות.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

גזר, תרד ושאר הפירות והירקות מכילים כמות גדולה של ויטמין A ו-C. ויטמין A חשוב לראיה טובה ובריאות העור. ויטמין C שומר על חניכיים בריאות ומגן מפני דלקות.

4. Energy is important and comes from breads, rice, cereal, and pasta.

האנרגיה היא חשובה. היא מצויה בלחם, אורז, דגנים ואטריות.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

בחירת חטיפים בריאים כמו פירות, ירקות, דברי חלב ובוטנים. הם יותר מזינים, במיוחד לשיני הילדים מאשר משקאות תוססים, צ'יפס, ומתוקים.

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

פעילות גופנית יומיומית חשובה לילדים כדי שהגוף שלהם יגדל חזק ובריא.

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Better Nutrition for Mature Adults

תזונה בריאה לבוגר

1. Drink 6 - 8 glasses of water every day.

שתה 6 - 8 כוסות מים כל יום.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

אכול אוכל עשיר בסידן כמו חלב, גבינות, יוגורט, דגים עם אדרות וחלק מהירקות הירוקים. כמו ברוקולי. סידן חשוב לחיזוק עצמות.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

השג שפע של ויטמין A וויטמין C על ידי אכילת פירות טריים וירקות, כמו גזר ותפוזים. ויטמין A טוב לעיניים ולעור. ויטמין C שומר על חניכיים בריאות ומגן מפני דלקות.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

אכול אוכל עשיר ברזל, אשר עוזר לגוף להשתמש באנרגיות. ברזל מצוי בשפע בבשר אדום, עופות, דגים, וקטניות יבשות.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

הכלל בשר, מאכלי ים, ועופות בדיאטה כדי להגן מפני מחסור באבץ. האבץ עוזר בהחלמת פצעים.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

תרגל פעילות גופנית פשוטה. פעילות גופנית מחוץ לבית עדיפה בגלל שגופך יכול לייצר ויטמין D בעזרת השמש.

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Better Health for Mother and Baby

בריאות טובה לאם ולתינוק

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

הימנעי ממשקאות אלכוהוליים ושתייה שמכילה קפאין, כמו קפה ושתייה קלה.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

אכלי אוכל המכיל סידן בכל יום. זה כולל חלב, גבינות, יוגורט, דגים עם אדרות, וחלק מהירקות הידוקים.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

אכלי 2 עד 3 מנות של בשר, דגים, ביצים או קטניות יבשים בכל יום בעבור הפרוטאין.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

אכלי 6 עד 11 מנות קטנות של גרעינים, אשר חשובים לבריאות ולאנרגיה. זה כולל כל סוגי הלחמים מחיטה ואורז חום.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

אכלי לפחות 5 מנות של פירות וירקות בכל יום בעבור הויטמינים והמינרלים. לדוגמה, חלק מבננה במשך הבוקר. דגנים ובחרי תפוח כחטיף אחר הצהריים. כמו כן אכלי גזר או מקלות סלרי עם הארוחה וברוקולי וסלט עם ארוחת ערב.

6. See your doctor early in your pregnancy.

בקרי את הרופא בתקופה ההתחלתית של הריוןך.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

בדקי היטב שאת משיגה את המשקל הנכון במשך הריוןך. עבור רוב הנשים, זה נע בין 10 עד 14 ק"ג. היעזרי ברופאך.

Hebrew Language Version

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Diabetes

मधुमेह

Hindi

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यह सामग्री जॉर्जिया स्टेट युनिवर्सिटी, अटलान्टा, जॉर्जिया में डिपार्टमेंट ऑफ एन्थ्रोपोलोजी एंड जीओग्राफी के न्यूट्रिशन एड्युकेशन फॉर न्यू अमेरिकन प्रोजेक्ट के लिए विकसित की गयी। उसके लिए वित्तीय सहायता युनाइटेड स्टेट्स डिपार्टमेंट ऑफ एग्रीकल्चरल फूड एंड कन्ज्युमर सर्विस द्वारा फूड स्टाम्प प्रोग्राम में शामिल परिवारों के लिए दी गई है। फेडरल कानून एवं यू. एस. डिपार्टमेंट ऑफ एग्रीकल्चर की नीति के अनुसार यह संस्था जाति, रंग, राष्ट्रीय मूल, लिंग, आयु, धर्म, राजनीतिक धारणाओं या अपंगता के आधार पर भेदभाव वरतने से निषिद्ध है।

अधिक जानकारी के लिए (404)651-2542 पर सम्पर्क करें।



Diabetes

मधुमेह

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

मधुमेह (डाइबीटीज़) क्या है? मधुमेह एक रोग है जिसमें शरीर इन्सुलिन पैदा नहीं करता अथवा उसका ठीक प्रकार से उपयोग नहीं करता।

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

इन्सुलिन एक हार्मोन है जो शक्कर, स्टार्च व अन्य भोजन को दैनिक जीवन के लिए आवश्यक ऊर्जा में बदलता है।

How is diabetes managed?

मधुमेह को किस प्रकार नियन्त्रित किया जाता है?

The management of diabetes has three parts:

मधुमेह को नियन्त्रित करने के तीन भाग हैं:

- ◆ Healthy Eating
स्वस्थ खाना
- ◆ Physical Activity
शारीरिक गतिविधि
- ◆ Medication (if needed)
चिकित्सा (यदि आवश्यक हो)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

मैं अपने मधुमेह पर किस प्रकार नियन्त्रण कर सकता हूँ? जब आप स्वास्थ्यप्रद खाते हैं, पर्याप्त शारीरिक गतिविधि करते हैं और एक स्वस्थ वजन बनाये रखते हैं तो अपने ब्लड शुगर (ब्लड ग्लूकोज़ भी कहा जाता है) एवं मधुमेह को नियन्त्रित करने में मदद कर सकते हैं।

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

स्वस्थ वजन आपको रक्त वसा (कोलेस्ट्रॉल) को नियन्त्रित करने में एवं आपके रक्त दाब (ब्लड प्रेशर) को कम करने में भी मदद करता है।

Many people with diabetes also need to take medicine to help control their blood sugar.

मधुमेह ग्रस्त बहुत से लोगों को उनके ब्लड शुगर को नियन्त्रित करने में मदद के लिए दवाई लेने की भी आवश्यकता होती है।



Eat Healthy

मैं स्वस्थ भोजन किस प्रकार कर सकता हूँ?

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

फूड गाइड पिरामिड के प्रयोग से आपको विविध प्रकार के स्वास्थ्यप्रद भोजन खाने में मदद मिलती है।

वैविध्य का मतलब है प्रत्येक फूड ग्रुप से हर रोज भोजन करना। जब आप प्रतिदिन भिन्न प्रकार के भोजन खाते हैं तो आपको आवश्यक विटामिन व खनिज प्राप्त होते हैं।

Here is an example of getting a variety of foods each day.

प्रतिदिन विविध प्रकार के भोजन करने का एक उदाहरण निम्नलिखित है:

	Day 1	Day 2
	दिवस 1	दिवस 2
Grains:	tortilla	brown rice
अनाज:	टोर्टिला	ब्राउन चावल
Fruit:	apple	mango
फल:	सेब	आम
Vegetable:	broccoli	tomatoes
सब्जी:	ब्रोकॉली	टमाटर
Dairy:	milk	yogurt
डेयरी:	दूध	दही
Protein:	chicken	beans
प्रोटीन:	चिकन	बीन्स



Eat From all the Food Groups

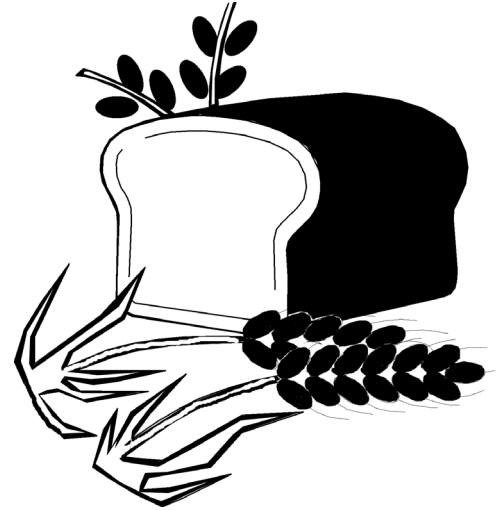
सभी फूड ग्रुप्स से खरीदने, पकाने व खाने के क्या स्वस्थ ढंग हैं?



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
विना छिलका उतारे हुए अनाज से बनी हुई ब्रेड तथा अनाज व दालें आदि खरीदें।
कुछ उदाहरण हैं - विना छिलका उतारे हुए अनाज से बनी हुई ब्रेड, चौकर/भूसी, ब्राउन चावल, विना छिलका उतारे गेहूँ का पास्ता, बल्गर व अमरान्थ।
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
तले हुए व उच्च वसा स्टार्च जैसे कि पेस्ट्री, बिस्कुट या मफिन कम खायें।
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
ताजे फल सर्वोत्तम पसन्द है: जब डिब्बा बन्द फल खरीदें तो इन शब्दों को अवश्य देखें, 'अपने ही रस में डिब्बा बन्द'।
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
फल के छोटे टुकड़ों खरीदें एवं फलों का रस थोड़ी मात्राओं में पीयें।
- ◆ Eat raw and cooked vegetables with very little fat.
बहुत कम वसा वाली कच्ची व पकायी गयी सब्जियां खायें।
- ◆ Use mustard instead of mayonnaise on a sandwich.
सेन्डविच पर मायोनीस के बजाये सरसों (राई) का प्रयोग करें।
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
तेल की बजाय वेजिटेबल कुकिंग ऑयल स्प्रे का प्रयोग करें, खाना बनाने में मक्खन, कृत्रिम मक्खन (मार्जरिन) या चर्बी (लार्ड) का कम प्रयोग करें।
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
कुकिंग की तकनीक जो आपके लिए अच्छी है: सेंकना, ब्रॉयल करना, उबालना, स्टिर-फ्राई करना, भूनना, भाप से पकाना, धीमी आग पर उबालना और ग्रिल करना। अधिक तेल में खाना पकाने से बचें।
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
कम चर्बी वाले कटे हुए मांस के टुकड़ों को चुनें जैसे: चिकन, टर्की। जब पॉर्क, बीफ व हैम खरीदें तो अतिरिक्त चर्बी को छांट दें।
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
वसामुक्त (स्किम) या कम वसा (1%) का दूध अथवा डेयरी फूड चुनें।

Grains, Beans and Starchy Vegetables

अनाज, बीन्स एवं स्टार्च युक्त सब्जियां क्या हैं?



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal.

People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

स्टार्च या कार्बोहाइड्रेट्स क्या हैं?

स्टार्च, ब्रेड में, दानों में, अनाजों व दालों में, पास्ता में, बीन्स में अथवा स्टार्च युक्त सब्जियों में होता है। प्रत्येक भोजन में कुछ स्टार्च/कार्बोहाइड्रेट्स खाएं। लोग आपको बता सकते हैं कि स्टार्च/कार्बोहाइड्रेट अधिक नहीं खाने चाहियें, परन्तु अब यह ठीक सलाह नहीं है। मधुमेह वाले लोगों सहित स्टार्च/कार्बोहाइड्रेट खाना हर किसी के लिए ठीक है।

How many starches/carbohydrates do I need each day? 6–11 servings each day

मुझे प्रतिदिन कितने स्टार्च/कार्बोहाइड्रेट की आवश्यकता है? 6–11 सर्विंग्स प्रतिदिन।

The number of servings you should eat each day depends on:

आपको हर रोज कितनी सर्विंग्स खानी चाहियें यह निम्न बातों पर निर्भर करता है:

- ◆ The calories you need
आपके लिए आवश्यक कैलोरीज
- ◆ Your diabetes plan
आपके मधुमेह की उपचार योजना

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

स्टार्च और कार्बोहाइड्रेट मेरे शरीर के लिए क्या करते हैं? स्टार्च आपके शरीर को ऊर्जा, बी विटामिन्स, खनिज एवं फाइबर देते हैं। छिलका युक्त अनाज अधिक स्वास्थ्यकारी होते हैं क्योंकि उनमें अधिक विटामिन्स, खनिज और फाइबर होते हैं। फाइबर से आपको नियमित मल त्याग में सहायता मिलती है। उनसे आपको अपनी ब्लड शुगर के बेहतर नियन्त्रण में भी मदद मिलती है।

Grains, Beans and Starchy Vegetables, (continued)

अनाज, बीन्स एवं स्टार्च युक्त सब्जियां क्या हैं?

How much is one serving of starch/carbohydrate?

स्टार्च/कार्बोहाइड्रेट की एक सर्विंग में कितनी मात्रा होती है?

- ◆ 1 slice of bread
1 ब्रेड स्लाइस
- ◆ 1 small potato, casaba or plantain
1 छोटा आलू, कसावा या प्लेनटेन
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ कप पकाये हुए अनाज व दालें जैसे ऑटमील या गेहूं का दलिया
- ◆ ¾ cup dry cereal such as corn flakes
¾ कप सूखे अनाज व दालें जैसे कॉर्नफ्लेक्स
- ◆ ⅓ cup of cooked rice
⅓ कप पकाये हुए चावल
- ◆ 1 small tortilla, roti bread or enjira bread
1 छोटा टोर्टिला, रोटी ब्रेड या एन्जिरा ब्रेड

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

आपको एक भोजन में एक, दो या तीन स्टार्च/कार्बोहाइड्रेट सर्विंग की जरूरत हो सकती है। यदि आपको एक भोजन में एक से अधिक सर्विंग की जरूरत है तो इस फूड ग्रुप से भिन्न भोजन चुनिये। उदाहरणार्थ:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

ब्रेकफास्ट: ¾ कप सूखा अनाज व दालें और एक स्लाइस ब्रेड—2 सर्विंग्स

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

लंच: ⅓ कप चावल और ½ कप पकाया हुआ प्लेनटेन्स—2 सर्विंग्स

Dinner: ½ cup of pasta and one bread stick—2 servings

डिनर: ½ कप पास्ता और एक ब्रेड स्टिक—2 सर्विंग्स

Snack: 6 crackers—1 serving

स्नैक: 6 क्रेकर्स—1 सर्विंग

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

पूरे दिन के लिए: 7 सर्विंग्स। ध्यान दें कि भोजन में कार्बोहाइड्रेट्स सन्तुलित हों। इससे आपको अपने ब्लड शुगर को नियंत्रित करने में मदद मिल सकती है।

Vegetables

सब्जियां क्या हैं?

Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

सब्जियां मधुमेह वाले लोगों सहित हर किसी के लिए ठीक हैं। प्रतिदिन कच्ची व पकायी गयी सब्जियां खायें। सब्जियां आपको विटामिन, खनिज एवं बहुत कम कैलोरी के साथ फाइबर प्रदान करती हैं। उन सब्जियों को तलाशें जो चमकीले रंग की हों। कुछ उदाहरण हैं - गाजर, मिर्च, ऐग प्लांट, ब्रोकॉली, टमाटर, पालक।

You should have 3 to 5 servings every day.

आपको हर रोज 3 से 5 सर्विंग लेनी चाहियें।

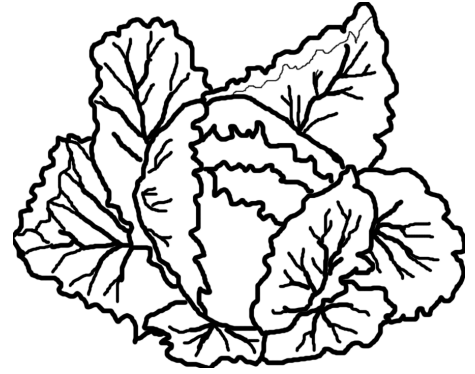
How much is a serving of vegetables?

सब्जियों की एक सर्विंग में कितनी मात्रा होती है?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
½ कप पकायी गयी सब्जियां, जैसे पकायी गयी हरी बीन्स, ऐग प्लांट, पालक और स्क्वैश
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
1 - कप कच्ची सब्जियां जैसे सलाद, गाजर या कटे हुए खीरे के टुकड
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
½ कप सब्जी का रस, जैसे टमाटर का रस या गाजर का रस

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

आपको खाने में एक, दो या तीन सर्विंग्स की जरूरत हो सकती है। यदि आपको खाने में एक सर्विंग से अधिक की जरूरत है तो भिन्न प्रकार की सब्जियां चुनें अथवा एक सब्जी की दो या तीन सर्विंग लें।

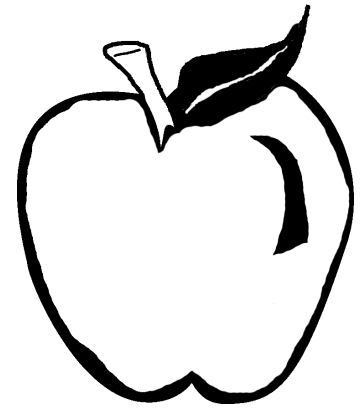


Fruits

फल क्या हैं?

Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

मधुमेह वाले लोगों सहित फल हर किसी के लिए स्वास्थ्यकर हैं। फल आपको ऊर्जा, विटामिन्स और खनिज एवं फाइबर देता है।



How many servings of fruit do I need?

मुझे फल की कितनी सर्विंग्स की आवश्यकता है?

2 to 4 servings

2 से 4 सर्विंग्स

What is a serving of fruit?

फल की सर्विंग की मात्रा क्या है?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 छोटा सेब या नाशपाती (अनुमानतः एक महिला की मुट्ठी के आकार का)
- ◆ ½ cup of apple or orange juice
½ कप सेब या सन्तरे का रस
- ◆ ½ of a grapefruit
½ ग्रेपफ्रूट
- ◆ 1 small banana or ½ of a large banana
1 छोटा केला या बड़े केले का आधा भाग
- ◆ ½ cup of chopped fruit
½ कप कटे हुए फल
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ कप किशमिश या सूखे मेवे (अनुमानतः जो आपकी हथेली में आ जाये)

You might need to eat one or two servings of fruit at a meal.

आपको एक भोजन में फल की 1 या 2 सर्विंग्स खाने की जरूरत हो सकती है।

How should I eat fruit?

मुझे फल किस प्रकार खाना चाहिए?

- ◆ Eat fruits raw, or as juice with no sugar added.
फलों को कच्चा खाये या बिना शक्कर मिलाये रस के रूप में।
- ◆ Buy smaller pieces of fruit.
छोटे आकार के फल खरीदें।

Milk and Yogurt Foods

दूध व दही के आहार क्या हैं?

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

वसा मुक्त व कम वसा युक्त दूध एवं दही मधुमेह वाले लोगों सहित हर किसी के लिए स्वास्थ्यकर हैं। दूध और दही आपको ऊर्जा, प्रोटीन, कैल्शियम, विटामिन ए, एवं अन्य विटामिन्स व खनिज देते हैं।

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day.

Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

प्रतिदिन वसामुक्त (स्किम) या कम वसा (1%) वाला दूध पीयें। कम वसा वाला या वसामुक्त दही खायें। उनमें पूर्ण वसा, संतृप्त वसा और कोलेस्ट्रॉल कम होते हैं।

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

मुझे प्रतिदिन कितनी सर्विंग्स की आवश्यकता है? 2 से 3 सर्विंग्स प्रतिदिन। नोट: यदि आप गर्भवती हैं या स्तनपान कराती हैं तो दूध और दही की प्रतिदिन 4 से 5 सर्विंग्स लें।

How much is a serving of milk and yogurt?

दूध और दही की एक सर्विंग की मात्रा कितनी है?

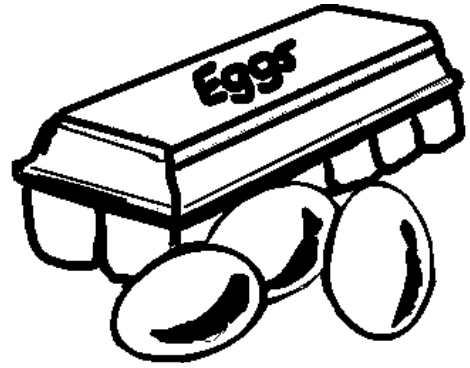
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 कप वसामुक्त सादा दही (अस्पार्टेम वाला दही भी तलाशें)
- ◆ 1 cup skim or low-fat milk
1 कप स्किम या कम वसायुक्त दूध

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.
नोट: दही के उन प्रकारों से बचें जिन पर लिखा हो, 'निचले भाग में फल हैं'। उनमें अधिक मात्रा में शक्कर मिली होती है।



Meat, Poultry, Fish, Eggs and Nuts

मांस, पोल्ट्री, मछली, अंडे एवं मेवे
(नट्स)



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

इस फूड ग्रुप में मीट (बीफ, पॉर्क, मेमना), चिकन, टर्की, अंडे, मछली, नट्स व टोफु या सोया प्रोडक्ट्स आते हैं। प्रतिदिन इन भोजनों में से कुछ की थोड़ी मात्रा खाये। ये सभी भोजन हमारे शरीर को प्रोटीन प्रदान करते हैं।

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

प्रोटीन भोजन आपके शरीर की तन्तुओं एवं मांसपेशियों के निर्माण में सहायता करते हैं। वे आपके शरीर को विटामिन व खनिज भी देते हैं।

How many protein foods do I need each day? 2 to 3 servings

मुझे प्रतिदिन कितने प्रोटीन भोजन की ज़रूरत है? 2 से 3 सर्विंग्स

How much is a serving of meat, poultry, fish, eggs and nuts?

मीट, पोल्ट्री, मछली, अंडे एवं नट्स की एक सर्विंग में कितनी मात्रा होती है?

- ◆ 2 to 3 ounces of cooked fish
पकी हुई मछली के 2 से 3 औंस
- ◆ 2 to 3 ounces cooked chicken
पके हुए चिकन के 2 से 3 औंस
- ◆ 3 to 4 ounces tofu (½ cup)
3 से 4 औंस टोफु (½ कप)
- ◆ 1 egg (equals one ounce of protein)
1 अंडा (1 औंस प्रोटीन के बराबर होता है)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
चीज़ का एक स्लाइस या चीज़ का एक औंस (अनुमानतः एक डी बैटरी के आकार का)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 बड़ी चम्मच मूंगफली का मक्खन (एक औंस के बराबर)

Meat, Poultry, Fish, Eggs and Nuts (continued)

मांस, पोल्ट्री, मछली, अंडे एवं मेवे (नट्स)

Helpful Tips:

मददगार सूचना:

- ◆ The serving size you eat now may be too big.
आपके हाल के सर्विंग का आकार बहुत बड़ा हो सकता है
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
ताश के पत्तों की गड्डी पर एक नजर डालें। यह 2 से 3 औंस के बराबर होता है
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
बीफ, पॉर्क, हैम तथा लैम्ब के कटे हुए टुकड़े खरीदें जिन पर बहुत थोड़ी वसा होती है। अतिरिक्त वसा को छांट दें।
- ◆ Eat chicken or turkey without the skin.
चिकन या टर्की को बिना खाल के खायें।
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
प्रोटीन भोजन को कम वसा के ढंग में पकायें: बॉयल, गिल, स्टिर-फ्राई, भूनें, भाप द्वारा पकायें, उबालें या धीमी आग पर पकायें।
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
बिना मांस का भोजन करें। अपने प्रोटीन स्रोत के रूप में बीन्स या टोफु का प्रयोग करके देखें।
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
बिना मांस का भोजन करें। अपने प्रोटीन स्रोत के रूप में बीन्स या टोफु का प्रयोग करके देखें।

Fats, Oils and Sweets

वसा, तेल व मिठाइयां क्या हैं?



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

वसा व तेलों में मक्खन, कृत्रिम मक्खन, लार्ड व तेल शामिल होते हैं जो हम भोजन में डालते हैं और भोजन पकाने में प्रयोग करते हैं। कुछ तेल हैं, केनोला, जैतून एवं वनस्पति। वसा, मांस, डेयरी उत्पाद, अल्पाहार एवं कुछ मिठाइयों में भी पाया जाता है। अपने मधुमेह को नियंत्रित करने के लिए, कम वसा वाले भोजन एवं कम संतृप्त वसा (वसा जो हमें मांस व पशुओं से प्राप्त उत्पाद से मिलता है) वाले भोजन खाना सर्वोत्तम है।

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

मिठाइयां शक्कर मिश्रित आहार हैं जिनमें कैलोरी होती हैं परन्तु विटामिन व खनिज अधिक नहीं होते। कुछ मिठाइयों में वसा भी अधिक होता है - जैसे केक, पाइ और कुकीज।

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

बहुत अधिक शक्कर युक्त एवं उच्च वसा के आहार लेने से आपका ब्लड शुगर व वजन नियंत्रित करना मुश्किल हो जाता है। यदि आप वसा तथा मिठाइयां खाते हैं तो थोड़ी मात्रा में खायें।

How much is a serving of fats, oils and sweets?

वसा, तेलों एवं मिठाइयों की एक सर्विंग में कितनी मात्रा होती है?

- ◆ 1 teaspoon oil
1 छोटी चम्मच तेल
- ◆ 1 tablespoon regular salad dressing
1 बड़ी चम्मच सलाद-ड्रेसिंग
- ◆ 2 teaspoons light mayonnaise
2 छोटी चम्मच हल्का मायोनीज
- ◆ 1 strip of bacon
1 बेकन की पट्टी
- ◆ 1 cookie
1 बिस्कुट
- ◆ 1 plain doughnut
1 सादा डफनट
- ◆ 1 tablespoon syrup
1 बड़ी चम्मच शर्बत
- ◆ 10–15 chips
10–15 चिप्स

Hindi

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

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यह सामग्री जॉर्जिया स्टेट युनिवर्सिटी, अटलान्टा, जॉर्जिया में डिपार्टमेंट ऑफ एन्थ्रोपोलोजी एंड जीओग्राफी के न्यूट्रिशन एड्युकेशन फॉर न्यु अमेरिकन प्रोजेक्ट के लिए विकसित की गयी। उसके लिए वित्तीय सहायता युनाइटेड स्टेट्स डिपार्टमेंट ऑफ एग्रीकल्चरल फूड एंड कन्ज्युमर सर्विस द्वारा फूड स्टाम्प प्रोग्राम में शामिल परिवारों के लिए दी गई है। फेडरल कानून एवं यू. एस. डिपार्टमेंट ऑफ एग्रीकल्चर की नीति के अनुसार यह संस्था जाति, रंग, राष्ट्रीय मूल, लिंग, आयु, धर्म, राजनीतिक धारणाओं या अपंगता के आधार पर भेदभाव वरतने से निषिद्ध है।

अधिक जानकारी के लिए (404)651-2542 पर सम्पर्क करें।



The Food Pyramid

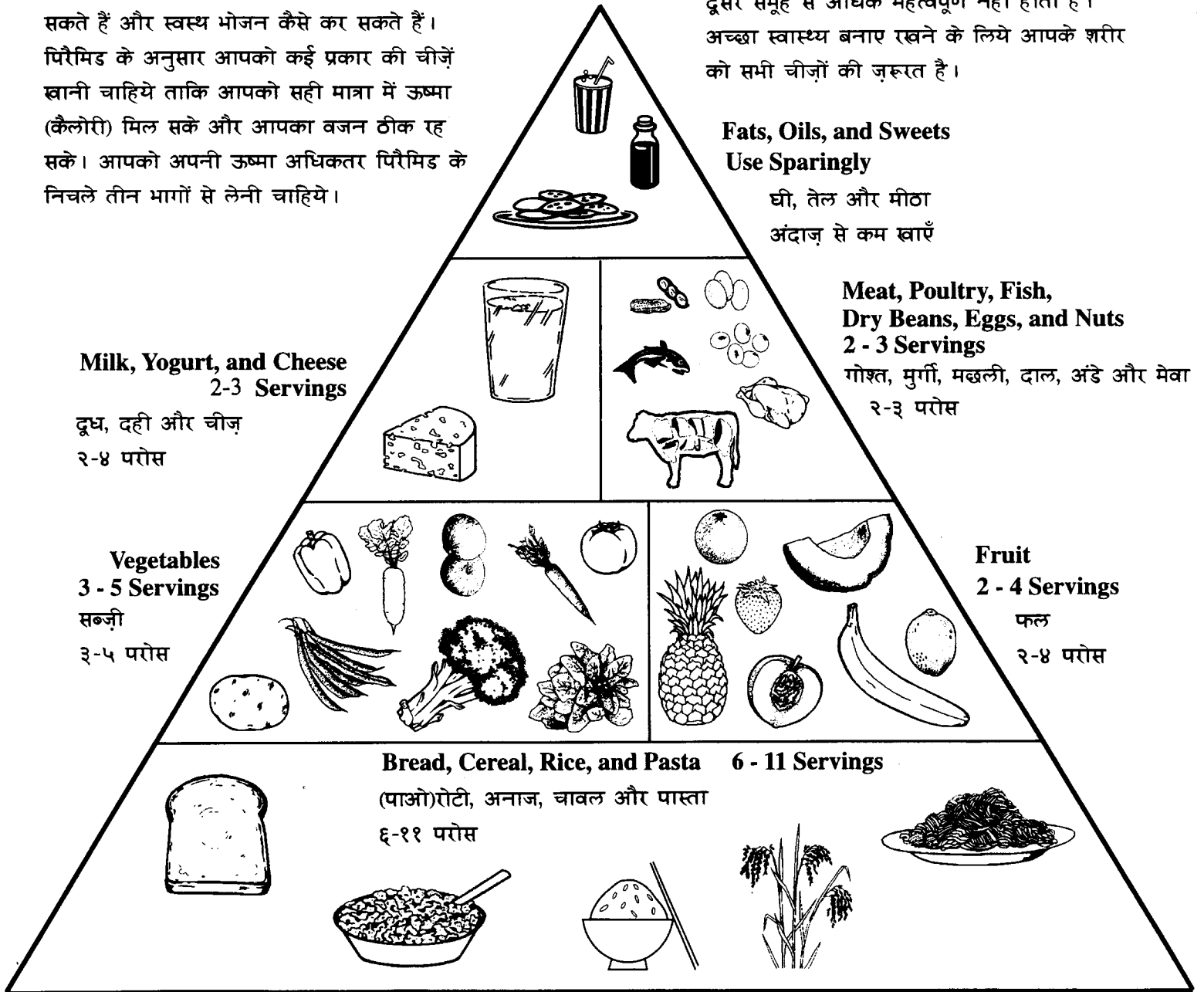
खाने-पीने का पिरैमिड

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

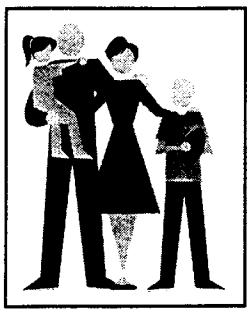
"द फूड गाइड पिरैमिड" आपके लिये एक सामान्य मार्गदर्शिका है जिससे आपको मालूम हो सकता है कि खाने के मामले में आप अच्छी आदतें कैसे डाल सकते हैं और स्वस्थ भोजन कैसे कर सकते हैं। पिरैमिड के अनुसार आपको कई प्रकार की चीजें खानी चाहिये ताकि आपको सही मात्रा में ऊष्मा (कैलोरी) मिल सके और आपका वजन ठीक रह सके। आपको अपनी ऊष्मा अधिकतर पिरैमिड के निचले तीन भागों से लेनी चाहिये।

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

हर भाग में ऐसी चीजें हैं जिनसे आपको ज़रूरत लायक कुछ पोषक मिल सकते हैं, मगर केवल एक ही भाग से आपका आहार पूरा नहीं हो सकता है। खाने के किसी एक समूह की जगह आप किसी दूसरे समूह को नहीं डाल सकते। कोई एक समूह किसी दूसरे समूह से अधिक महत्वपूर्ण नहीं होता है। अच्छा स्वास्थ्य बनाए रखने के लिये आपके शरीर को सभी चीजों की ज़रूरत है।



Hindi Language Version



Better Health Begins With You!

अपना स्वास्थ्य खुद बनाए रखें!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

हर रोज़ कम घी-तेल से बनाया गया (पाओ)रोटी, अनाज, चावल और पास्ता के ६-११ छोटे परोस खाएँ। जैसे कि, सुबह नाश्ते में दलिया खाएँ, दोपहर के खाने में सैंडविच खाएँ और रात के खाने में सादा चावल खाएँ।

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

हर रोज़ फल और सब्ज़ी के ५ परोस खाएँ। उदाहरण के लिये, सुबह के नाश्ते में आप संतरे का रस पी सकते हैं, दोपहर के खाने में सलाद खा सकते हैं, और रात के खाने में बीन, उबला आलू और अंगूर खा सकते हैं।

3. Drink at least 8 glasses of pure, fresh water every day.

हर रोज़ कम से कम ८ गिलास ताज़ा और पवित्र पानी पीयें।

4. Eat lean, low-fat meats, such as chicken or fish.

मांसाहारी भोजन में मुर्गी या मछली की तरह कम वसा की चीज़ें खाएँ।

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

कम वसा या वसारहित दूध और ठंडी दही खाएँ।

6. Limit your intake of sweets and alcoholic beverages.

मीठा और शराब कम मात्रा में लें।

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

हर रोज़, किसी भी प्रकार का व्यायाम करें। पैदल घूमें, नाचें या कोई खेल खेलें।

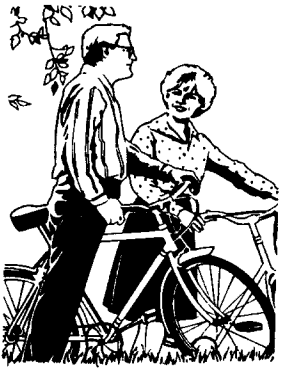
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

वनस्पती या वसा की जगह सब्ज़ी के तेल या कैनोला के तेल में खाना पकाएँ। सब्ज़ी का तेल आपके स्वास्थ्य के लिये बेहतर होता है क्योंकि इसमें कोलेस्टेरॉल नहीं है।

Hindi Language Version

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Better Nutrition for Mature Adults

बुजुर्ग लोगों के लिये बेहतर आहार

1. Drink 6 - 8 glasses of water every day.

हर रोज़ ६-८ गिलास पानी पीये।

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

ऐसी चीज़ें खाएँ जिनमें कैल्शियम का मात्रा अधिक हो, जैसे कि दूध, चीज़, दही, काँटेदार मछली, और ब्रौकोली जैसी गाढ़े हरे रंग की सब्ज़ी। हड्डियों को ताकतवर बनाने के लिये कैल्शियम ज़रूरी होता है।

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

फल और सब्ज़ी खाएँ ताकि आपको अधिक मात्रा में विटामिन ए और विटामिन सी मिल सके, जैसे कि गाजर और संतरे। विटामिन ए आपकी आँखों तथा त्वचा के लिये लाभदायक होता है। विटामिन सी से आपके मसूड़े स्वस्थ रहेंगे और आपके बीमार होने की कम संभावना होगी।

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

ध्यान दें कि आपके खाने में आयरन हो। इससे शरीर की फुर्ती बढ़ती है। गोश्त, मुर्गी, मछली और दालों से बहुत सारा आयरन मिल सकता है।

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

अपने आहार में गोश्त, मछली और मुर्गी सम्मिलित करें ताकि आपको जिन्क की कमी महसूस न हो। जिन्क से चोट जल्दी ठीक हो जाते हैं।

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

नियमित रूप से व्यायाम करें। बाहर चलना-फिरना सबसे बेहतर होता है क्योंकि सूरज के प्रभाव से आपका शरीर विटामिन डी बना सकता है।

Hindi Language Version

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Better Health for Mother and Baby

जुच्चा और बच्चा स्वस्थ रहे

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

शराब न पीयें और कौफी, सोडा आदि कैफीन वाले पेय पीने से मना करें।

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

हर रोज़ ऐसी चीज़ें खाएँ जिनमें कैल्शियम हो। जैसे कि दूध, चीज़, दही, काँटेदार मछली और गाढ़े हरे रंग की सब्ज़ियाँ।

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

प्रोटीन के वास्ते, हर रोज़ गोश्त, मछली, अंडा या दाल के २ से ३ परोस खाएँ।

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

विटामिन व खनिज पाने के लिये हर रोज़ फल और सब्ज़ी के कम से कम ५ परोस खाएँ। उदाहरण के लिये, सुबह नाश्ते में सीरियल के साथ केला काट के खाएँ, और दोपहर के नाश्ते में एक सेब खा लें। दोपहर के खाने के साथ गाजर और सेलेरी खा लें और रात के खाने में ब्रोकली व सलाद खा लें।

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

स्वास्थ्य व चुस्ती दोनों के लिये हर रोज़ अनाज के ६-११ छोटे परोस खाएँ। जैसे कि आँटा या भूरा चावल।

6. See your doctor early in your pregnancy.

गर्भावस्था शुरू होने के तुरंत बाद डाक्टर से जाकर मिलें।

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

ध्यान रखें कि गर्भावस्था में आपका वजन ठीक से बढ़े। अधिकतर औरतों का २५-३५ पाउंड वजन बढ़ता है। अपने डाक्टर से इस बारे में राय माँगें।

Hindi Language Version

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Good Food for Kids

बच्चों के लिये स्वस्थ आहार

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

हड्डियों के विकास और बच्चों को बड़े होने के लिये कैल्शियम की बहुत ज़रूरत होती है। बच्चों को कैल्शियम दूध, दही, काँटदार मछली और ब्रोकली जैसे गाढ़े हरे रंग की सब्जियों से मिल सकता है।

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

आयरन से शरीर में फुर्ती होती है। गोश्त, मुर्गी, मछली तथा दाल से आयरन मिल सकता है।

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

गाजर, साग तथा अन्य फलों और सब्जियों से विटामिन ए और विटामिन सी मिल सकता है। स्वस्थ त्वचा और अच्छी दृष्टि के लिये विटामिन ए महत्वपूर्ण होता है। विटामिन सी से मसूड़े स्वस्थ रहते हैं और बच्चों को कम बीमारियाँ होती हैं।

4. Energy is important and comes from breads, rice, cereal, and pasta.

शरीर की चुस्ती महत्वपूर्ण होती है, और बच्चे इसे (पाओ)रोटी, चावल, अनाज और पास्ता से पा सकते हैं।

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

नाश्ते में बच्चों को स्वस्थ खाना दें, जैसे कि फल, सब्जी, दूध-आधारित चीज़ें और मेवा। इनसे बच्चों को ज्यादा ताकत मिलता है और सोडा, चिप्स तथा मीठे के मुकाबले में ये बच्चों के दाँतों के लिये बेहतर होते हैं।

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

बच्चों के लिये हर रोज़ खेलना-कूदना महत्वपूर्ण होता है, ताकि इनके शरीर ताकतवर और स्वस्थ बन सकें।

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Better Health Begins With You!

अपना स्वास्थ्य खुद बनाए रखें!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

हर रोज़ कम घी-तेल से बनाया गया (पाओ)रोटी, अनाज, चावल और पास्ता के ६-११ छोटे परोस खाएँ। जैसे कि, सुबह नाश्ते में दलिया खाएँ, दोपहर के खाने में सैंडविच खाएँ और रात के खाने में सादा चावल खाएँ।

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

हर रोज़ फल और सब्ज़ी के ५ परोस खाएँ। उदाहरण के लिये, सुबह के नाश्ते में आप संतरे का रस पी सकते हैं, दोपहर के खाने में सलाद खा सकते हैं, और रात के खाने में बीन, उबला आलू और अंगूर खा सकते हैं।

3. Drink at least 8 glasses of pure, fresh water every day.

हर रोज़ कम से कम ८ गिलास ताज़ा और पवित्र पानी पीयें।

4. Eat lean, low-fat meats, such as chicken or fish.

मांसाहारी भोजन में मुर्गी या मछली की तरह कम वसा की चीज़ें खाएँ।

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

कम वसा या वसारहित दूध और ठंडी दही खाएँ।

6. Limit your intake of sweets and alcoholic beverages.

मीठा और शराब कम मात्रा में लें।

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

हर रोज़, किसी भी प्रकार का व्यायाम करें। पैदल घूमें, नाचें या कोई खेल खेलें।

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

वनस्पती या वसा की जगह सब्ज़ी के तेल या कैनोला के तेल में खाना पकाएँ। सब्ज़ी का तेल आपके स्वास्थ्य के लिये बेहतर होता है क्योंकि इसमें कोलेस्टेरॉल नहीं है।

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The Food Pyramid

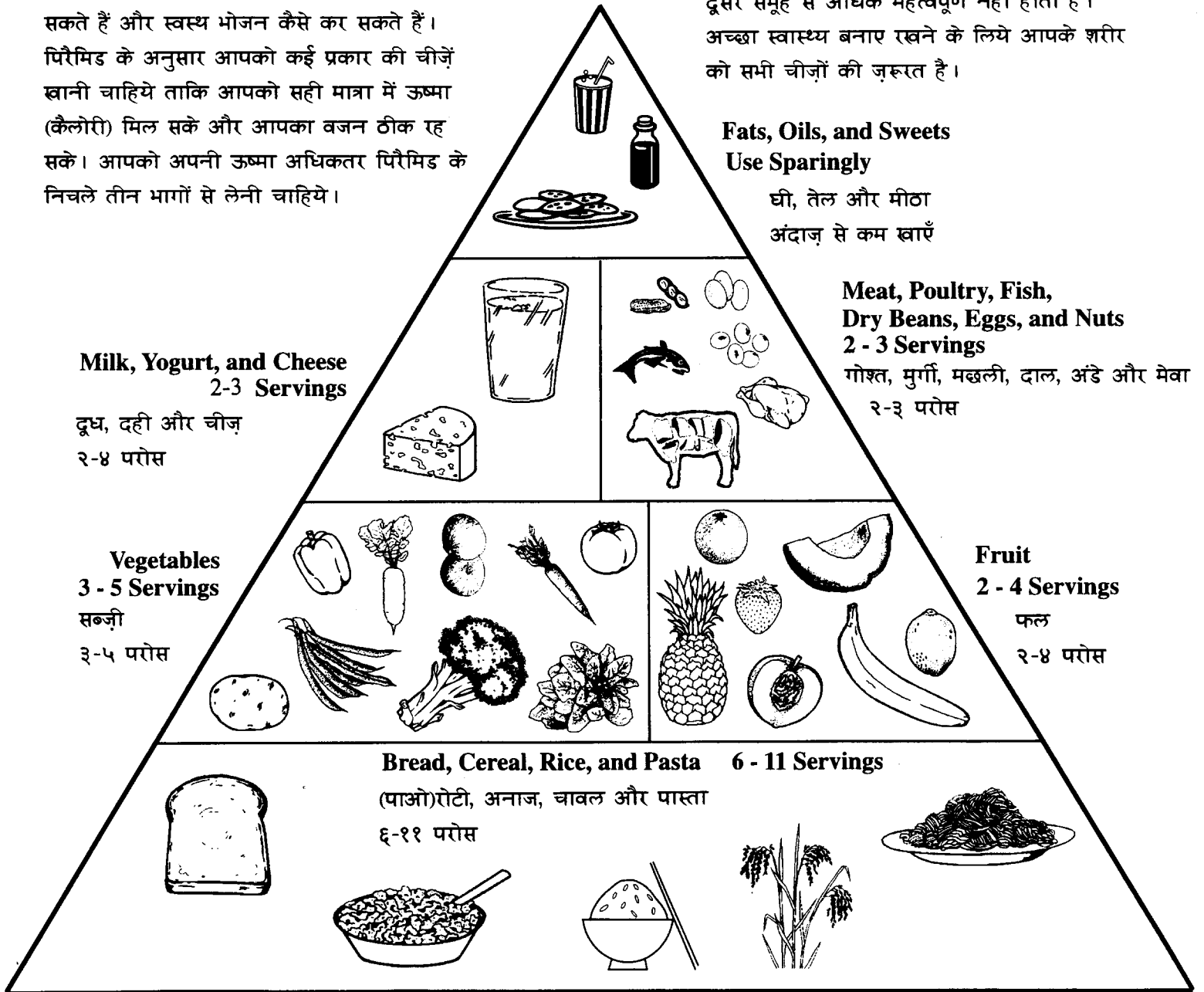
खाने-पीने का पिरैमिड

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

"द फूड गाइड पिरैमिड" आपके लिये एक सामान्य मार्गदर्शिका है जिससे आपको मालूम हो सकता है कि खाने के मामले में आप अच्छी आदतें कैसे डाल सकते हैं और स्वस्थ भोजन कैसे कर सकते हैं। पिरैमिड के अनुसार आपको कई प्रकार की चीजें खानी चाहिये ताकि आपको सही मात्रा में ऊष्मा (कैलोरी) मिल सके और आपका वजन ठीक रह सके। आपको अपनी ऊष्मा अधिकतर पिरैमिड के निचले तीन भागों से लेनी चाहिये।

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

हर भाग में ऐसी चीजें हैं जिनसे आपको ज़रूरत लायक कुछ पोषक मिल सकते हैं, मगर केवल एक ही भाग से आपका आहार पूरा नहीं हो सकता है। खाने के किसी एक समूह की जगह आप किसी दूसरे समूह को नहीं डाल सकते। कोई एक समूह किसी दूसरे समूह से अधिक महत्वपूर्ण नहीं होता है। अच्छा स्वास्थ्य बनाए रखने के लिये आपके शरीर को सभी चीजों की ज़रूरत है।



Hindi Language Version



Good Food for Kids

बच्चों के लिये स्वस्थ आहार

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

हड्डियों के विकास और बच्चों को बड़े होने के लिये कैल्शियम की बहुत ज़रूरत होती है। बच्चों को कैल्शियम दूध, दही, काँटदार मछली और ब्रौकोली जैसे गाढ़े हरे रंग की सब्जियों से मिल सकता है।

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

आयरन से शरीर में फुर्ती होती है। गोश्त, मुर्गी, मछली तथा दाल से आयरन मिल सकता है।

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

गाजर, साग तथा अन्य फलों और सब्जियों से विटामिन ए और विटामिन सी मिल सकता है। स्वस्थ त्वचा और अच्छी दृष्टि के लिये विटामिन ए महत्वपूर्ण होता है। विटामिन सी से मसूड़े स्वस्थ रहते हैं और बच्चों को कम बीमारियाँ होती हैं।

4. Energy is important and comes from breads, rice, cereal, and pasta.

शरीर की चुस्ती महत्वपूर्ण होती है, और बच्चे इसे (पाओ)रोटी, चावल, अनाज और पास्ता से पा सकते हैं।

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

नाश्ते में बच्चों को स्वस्थ खाना दें, जैसे कि फल, सब्जी, दूध-आधारित चीज़ें और मेवा। इनसे बच्चों को ज्यादा ताकत मिलता है और सोडा, चिप्स तथा मीठे के मुकाबले में ये बच्चों के दाँतों के लिये बेहतर होते हैं।

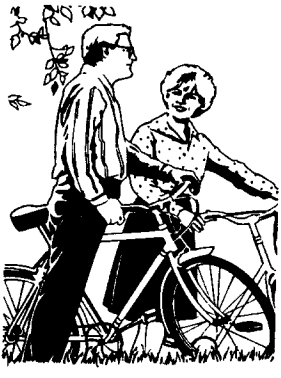
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

बच्चों के लिये हर रोज़ खेलना-कूदना महत्वपूर्ण होता है, ताकि इनके शरीर ताकतवर और स्वस्थ बन सकें।

Hindi Language Version

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Better Nutrition for Mature Adults

बुजुर्ग लोगों के लिये बेहतर आहार

1. Drink 6 - 8 glasses of water every day.

हर रोज़ ६-८ गिलास पानी पीये।

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

ऐसी चीज़ें खाएँ जिनमें कैल्शियम का मात्रा अधिक हो, जैसे कि दूध, चीज़, दही, काँटेदार मछली, और ब्रौकोली जैसी गाढ़े हरे रंग की सब्ज़ी। हड्डियों को ताकतवर बनाने के लिये कैल्शियम ज़रूरी होता है।

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

फल और सब्ज़ी खाएँ ताकि आपको अधिक मात्रा में विटामिन ए और विटामिन सी मिल सके, जैसे कि गाजर और संतरे। विटामिन ए आपकी आँखों तथा त्वचा के लिये लाभदायक होता है। विटामिन सी से आपके मसूड़े स्वस्थ रहेंगे और आपके बीमार होने की कम संभावना होगी।

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

ध्यान दें कि आपके खाने में आयरन हो। इससे शरीर की फुर्ती बढ़ती है। गोश्त, मुर्गी, मछली और दालों से बहुत सारा आयरन मिल सकता है।

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

अपने आहार में गोश्त, मछली और मुर्गी सम्मिलित करें ताकि आपको जिन्क की कमी महसूस न हो। जिन्क से चोट जल्दी ठीक हो जाते हैं।

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

नियमित रूप से व्यायाम करें। बाहर चलना-फिरना सबसे बेहतर होता है क्योंकि सूरज के प्रभाव से आपका शरीर विटामिन डी बना सकता है।

Hindi Language Version

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Better Health for Mother and Baby

ज़च्चा और बच्चा स्वस्थ रहे

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

शराब न पीयें और कौफी, सोडा आदि कैफीन वाले पेय पीने से मना करें।

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

हर रोज़ ऐसी चीज़ें खाएँ जिनमें कैल्शियम हो। जैसे कि दूध, चीज़, दही, काँटेदार मछली और गाढ़े हरे रंग की सब्ज़ियाँ।

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

प्रोटीन के वास्ते, हर रोज़ गोश्त, मछली, अंडा या दाल के २ से ३ परोस खाएँ।

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

विटामिन व खनिज पाने के लिये हर रोज़ फल और सब्ज़ी के कम से कम ५ परोस खाएँ। उदाहरण के लिये, सुबह नाश्ते में सीरियल के साथ केला काट के खाएँ, और दोपहर के नाश्ते में एक सेब खा लें। दोपहर के खाने के साथ गाजर और सेलेरी खा लें और रात के खाने में ब्रोकली व सलाद खा लें।

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

स्वास्थ्य व चुस्ती दोनों के लिये हर रोज़ अनाज के ६-११ छोटे परोस खाएँ। जैसे कि आँटा या भूरा चावल।

6. See your doctor early in your pregnancy.

गर्भावस्था शुरू होने के तुरंत बाद डाक्टर से जाकर मिलें।

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

ध्यान रखें कि गर्भावस्था में आपका वजन ठीक से बढ़े। अधिकतर औरतों का २५-३५ पाउंड वजन बढ़ता है। अपने डाक्टर से इस बारे में राय माँगें।

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Diabetes Ntshaav Qaab Zib

Hmong

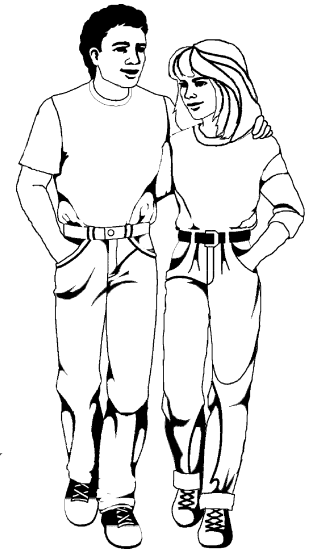
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Diabetes

Ntshaav Qaab Zib



What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

Ntshaav Qaab Zib Yog Dlaab Tsi? Ntshaav qaab zib yog ib yaam mob kws thaum yug lub cev tsi muaj peev xwm ua los yog tsi txawj siv cov kuas dlej (insulin) kom hum yug.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

Cov kuas dlej (insulin) yog ib yaam kua (hormone) kws hloov cov suabthaa; huv lub cev, tej kws ua moov, hab lwm yaam khoom noj es txha le muaj taug zug txhua nub.

How is diabetes managed?

Yuav Tswj Ntshaav Qaab Zib Ua Le Caag?

The management of diabetes has three parts:
Kev tswj ntshaav qaab zib muaj peb yaam:

- ◆ Healthy Eating
Kev Noj Khoom Zoo
- ◆ Physical Activity
Kev Dliha Ua Si
- ◆ Medication (if needed)
Kev Siv Tshuaj (yog tas tsim nyog)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

Yuav Ua Le Caag Es Kuv Txha Le Tswj Tau Kuv Kev Mob Ntshaav Qaab Zib? Koj muaj peev xwm lug tswj koj cov ntshaav qaab zib yog tas koj noj yaam zaub mov zoo, dliha ua si kom txaus, hab luj koj tug kheej kom qhov nyaav nuav nyob txug le qhov zoo xwb.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Yog koj lub cev nyaav txug le qhov zoo xwb, nwg yuav paab kom koj tswj tau tej roj ntshaa rog (cholesterol) hab paab kom koj cov ntshaav nqeg tuaj.

Many people with diabetes also need to take medicine to help control their blood sugar.

Muaj ntau tug tuabneeg kws mob ntshaav qaab zib yuav tau siv tshuaj lug paab tswj puab cov tshaav hab.

Eat Healthy Yaam Khoom Twg Es Txha Le Zoo



Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

Nyob rua dlaim ntawv kws hu ua “Food Guide Pyramid”, nwg qha txug ntau yaam zaub mov kws zoo rua koj lub cev. Koj yuav tau noj txhua txhua yaam zaub mov kws lua qha txug nyob rua dlaim ntawv hov. Thaum koj noj txhua yaam zaub mov, koj lub cev yuav tau taag nrho tej vivtasmees hab mineral kws koj xaav tau.

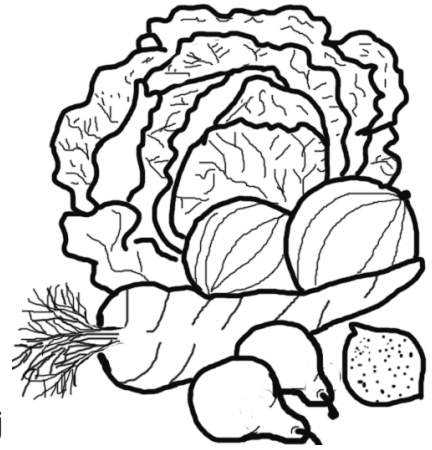
Here is an example of getting a variety of foods each day.

Qhov nuav yog ib qhov ua pib txwv qha txug noj txhua txhua yaam zaub mov nyob rua txhua nub.

	Day 1 Nub 1	Day 2 Nub 2
Grains:	tortilla	brown rice
Mov:	tortilla	mov dlaaj
Fruit:	apple	mango
Tej Txiv Maab		
Txiv Ntoo:	txiv avpum	txiv tsaum npua
Vegetable:	broccoli	tomatoes
Tej Zaub:	zaub broccoli	txiv lwg sua
Dairy:	milk	yogurt
Tej Yaam		
Kua Mig:	nyuj mig	yaubnkawm
Protein:	chicken	beans
Tej Yaam Kws		
Muaj Zug:	nqaj qab	taum

Eat From all the Food Groups

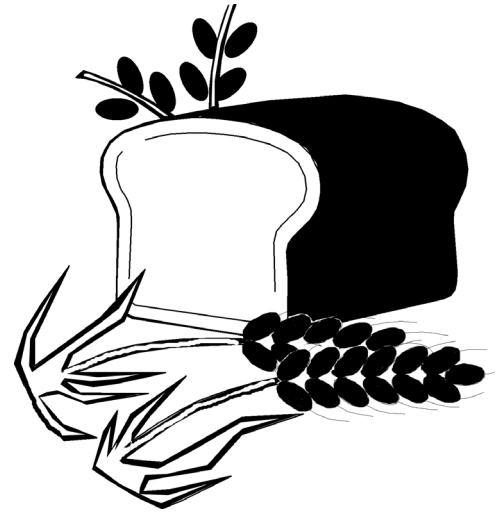
Noj Txhua Yaam Zaub Mov



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Yuav hlo ib pob qhobcij hab cov xeebyaum. Pevtxiv le tej pob qhobcij, tej dlaim qhobnoom nkig, mov dlaaj, tej pob pasta, bulgar hab amaranth.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Noj tsawg zog rua cov khoom kib hab cov khoom kws muaj tsoj ntau xi les qhobcij qaab zib, biscuits, los yog cov muffins.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Txiv maab txiv ntoo tshab yog cov zoo tshaaj. Thaum koj yuav cov txiv kws lua tub muab tso rua huv lub poom lawd, ntshav cov kws muaj lu lug, “canned in their own juice”.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Yuav tej nplai txiv maab txiv ntoo kom yau zog hab haus cov kua txiv kom tsawg zog.
- ◆ Eat raw and cooked vegetables with very little fat.
Noj zaub nyoog hab zaub sav kws muaj roj tsawg le kws tsawg tau.
- ◆ Use mustard instead of mayonnaise on a sandwich.
Siv cov mustard es tsi txhob siv cov mayonnaise lug pleev dlaim qhobcij.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Siv cov roj zaub kws ua ib lub poom tsuag es txhob siv tej tsoj nqaj yog thaum twg kib zaub noj.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
Kev ua zaub mov noj kws zoo rua koj yog: muab txhab, muab ci, muab hau, kib xyaw zaub, ci ntawm suav tawg, cub, hau ntsug zaub hab ci sau ib lub hlau. Tsi txhob siv tsoj ntau ntau thaum ua zaub mov noj.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Siv tej nqaj kws tsi muaj tsoj pes tsawg zoo le: nqaj qab, nqaj thawbkim. Thaum yuav ua nqaj npuas, nqaj nyug hab nqaj ham, muab cov tsoj hlais tseg.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Xaiv tej nyuj mig kws tsi muaj tsoj los yog tsoj tsawg (1%).

Grains, Beans and Starchy Vegetables

Moov Nplej, Taum hab Zaub



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal.

People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

Starches los yog carbohydrates yog dlaab tsi?

Starches yog qhobcij, moov nplej, xeebyaum, pasta, taum los yog moov zaub. Noj tej yaam khoom nuav txhua pluag mov yuav paab rua yug tsi muaj mob. Txawm yog tug tuabneeg muaj ntshaav qaab zib los yeej paab tau rua nwg cov ntshaav txhob nce sab hab.

How many starches/carbohydrates do I need each day? 6–11 servings each day Kuv yuav tsum noj cov moov nplej/carbohydrates ntau npaum le caag tuaj ib nub? 6-11 serving tuaj ib nub

The number of servings you should eat each day depends on:

Qhov yuav noj ntau hab noj tsawg tuaj ib nub yog nyob rua ntawm:

- ◆ The calories you need
Koj toobkaas cov calories ntau npaum le caag
- ◆ Your diabetes plan
Kev kws khu koj cov ntshaav qaab zib

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

Tej moov nplej hab carbohydrates nuav yuav ua le caag rua huv kuv lub cev? Cov moov nuav yuav ua rua kom koj lub cev muaj zug, muaj vivtamees B, muaj minerals hab fiber. Cov khoom noj kws lug ntawm nplej, pob kws, xeebyaum yuav zoo tshaaj vim muaj vivtamees, minerals, hab fiber ntau dlua. Fiber paab kom koj moog tawm rooj tau. Nwg yuav paab kom koj tswj tau koj cov ntshaav qaab zib hab.

Grains, Beans and Starchy Vegetables (continued)

Moov Nplej, Taum hab Zaub

How much is one serving of starch/carbohydrate?

Ib qhov serving starch/carbohydrate nua yog ntau npaum le caag?

- ◆ 1 slice of bread
1 dlaim qhobcij
- ◆ 1 small potato, casaba or plantain
1 thooj qos miv
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ ib khob xeebyaum kws sav lawm zoo le cov oatmeal los yog cream of wheat
- ◆ ¾ cup dry cereal such as corn flakes
¾ ib khob xeebyaum qhuav zoo le cov nyuas pob kws qhuav
- ◆ ⅓ cup of cooked rice
⅓ khob mov sav
- ◆ 1 small tortilla, roti bread or enjira bread
1 dlaim tortilla, qhobcij roti losyog enjira

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example: Ib pluag mov twg, yuav tau noj ib, ob, losyog peb serving ntwam cov moov nplej/carbohydrates. Yog koj xaav noj kom ntau tshaaj hov, koj yuav tau xaiv noj tsaw le huv nuav:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Noj tshais: ¾ ib khob xeebyaum qhuav hab ib dlaim qhobcij—2 zag

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Noj Sus: ⅓ khob mov hab hab ib khob zaub sav—2 zag

Dinner: ½ cup of pasta and one bread stick—2 servings

Noj Mo: ½ ib khob pasta hab ib tug qhobcij—2 zag

Snack: 6 crackers—1 serving

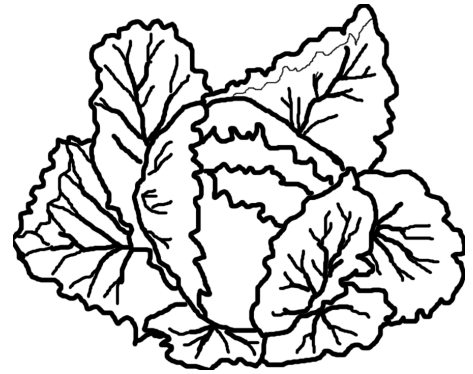
Noj khoom txom ncauj: 6 dlaim qhobnoom—1 zag

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Taag nrho tuaj ib nub: 7 zag. Cov carbohydrates yeej muaj taag nyob cov khoom noj nuav lawm. Qhov nuav yuav paab tau rua koj tswj tau koj cov ntshaav qaab zib.

Vegetables

Zaub



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Zaub mas yeej zoo rua txhua tug txawm tas koj mob ntshaav qaab zib hab los tsi mob. Noj zaub nyoog hab zaub sav txhua nub. Zaub yuav muaj vivtamees, minerals, hab fiber rua koj lub cev. Siv cov zaub kws muaj xim tshab tshab. Tej zaub nuav xi le: carrots, hov txob, txiv lwg, broccoli, txiv lwg suav, hab zaub ntsuab.

You should have 3 to 5 servings every day.

Koj yuav tsum noj 3 txug rua 5 zag (servings) txhua txhua nub.

How much is a serving of vegetables?

Yuav siv ib zag zaub nua ntau npaum les caag?

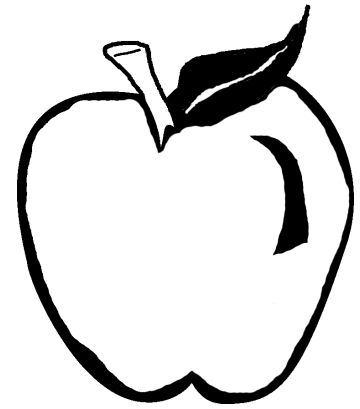
- ◆ $\frac{1}{2}$ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
 $\frac{1}{2}$ khob zaub sab zoo le taum nruab, txiv lwg, zaub nruab hab taub nruab
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
1 khob zaub nyoog zoo le xamlav, carrot losyog dlib ua tej nplais
- ◆ $\frac{1}{2}$ cup vegetable juice, like tomato juice or carrot juice
 $\frac{1}{2}$ khob kua zaub zoo le kua txiv lwg suav los yog kua carrot (caag zaub dlaaj)

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

Koj yuav tau noj ib, ob, lossis peb zag zaub tuaj ib pluag mov. Yog koj yuav noj tshaaj le ib zag zaub nyob rua ib pluag mov twg, xaiv ob peb yaam zaub txhawv los yog noj ib yaam zaub ob peb zag.

Fruits

Txiv maab txiv ntoo



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

Txiv maab txiv ntoo mas yeej zoo rua txhua leej txhua tug txawm tas muaj ntshaav qaab zib los tsi muaj. Txiv maab txiv ntoo yuav ua kom koj muaj zug, muaj vivtamees, minerals hab fiber.

How many servings of fruit do I need?

Kuv yuav tsum noj pe tsawg zag txiv maab txiv ntoo?

2 to 4 servings

2 rua 4 zag

What is a serving of fruit?

Ib zag txiv maab txiv ntoo yog npaum twg?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 lub txiv avpum los yog pear (luaj les ib tug qua puj lub ntshig)
- ◆ ½ cup of apple or orange juice
½ khob kua txiv avpum los yog majkeeb
- ◆ ½ of a grapefruit
½ khob kua txiv maab txiv ntoo
- ◆ 1 small banana or ½ of a large banana
1 lub txiv tsawb miv aiv los yog ½ lub txiv tsawb luj
- ◆ ½ cup of chopped fruit
½ khob txiv maab txiv ntoo kws muab txav ua tej nplai tej nplai lawm
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ khob txiv grape qhuav los yog cov txiv maab txiv ntoo kws muab zab qhuav lawm (pub nkaus koj lub xib teg xwb)

You might need to eat one or two servings of fruit at a meal.

Tej zag koj yuav tsum tau noj ib los yog ob serving txiv maab txiv ntoo tuaj ib pluag.

How should I eat fruit?

Kuv yuav noj cov txiv maab txiv ntoo zoo le caag?

- ◆ Eat fruits raw, or as juice with no sugar added.
Noj nyoog losyog haus cov kua kws tsi txhob xyaw naabtaa.
- ◆ Buy smaller pieces of fruit.
Yuav tej nplais txiv maab txiv ntoo kws yau zog.

Milk and Yogurt Foods

Mig hab Yaubnkawm yog



Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Cov kua mig kws tsi muaj tsoj los yog tsoj tsawg hab yaubnkawm mas yeej zoo rua txhua tug noj tsi has tug muaj mob ntshaav qaab zib los tsi muaj. Kua mig hab yaubnkawm yuav ua rua kom koj muaj zug, pob txhaa tawv, vivtamees A, hab dlua lwm yaam vivtames hab mineral.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Hau cov kua mig kws tsi muaj tsog los yog tsog tsawg kws yog le 1% xwb tuaj ib nub. Noj cov yaubnkawm kws tsi muaj tsog los yog tsog tsawg. Cov nuav txha les tsi muaj tsoj ntau.

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

Kuv yuav noj pes tsawg serving tuaj ib nub? 2 moog rua 3 zag tuaj ib nub. *Ceeb Toom: Yog tas koj xeeb tub lawm los yog taab to tseem pub mig ntawm cev rua mivnyuas noj, koj yuav tsum hau plaub moog rua tsib zag kua mig hab noj yaubnkawm tuaj ib nub.*

How much is a serving of milk and yogurt?

Haus ib zag kua mig hab noj yaubnkawm yog ntau npaum le caag?

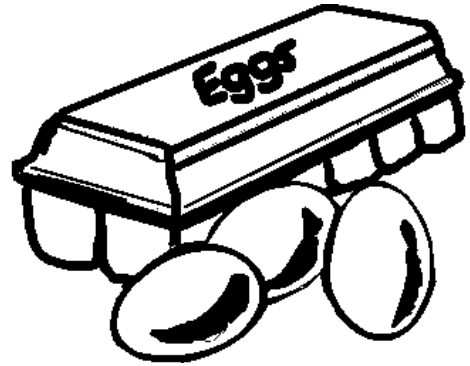
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 khob yaubnkawm kws tsi muaj tsoj (yog cov yaubnkawm kws muaj aspartame nyob huv)
- ◆ 1 cup skim or low-fat milk
1 khob kua mig kws tsi muaj tsoj

Note: Avoid yogurts that say, “fruit on the bottom”. They contain high amounts of added sugar.

Ceeb Toom: Tsi txhob noj cov yaubnkawm kws luas sau tas, “fruit on the bottom”. Txhais tau tas muaj txiv maab txiv ntoo nyob rua huv qaab khob. Cov nuav muaj naabtaas ntau heev xyaw.

Meat, Poultry, Fish, Eggs and Nuts

Nqaj, Nqaj Qab, Nqaj Ntseg, Qai hab Txiv Qaab Tsog



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Pawg khoom nuav yog muaj nqaj (nyug, npuas, yaaj), qab, thawbkim, qai, ntseg, txiv qaab tsog hab taum zum los yog tej yaam kua taum. Yuav tau noj cov khoom nuav ib yaam ib ntsiv tuaj ib nub hab. Taag nrho cov khoom noj nuav yuav ua kom peb lub cev muaj zug (protein).

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Cov koom noj kws muaj zug nuav yuav lug paab kom koj lub cev muaj kaab hab muaj zug tuaj. Cov khoom noj nuav yuav ua kom koj lub cev muaj vivtamees hab mineral tub si hab.

How many protein foods do I need each day? 2 to 3 servings

Kuv yuav tsum noj cov khoom kws muaj zug (protein) ntau npaum le caag tuaj ib nub? 2 moog rua 3 zag

How much is a serving of meat, poultry, fish, eggs and nuts?

Ib zag nqaj nyug los yog npuas, nqaj qab, nqaj ntseg, qai hab txiv qaab tsog nua yuav ntau npaum le caag?

- ◆ 2 to 3 ounces of cooked fish
2 moog rua 2 ooj nqaj ntseg sav
- ◆ 2 to 3 ounces cooked chicken
2 moog rua 3 ooj nqaj qab sav
- ◆ 3 to 4 ounces tofu (½ cup)
3 moog rua 4 ooj taum (½ kob)
- ◆ 1 egg (equals one ounce of protein)
1 lub qai (yog ntau npaum le ib ooj protein)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
1 dlaim tshij los yog ib ooj tshij (ntau npaum le ib lub tsoj teeb D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 dlav luj txiv laum fuab txhib (yog ntau npaum ib ooj)

Meat, Poultry, Fish, Eggs and Nuts (continued)

Nqaj, Nqaj Qab, Nqaj Ntseg, Qai hab Txiv Qaab Tsog

Helpful Tips:

Tej yaam kws zoo siv:

- ◆ The serving size you eat now may be too big.
Ib zag kws koj noj taam sim nuav tej zag luj zog lawm.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Koj sim saib ib pob phaib. Qhov nuav yog muaj le 2 moog rua 3 ooj.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Yuav tej nqaj nyuj, npua, ham hab yaaj kws muaj tsoj tsawg tsawg xwb. Yog muab tsoj ntau, muab hlai tseg.
- ◆ Eat chicken or turkey without the skin.
Txhob noj dlaim tawv qab hab dlaim tawv thawbkim.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Ua cov khoom noj kws muaj protein le nuav xwb: Muab Ci, Kib, Kib Xyawg Zaub, Cis Txhab, Cub, hab Hau.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Siv tsoj tsawg le kws tsawg tau thaum ua nqaj noj lawm.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Noj tej pluag mov txhob nrug nqaj. Sim noj cov taum losyog tej taum zum xwb los yeej ua rua yug muaj zug lawm.

Fats, Oils and Sweets

Tsog, Tsoj hab

Qaab



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Tsog hab tsoj xis le yog butter, margaine, tsoj nqaj mas yog tej yaam kws peb ntxiv rua tej zaub hab siv lug ua zaub noj. Muaj tej cov tsoj yog nyob huv poom, tsoj ntoo, hab tsoj zaub. Tsog muaj nyob rua huv tej nqaj, tej khoom noj txhua nub, hab khoom noj ua si hab tej khoom qaab zib. Yog le yuav kom tswj tau koj cov ntshaav qaab zib, koj yuav tsum noj tej yaam kws muaj tej tsoj nuav tsawg le kws tsawg tau (xis le txhob siv tej tsoj kws muab lug ntawm tej tsaj txug lug).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Khoom qaab zib yog cov zaub mov kws muaj calories tabsis tsi muaj vivtamees hab mineral. Ib txha qaab zib muaj tsog heev—zoo les cake, phais, hab qhobnoom.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Yog noj tej khoom qaab zib ntau yuav nyuaj heev rua koj lug tswj koj cov ntshaav qaab zib hab koj qhov kws nyaav. Yog koj xaav noj heev los yuav tau noj tsawg le kws tsawg tau.

How much is a serving of fats, oils and sweets?

Ib qhov serving kws yog tsog, tsoj hab qaab zib yog npaum twg?

- ◆ 1 teaspoon oil
1 dlav tsoj miv
- ◆ 1 tablespoon regular salad dressing
1 dlav luj kws siv xyaw cov xamlav
- ◆ 2 teaspoons light mayonnaise
2 dlav yau kws siv mayonnaise tsawg
- ◆ 1 strip of bacon
1 dlaim qhaj ci nyag
- ◆ 1 cookie
1 lub khuvkim
- ◆ 1 plain doughnut
1 lub ntoobnam kws tsi muaj suabthaaaj
- ◆ 1 tablespoon syrup
1 dlav luj kws siv syrup
- ◆ 10–15 chips
10–15 dlaim chips

Hmong

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Cov ntawv nuav yog sau lug ntawm lub Nutrition Education for New Americans project huv lub Department of Anthropology hab Geography nyob rua huv Georgia State University, Atlanta, Georgia. Muab nyaj paab lug ntawm United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. Tsaw le kev cai lijchoj lug ntawm Federal Law hab U.S. Department of Agriculture, yeej tsi muaj ntsub ntxaug hab yuav cai ib tug leej tug twg vim rua qhov nwg yog lwm haiv tuabneeg, nqajtwv txawv, tuaj txawv teb chaws tuaj, quas puj/quas yawg, nubnyoog, kev ntseeg, ntseeg rua ib phav kaasmoos twg los yog xia oosqhab. Xaav paub ntxiv thov hu tau rua (404) 651-2542.



The Food Pyramid

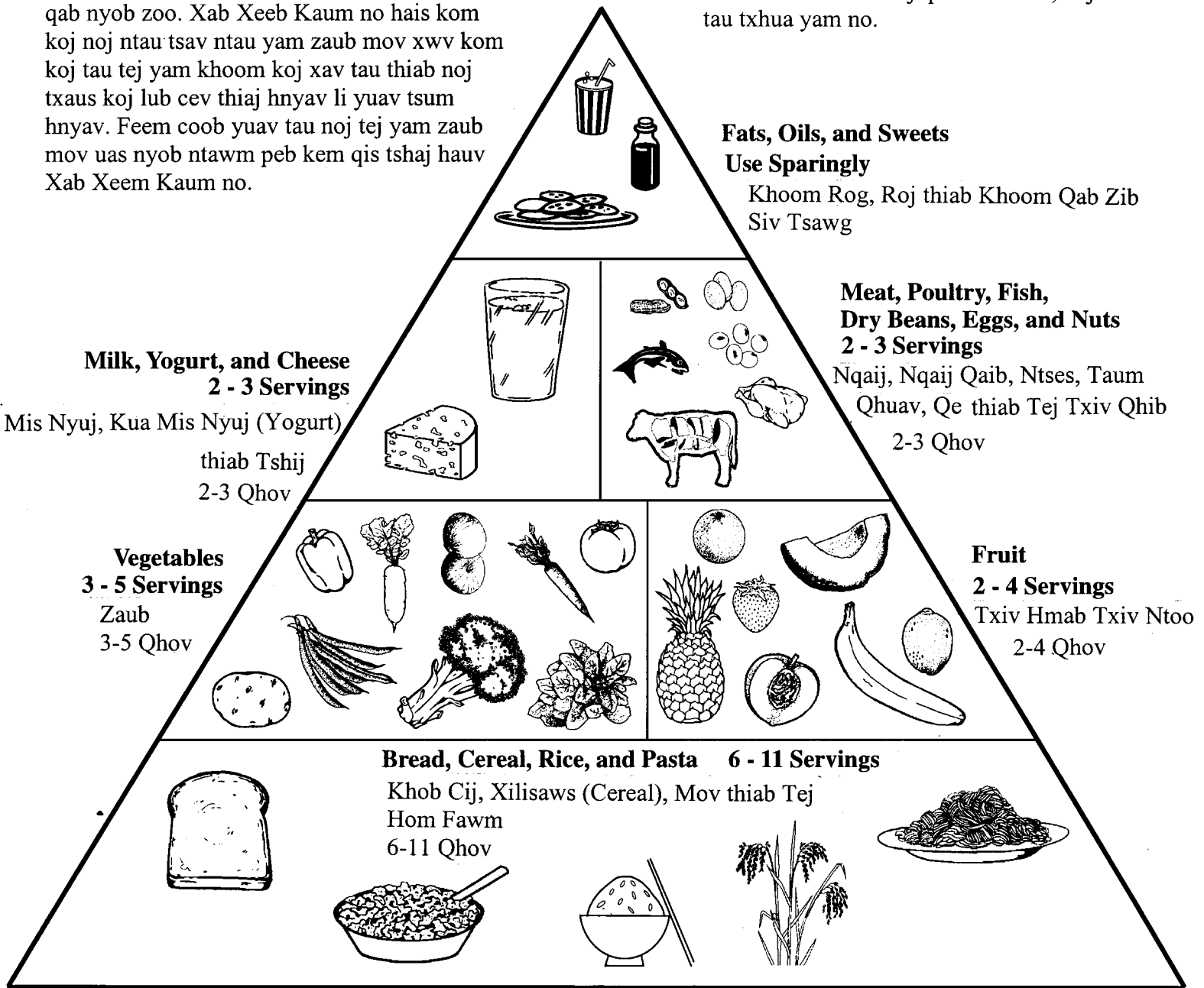
Xab Xeeb Kaum Qhia Txog Zaub Mov

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Xab Xeeb Kaum Daim Phiaj Qhia Txog Zaub Mov yog ib daim phiaj uas pab koj xaiv tej zaub mov noj uas yuav pab koj muaj kev noj qab nyob zoo. Xab Xeeb Kaum no hais kom koj noj ntau tsav ntau yam zaub mov xwv kom koj tau tej yam khoom koj xav tau thiab noj txaus koj lub cev thiab hnyav li yuav tsum hnyav. Feem coob yuav tau noj tej yam zaub mov uas nyob ntauw peb kem qis tshaj hauv Xab Xeeb Kaum no.

Txhua pawg no muaj ib co, tiam sis tsis yog txhua yam khoom, uas koj lub cev xav tau. Tej hom zaub mov ntauw ib pawg pauv tsis tau lwm pawg qhov chaw. Tsis muaj ib pawg zaub mov twg uas tseem ceeb dua lwm pawg. Xwv kom tau kev noj qab haus huv, koj xav tau txhua yam no.



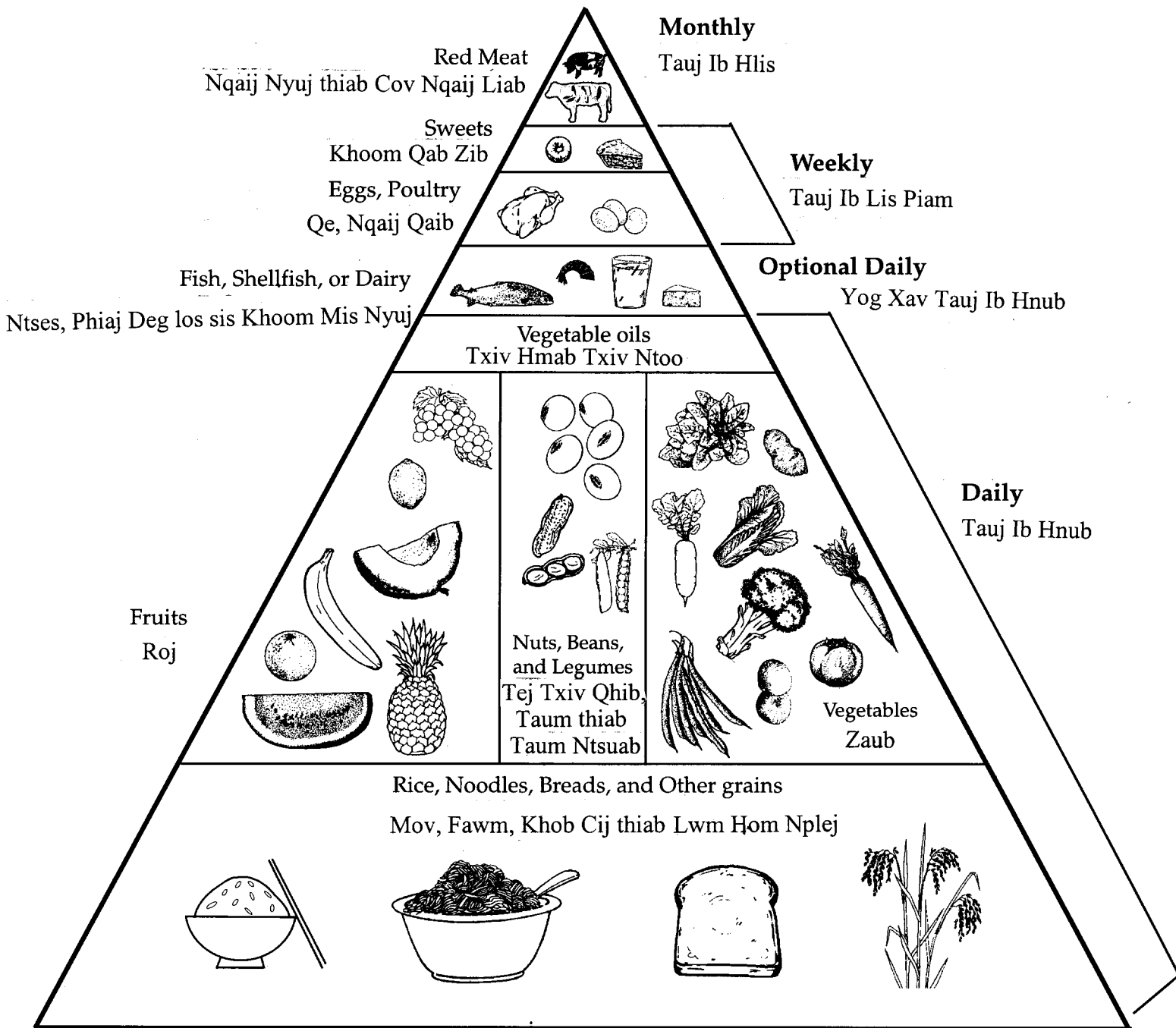
Hmong Language Version

Asian Food Pyramid

Neeg Es-xias Xab Xeeb Kaum Qhia Txog Zaub Mov

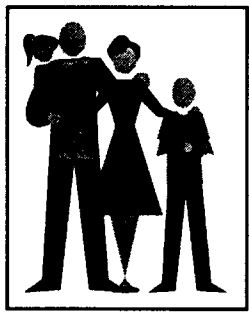
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Hmong Language Version

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Better Health Begins With You!

Kev Noj Qab Nyob Zoo Dua Pib ntawm Koj Mus

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

1. Noj 6 mus rau 11 me nyuam qhov khob cij, xilisaws (cereal), mov los sis fawm tauj ib hnuv. Piv xam hais tias, noj kua dis ua tshais, ib daim khob cij ua su, thiab mov qhuav ua hmo.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

2. Noj 5 qho txiv hmab txiv ntoo thiab zaub tauj ib hnuv. Piv xam hais tias, nyaj koj haus tau kua txiv kab ntxwv ua tshais, noj ib qho xalav ua su, thiab noj taum lag thiab qos yaj ywv uas tau muab haus ua hmo, thiab ib co txiv hmab.

3. Drink at least 8 glasses of pure, fresh water every day.

3. Tauj ib hnuv yuav tsum haus tsawg kawg nkaus 8 khob dej dawb.

4. Eat lean, low-fat meats, such as chicken or fish.

4. Noj tej hom nqaij ntshiv, xws li nqaij qaib los sis ntses.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

5. Xaiv tej khoom kua mis nyuj uas tsis tshuav muaj roj, xws li mis nyuj tsis muaj roj thiab mis nyuj khov.

6. Limit your intake of sweets and alcoholic beverages.

6. Noj khoom qab zib thiab dej cawv tsawg tsawg xwb.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

7. Txhua hnuv ua ib yam dab tsi siv yus lub zog. Taug kev, dhia piav tes taw, los sis ua-si.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

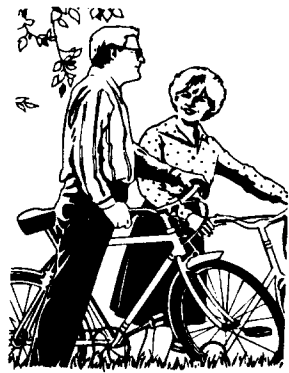
8. Siv roj zaub los sis roj canola thaum ua mov noj tsis txhob siv roj los sis roj tsiaj. Cov roj zaub zoo dua rau koj lub cev vim lawv tsis muaj roj cholesterol.

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Better Nutrition for Mature Adults

Kev Noj Qab Haus Huv Zoo Dua rau Cov Neeg Laus

1. Drink 6 - 8 glasses of water every day.

1. Txhua hnuv haus 6 mus rau 8 khob dej dawb.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

2. Noj tej zaub mov uas muaj tshuaj ntxiv pob txha (calcium), xws li mis nyuj, tshij, kua mis nyuj (yogurt), ntses uas muaj pob txha thiab ib co zaub ntsuab ntsuab, zoo li zaub paj ntsuab. Calcium yog ib yam tseem ceeb pab yus muaj pob txha khov.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

3. Noj Vitamees A thiab Vitamees C ntau heev koj tau thaum koj noj txiv hmab txiv ntoo thiab zaub xws li lauj pwm liab thiab txiv kab ntxwv. Vitamees A yog ib yam zoo rau koj qhov muag thiab nqaij daim tawv. Vitamees C ua rau koj pos hniav tsis muaj mob thiab tiv thaiv koj lub cev ntawm kab mob.
4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.
4. Noj tej yam zaub mov uas muaj tshuaj ntxiv ntshav, uas yuav pab yus lub cev muaj dag zog. Tshuaj ntxiv ntshav nyob hauv nqaij nyuj thiab lwm hom nqaij liab, nqaij qaib, ntses thiab taum qhuav.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

5. Noj nqaij, nqaij ntawm hiav txwv thiab nqaij qaib xwv kom muaj cov tshuaj zinc. Zinc yog hom tshuaj uas pab tej qhov kiav txhab zoo sai.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

6. Txhua hnuv yuav tau ua ib qho zog. Kev ua si nraum zoov yeej zoo dua, vim koj lub cev ua tau Vitamees D yog tias lub hnuv pab.

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Better Health for Mother and Baby **Kev Noj Qab Nyob Zoo**

Dua rau Niam thiab Mos Liab

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

1. Txhob haus dej haus cawv thiab tej hom dej uas muaj tshuaj khasfis xws li kas fes thiab dej pexij.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

2. Txhua hnub noj tej zaub mov uas muaj tshuaj ntshiv pob txha (calcium). Muaj tej yam xws li mis nyuj, tshij, kua mis nyuj (yogurt), ntses uas muaj pob txha thiab ib co zaub ntsuab ntsuab.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

3. Txhua hnub noj 2 mus rau 3 qho nqaij, ntses, qe los sis taum qhuav kom tau tshuaj protein.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

4. Tsawg kawg nkaus noj 5 qho txiv hmab txiv ntoo thiab zaub tauj ib hnub kom tau cov vitamees thiab tshuaj zoo rau lub cev. Piv xam hais tias, hlais ib lub txiv tsawb rau koj cov xilisaws ua tshais, thiab xaiv ib lub as paum noj txom ncauj thaum tav su, thiab noj zaub paj ntsuab thiab xalav nrog pluas hmo.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

5. Noj 6 mus rau 11 me nyuam qhov nplej, uas yog ib qho tseem ceeb rau kev noj qab nyob zoo thiab ntshiv yus dag zog. Tej no muaj tej yam xws li khob cij siv nplej thiab mov xim kas fes.

6. See your doctor early in your pregnancy.

6. Thaum xeeb tub ntshov mus kuaj koj tus kws tshuaj.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

7. Ua tib zoo xyuas kom koj nce phaus zoo thaum koj xeeb tub. Rau cov poj niam feem coob, nov yuav yog 25-35 phaus. Thov koj tus kws tshuaj kev pab.

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Good Food for Kids

Zaub Mov Zoo rau Me Nyuam Yaus

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.
1. Tshuaj ntxiv pob txha (calcium) yuav pab cov pob txha loj hlob tuaj. Qhov no nyob hauv mis nyuj, kua mis nyuj (yogurt), ntses uas muaj pob txha thiab hauv tej hom zaub ntsuab ntsuab, zoo li zaub paj ntsuab.
2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.
2. Tshuaj ntxiv ntshav pab lub cev muaj zog. Nov nyob hauv nqaij nyuj thiab lwm cov nqaij liab, nqaij qaib, ntses thiab taum qhuav.
3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.
3. Lauj pwm liab, zaub ntsuab thiab lwm cov txiv hmab txiv ntoo thiab zaub muaj Vitamees A thiab Vitamees C ntau heev. Vitamees A yog ib yam tseem ceeb uas pab koj pom kev zoo thiab muaj nqaij daim tawv zoo. Vitamees C pab koj muaj pos hniav zoo thiab tiv thaiv ntawm kab mob.
4. Energy is important and comes from breads, rice, cereal, and pasta.
4. Kev muaj dag zog yog ib yam tseem ceeb heev thiab yeej los ntawm khob cij, mov, xilisaws thiab tej hom fawm.
5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.
5. Xaiv tej khoom txom ncauj zoo zoo, xws li txiv hmab txiv ntoo, zaub, khoom mis nyuj thiab tej txiv qhib. Tej no zoo tshaj dej pexij, khob noom, thiab khoom qab zib hais rau ntawm yus cov me nyuam lub cev thiab cov kaus hniav.
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.
6. Kev ua si los sis ua zog yeej tseem ceeb rau cov me nyuam, xwv kom lawv lub cev yuav loj hlob muaj zog thiab muaj kev noj qab nyob zoo.

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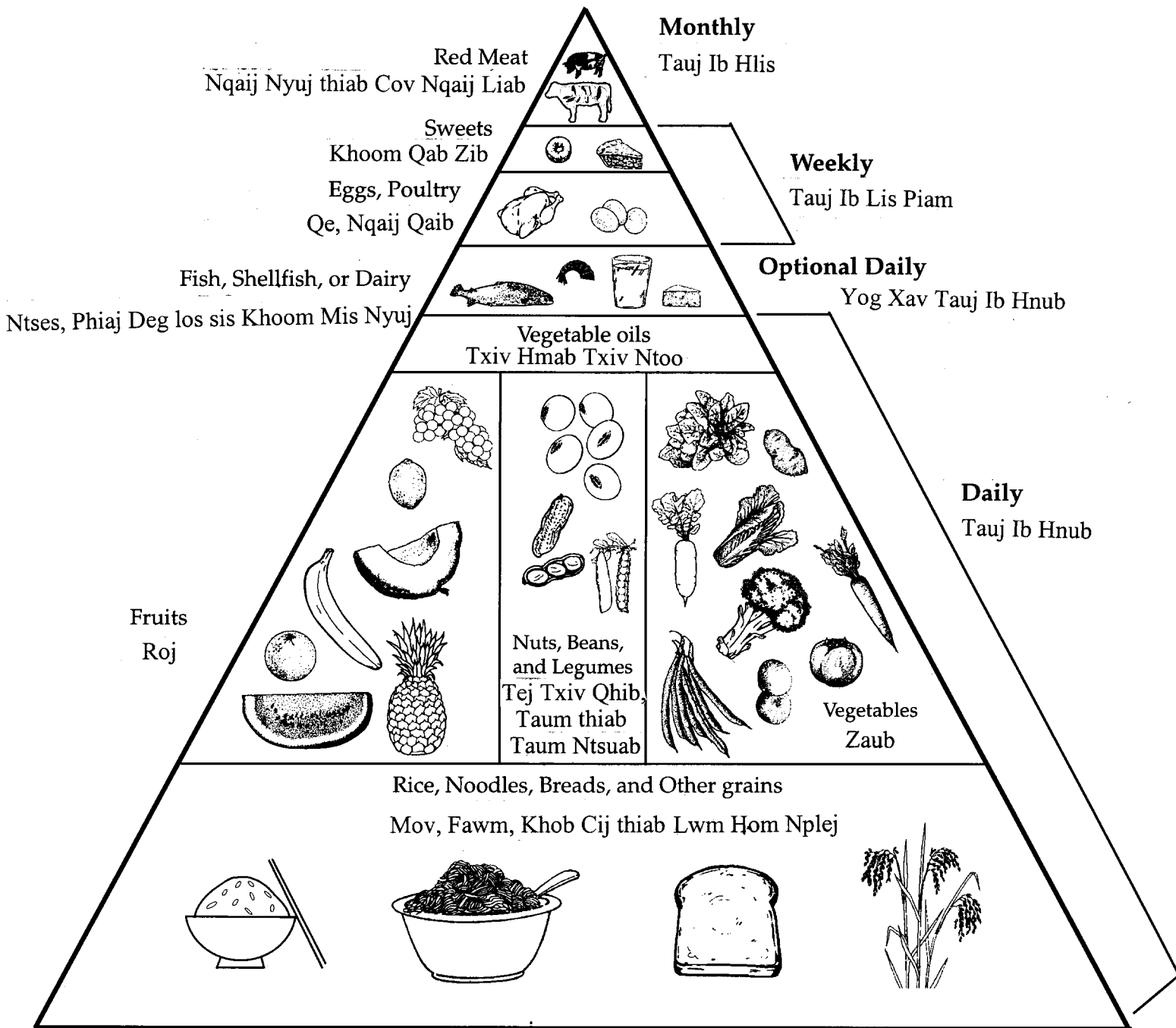


Asian Food Pyramid

Neeg Es-xias Xab Xeeb Kaum Qhia Txog Zaub Mov

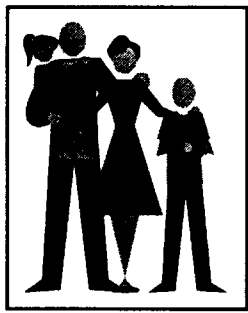
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2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

2. Noj 5 qho txiv hmab txiv ntoo thiab zaub tauj ib hnuv. Piv xam hais tias, nyaj koj haus tau kua txiv kab ntxwv ua tshais, noj ib qho xalav ua su, thiab noj taum lag thiab qos yaj ywv uas tau muab haus ua hmo, thiab ib co txiv hmab.

3. Drink at least 8 glasses of pure, fresh water every day.

3. Tauj ib hnuv yuav tsum haus tsawg kawg nkaus 8 khob dej dawb.

4. Eat lean, low-fat meats, such as chicken or fish.

4. Noj tej hom nqaij ntshiv, xws li nqaij qaib los sis ntses.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

5. Xaiv tej khoom kua mis nyuj uas tsis tshuav muaj roj, xws li mis nyuj tsis muaj roj thiab mis nyuj khov.

6. Limit your intake of sweets and alcoholic beverages.

6. Noj khoom qab zib thiab dej cawv tsawg tsawg xwb.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

7. Txhua hnuv ua ib yam dab tsi siv yus lub zog. Taug kev, dhia piav tes taw, los sis ua-si.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

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The Food Pyramid

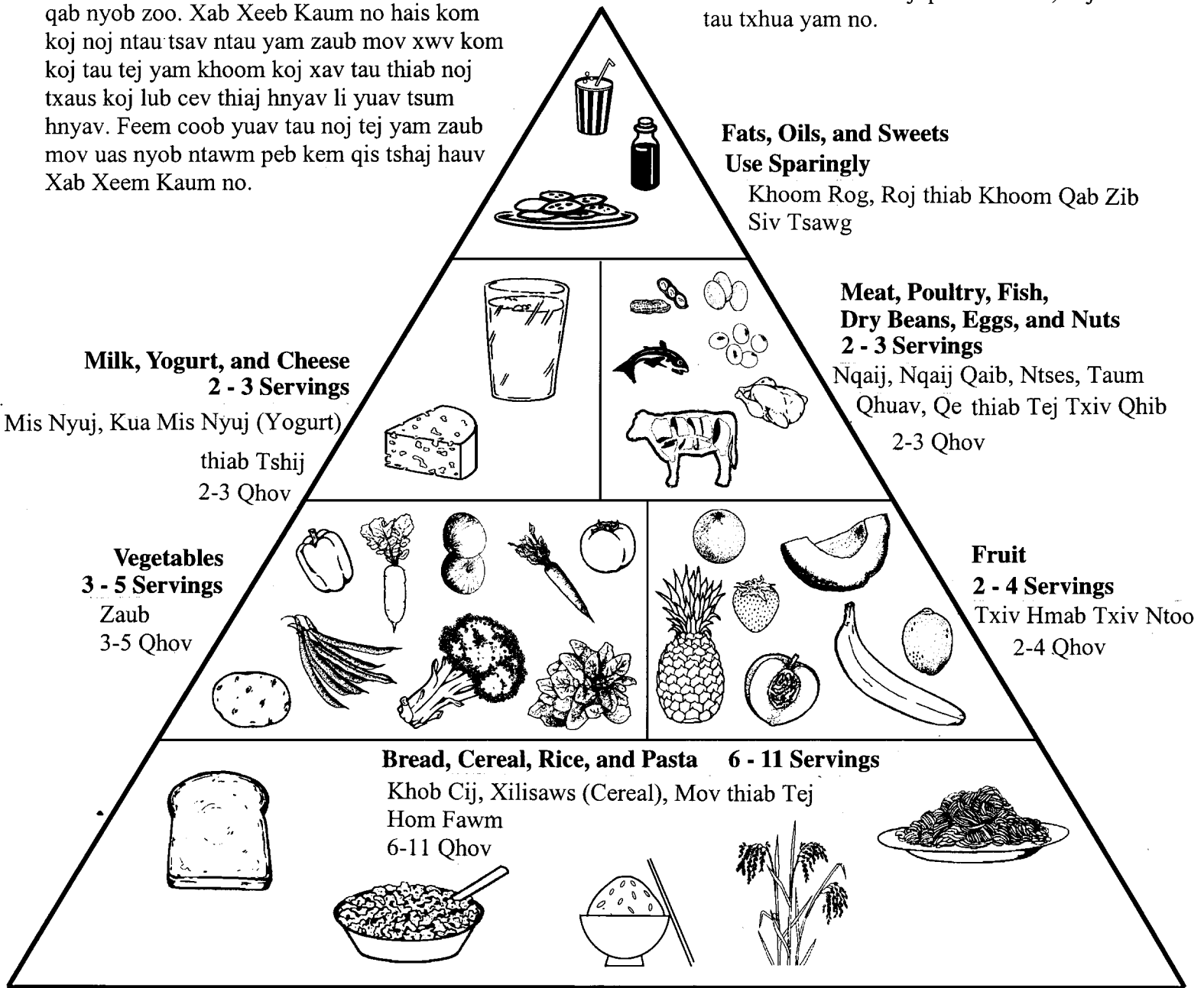
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Hmong Language Version



Good Food for Kids

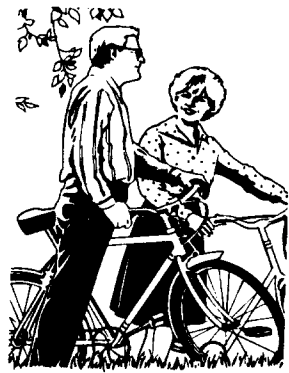
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Better Nutrition for Mature Adults

Kev Noj Qab Haus Huv Zoo Dua rau Cov Neeg Laus

1. Drink 6 - 8 glasses of water every day.

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5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

5. Noj nqaij, nqaij ntawm hiav txwv thiab nqaij qaib xwv kom muaj cov tshuaj zinc. Zinc yog hom tshuaj uas pab tej qhov kiav txhab zoo sai.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

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Dua rau Niam thiab Mos Liab

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

1. Txhob haus dej haus cawv thiab tej hom dej uas muaj tshuaj khasfis xws li kas fes thiab dej pexij.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

2. Txhua hnub noj tej zaub mov uas muaj tshuaj ntiv pob txha (calcium). Muaj tej yam xws li mis nyuj, tshij, kua mis nyuj (yogurt), ntses uas muaj pob txha thiab ib co zaub ntsuab ntsuab.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

3. Txhua hnub noj 2 mus rau 3 qho nqaij, ntses, qe los sis taum qhuav kom tau tshuaj protein.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

4. Tsawg kawg nkaus noj 5 qho txiv hmab txiv ntoo thiab zaub tauj ib hnub kom tau cov vitamees thiab tshuaj zoo rau lub cev. Piv xam hais tias, hlais ib lub txiv tsawb rau koj cov xilisaws ua tshais, thiab xaiv ib lub as paum noj txom ncauj thaum tav su, thiab noj zaub paj ntsuab thiab xalav nrog plus hmo.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

5. Noj 6 mus rau 11 me nyuam qhov nplej, uas yog ib qho tseem ceeb rau kev noj qab nyob zoo thiab ntiv yus dag zog. Tej no muaj tej yam xws li khob cij siv nplej thiab mov xim kas fes.

6. See your doctor early in your pregnancy.

6. Thaum xeeb tub ntov mus kuaj koj tus kws tshuaj.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

7. Ua tib zoo xyuas kom koj nce phaus zoo thaum koj xeeb tub. Rau cov poj niam feem coob, nov yuav yog 25-35 phaus. Thov koj tus kws tshuaj kev pab.

Hmong Language Version

These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service. For more information, call (404) 651-2542.





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Diabetes

Ọria mamari

Igbo

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Ndi Department nke Anthropology na Geography na Georgia State University, di na Atlanta, Georgia meputara ije ozi nkea a na akpo Nutrition Education for New Americans. O bukwa ndi United States Department nke Agriculture Food and Consumer Service maka ezi na ulo ji Food Stamp eri nri kwuru ugwo ije ozi ndia nile. Na nguzosike nke iwu na achi obodo Amerika nile, ndi Department nke Anthropology na Geography na Georgia State University, di na Atlanta, Georgia, adighi emegide mmadu maka agburu ya, ucha ahu ya, mba o siri bia, ibu nwoke ma o bu ibu nwanyi ya, ika nka, okpukpe, nkwenye usoro ochichi, ma o bu mmeru ahu.

I choo imatakwu ihe banyere otu a, kpoo (404) 651-2542.



Diabetes

Ọria mamari



What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

Gini bụ ọria mamari? Ọria mamari bụ ọria nke na eme ka ahụ mmadu ghara idi ike imepụta ma ọ bụkwa iji insulin rụa ọrụ nke ọma.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

Insulin bụ ụdi homonu nke na agbanwe shuga, nriuko na nri ndi ọzọ ka nye ike na ahu mamadu nke di mkpa maka idi ndu ubochi nile.

How is diabetes managed?

Kedu ka esi elekwata ọria mamari?

The management of diabetes has three parts:

Ọdi ụzọ atọ esi elekwata ọria mamari:

- ◆ Healthy Eating
Iri nri di kwesiri
- ◆ Physical Activity
Imeghari ahu
- ◆ Medication (if needed)
Iñu ọgwụ (ma ọ di nkpa)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

Kedu ka m ga esi lekwata ọria mamari nke m? I ga enye aka ilekwata shuga di na obara gi (bụkwa nke a na akpọ glukos) na ọria mamari site na iri nri kwesiri, megharia ahu nke ukwu, ma lezikwa anya maka ibu ibu.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Ebughi oke ibu na enyekwara gi aka ilekwata abubara di na ọbara gi (bukwa nke a na akpọ kolestorol) na iwetukwa mmani obara gi.

Many people with diabetes also need to take medicine to help control their blood sugar.

Ndi na aria ọria mamari kwesikwara iñu ọgwu nke ga enye aka ilekwata shuga di na ọbara ha.

Eat Healthy

Eri nri kwesiri

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

Iri nri dika usoro ihe oriri na egosi ga enyere gi aka iri udiri nri di iche iche kwesiri ekwesi. Iri nri di iche iche putara iri nri site na udi nrigasi sit na usoro ihe oriri kwa ubochi. Mgbe I na eri nri di iche iche kwa ubochi, ahu gi na enweta vitamin na mineral gasi nke I choro.

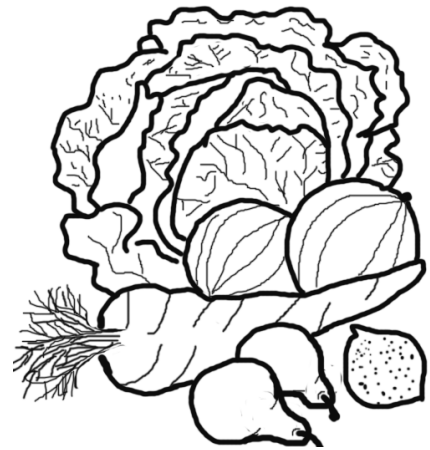
Here is an example of getting a variety of foods each day.
Nke a bu ihe ngosi maka inweta udi ihe oriri di iche iche kwa ubochi.



	Day 1	Day 2
	Ubochi 1	Ubochi 2
Grains:	tortilla	brown rice
Nri di mkpuru:	tortilla	eresi uburutu
Fruit:	apple	mango
Mkpuru osisi:	ugiri (apple)	mangoro
Vegetable:	broccoli	tomatoes
Akwukwo nri:	broccoli	tomato
Dairy:	milk	yogurt
Mmiri ara anumanu:	mmiri ara ehi	yogot
Protein:	chicken	beans
Proten:	anu okuko	agwa

Eat From all the Food Groups

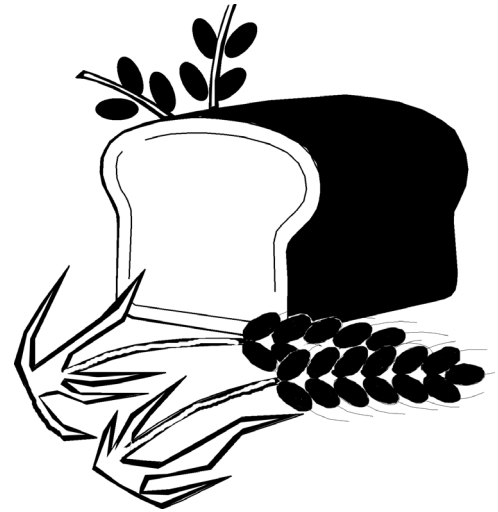
Usor ihe oriri di iche iche



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Zuta achicha eji mkpuru oka di iche iche mee. Ufodu na ime ha bu achicha eji oka di iche iche mee, bran flakes, eresi uburutu, pasta nke e ji nani wiit mee, bulgur na amaranth.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Erila nnukwu nriuko eghere eghe dika pastries, biskit ma o bu muffin.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Mkpuru osisi kachasi ihe ndia nile mma. I na azuru mkpuru osisi mkpo, lee anya ka ihu okwu ndia “canned in its own juice”. Nkea putara: agbara ya na mkpo na ime umi mmiri ya.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Zuru mpekere mkpuru osisi, na añukwana umi mmiri mkpuru osisi nke ukwu.
- ◆ Eat raw and cooked vegetables with very little fat.
Rie akwukwo nri nke di ndu na nke esiri esi etigwara obere abubara.
- ◆ Use mustard instead of mayonnaise on a sandwich.
Were mustard kama iji mayonnaise taa sandwich.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Were mmanu akwukwo nri sie nri kama iji mmanu nri, shortening, bota ma obu majarine, ma o bukwa lard.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
Uzo isi nri ga akara gi mma bu: isi nri na oven, isi nri na oku, isi nri ka ogboo, ighe nri ma na atugharikwa ya mgbe I na eghe ya, imikpo anu, isighe ihe oriri na oku, ofe stoo na imi anu ami. Kwusi isi nri na ime mmanu buru ibu.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Rikaria anu enweghi abubara dika: okuko na toki. Mgbe I na egoro anu ezi, anu ehi ma o bu apata ukwu anu ezi, buru uzo bechapu abubara di ha na ahu.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Ñukaria mmiri ara ehi nke enweghi abubara (skim) ma o bukwana nke nwere obere abubara (1%).

Grains, Beans and Starchy Vegetables

Nkpuru nri, Agwa na Akwukwo Nri di n'eko eko



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

Gini bu nri kabohaidret?

Nriuko bu achicha bredi, nkpuru aki di iche iche, oka di iche iche, pasta, agwa ma obu akwukwo nri di abubara. Rie nriuko/kabohaidret oge iri nri gi. Otutu ndi mmadu nwere ike igwa gi erila udiri nri a, ma nkea abughizikwa ndumdodu bara uru. Iri nriuko/kabohaidre di mma na ahu maka mmadu dum, ma ndi nwere oria mamari.

How many starches/carbohydrates do I need each day? 6–11 servings each day
O bu ugboro ole kam kwesiri iri nriuko/kabohaidret kwa ubochi? Rie ugboro nri 6 ruo 11 kwa ubochi

The number of servings you should eat each day depends on:

Ugboro ole I nwere ike iri ha ga:

- ◆ The calories you need
Di ka kalori ole I kwesiri iri kwa ubochi siri di
- ◆ Your diabetes plan
Na dika usoro ogwugwo oria mamari gi sikwara di

Grains, Beans and Starchy Vegetables (continued)

Nkpuru aki, Agwa na Akukwo Nri di Abubara

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

Gini ka nriuko na nri kabohaidret na aru na ahu m? Nriuko na enye ahu gi ike, vitamin B, mineral, faiba. Oka zuruoke ka mma na ahu maka ha nwere vitamin, minerals, na faiba karia. Faiba na enyere gi aka ije mposi nke oma. Ha na enyere gi aka ilekwata shuga di na obara gi.

How much is one serving of starch/carbohydrate?

Gini di na ugboro nri nriuko/kabohaidret mu na eri?

- ◆ 1 slice of bread
1 ibe achicha bredi
- ◆ 1 small potato, casaba or plantain
1 obere potato, jigbo ma obu kwa unere
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ nke iko oka esiri esi dika oatmeal ma o bu cream wheat
- ◆ ¾ cup dry cereal such as corn flakes
¾ nke iko oka eghere eghe dika corn flakes
- ◆ ⅓ cup of cooked rice
⅓ nke eresi esiri esi
- ◆ 1 small tortilla, roti bread or enjira bread
1 tortilla, roti bredi ma o bu otu bredi enjira

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example: I nwere ike iri ugboro nri 1, 2 ma obu 3 nke nriuko/kabohaidret mgbe iri nri gi. I choo iri karia ole, hoputa nri ndi ozo di iche iche na otu nri nkea. Dika:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Nri ututu: ¾ nke iko oka eghere eghe na 1 ibe bredi—ugboro nri 2

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Nri ehihe: ⅓ nke iko eresi na 1/2 okara nke iko unere esiri esi—ugboro nri 2

Dinner: ½ cup of pasta and one bread stick—2 servings

Nri anyasi: ½ nke iko pasta, 1 ibekere bredi—ugboro nri 2

Snack: 6 crackers—1 serving

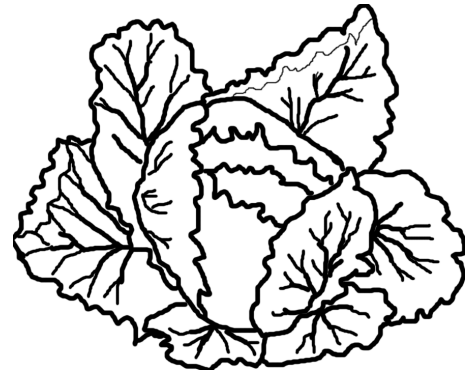
Nri mmegheri onu: mkpuru achicha crackers 6—1 Ugboro nri

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Nchikota ha na ubochi: ugboro nri 7. Ghotu na kabohaidret zuru oke mgbe iri ihe oriri. Nkea nwere ike inyere gi aka ilekwata shuga obara gi.

Vegetables

Akwukwo nri



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Akwukwo nri di mma maka onye obula, ma ndi na ariakwa oria mamari. Rie akwukwo nri ndu na nke esiri esi ubochi nile. Akwukwo nri na enye gi vitamin na mineral ma faiba nke nwere obere kalori. Chokaria akwukwo nri nke chara otutu ucha. Ufudu na ime ha bu: karot, ose, anara, broccoli, tomato, na akwukwo nri spinach.

You should have 3 to 5 servings every day.

Ikwesiri iri ihe ndi a ugboro ato rue ugboro ise kwa ubochi.

How much is a serving of vegetables?

Ole ka akpa nri akwukwo nri bu?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
Okara (½) iko akwukwo nri esiri esi dika agwa esiri esi, añara, na akwukwo nri spinach na anu
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
Otu iko (1) akwukwo nri ndu dika salad, osisi karot ma obu otu iko kokumba
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
Okara iko (½) mmiri umi akwukwo nri dika mmiri umi tomato ma o bu nke karot

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

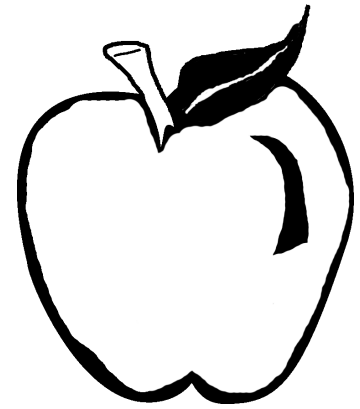
I nwere ike iri akwukwo nri otu ugboro, ugboro abua ma o bu ato mgbe I na eri nri. I choo iri karia ole a mgbe I na eri nri, hoputa udi akwukwo nri di iche iche ma o bu rie uzo akwukwo nri abua di iche iche.

Fruits

Nkpuru osisi

Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

Nkpuru osisi di mma maka onye obula, ma ndi oria mamari. Nkpuru osisi na enye ike, vitamin na mineral na faiba.



How many servings of fruit do I need?

Ugboro ole kwesiri ka m rie nkpuru osisi?

2 to 4 servings

Site ugboro 2 rue ugboro 4

What is a serving of fruit?

Gini bu akpa nri nkpuru osisi?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 obere ugiri (apple) ma o bu ube pear (dika opipi aka okpo nwayi)
- ◆ ½ cup of apple or orange juice
½ nke iko umi mmiri ugiri ma o bu oroma
- ◆ ½ of a grapefruit
½ iko oroma grape
- ◆ 1 small banana or ½ of a large banana
Ntakiri unere ma o bu ½ unere buru ibu
- ◆ ½ cup of chopped fruit
½ nkpuru osisi ebere eber
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ nke fraisins ma o bu kwa nkpuru osisi nke amiri ami (ihe dika nke ga eju obo aka gi)

You might need to eat one or two servings of fruit at a meal.

I nwere ike iri akpa nri nkpuru osisi abua mgbe iri nri gi.

How should I eat fruit?

Kedu ka m ga esi rie nkpuru osisi?

- ◆ Eat fruits raw, or as juice with no sugar added.
Rie ha na ndu, ma o bu dika umi mmiri nke etinyeghi shuga.
- ◆ Buy smaller pieces of fruit.
Zuru umu obere nkpuru osisi.

Milk and Yogurt Foods

Mmiri ara ehi na yogot



Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Mmiri ara ehi enweghi abubara na nke nwere ntakiri abubara na yogot di mma maka onye obula, tinyere ndi oria mamiri. Mmiri ara ehi na yogot na enye ike, proten, calcium, vitamin A, vitamin na mineral ndi ozogasi..

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Ñuo mmiri ara ehi nke enweghi abubara (nke esere ese ma o bu nke abughi abubara) ma o bu nke nwere ntakiri abubara (1%) kwa ubochi. Rie yogot nke nwere obere abubara ma obukwanu nke enweghi abubara chacha. Ha nwere abubara ntakiri na nchikota ha, abubara furu afu na kolesterol.

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

Ugboro ole ka m kwesiri iri ha kwa ubochi? Ugboro abua ma o bu ato kwa ubochi. *Okwa: I di ime ma o bu na enye nwa ara, rie yogot ugboro ano ma o bu ise kwa ubochi.*

How much is a serving of milk and yogurt?

Gini bu akpa nri mmiri ara ehi na yogot?

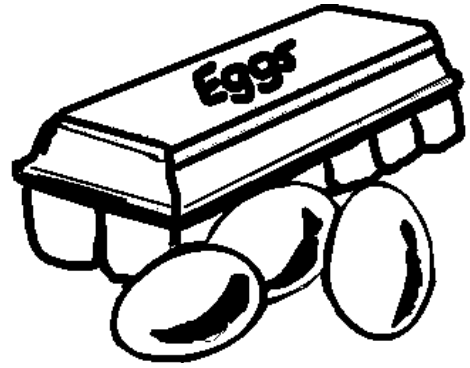
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 iko nke yogot enweghi abubara (chokwa yogot nke etigwara ihe uto aspartame)
- ◆ 1 cup skim or low-fat milk
1 iko mmiri ara ehi esere ese ma o bu nke nwere ntakiri mmiri ara ehi

Note: Avoid yogurts that say, “fruit on the bottom”. They contain high amounts of added sugar.

Okwa: Zeere yogot edere “fruit on the bottom” (nkpuru osisi di na ike iko ya). Ha nwere ike nwee nnukwu shuga na ime ha.

Meat, Poultry, Fish, Eggs and Nuts

Anu, Anu okuko, Azu, Akwa na Nkpuru aki di iche iche



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Uzo nri ndi nwere anu (anu ehi, anu ezi, anu aturu), anu okuko, toki, akwa, azu, nkpuru aki di iche iche, tofu na ihe oriri sitere na soy. Rie ufodu na ime ihe ndia kwa ubochi. Nri ndi a na enye ahu mmadu proten.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Nri proten na enyere ahu mmadu aka iruzi anu ahu na mozul. Ha na enyekwa ahu mmadu vitamin an mineral.

How many protein foods do I need each day? 2 to 3 servings

O bu uboro nri proten ole ka m kwesiri iri kwa ubochi? 2 to 3 servings

How much is a serving of meat, poultry, fish, eggs and nuts?

Kedu kwanu maka anu, anu okuko, azu, akwa, na nkpuru aki di iche iche?

- ◆ 2 to 3 ounces of cooked fish
Nkeji ounce 2 ma obu 3 nke azu esiri esi
- ◆ 2 to 3 ounces cooked chicken
Nkeji ounce anu okuko 2 ma o bu 3 esiri esi
- ◆ 3 to 4 ounces tofu (½ cup)
Nkeji ounce tofu 3 ma obu 4. Dika okara iko (½)
- ◆ 1 egg (equals one ounce of protein)
Otu akwa (na otu ounce proten bu otu ihe)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
Otu ibe chiiz ma obu otu ounce (nke ibu ya ha ka D-batri)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
Ngaji nri 2 nke bota ahuekere (di ka 1 ounce proten)

Meat, Poultry, Fish, Eggs and Nuts (continued)

Anu, Anu okuko, Azu, Akwa na Nkpuru aki di iche iche

Helpful Tips:

Nkowa bara uru:

- ◆ The serving size you eat now may be too big.
Ugboro nri nke I na eri ugbua nwere ike idi ukwu karia ka okwesiri.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Lee ntuko kadi. Nke a na ounce 2 ma o bu 3 ha.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Zuta anu ebere ebe nke ehi, ezi, apata ukwu ezi na aturu nke nwere obere abubara.
Bechapu abubara mara uma na ha.
- ◆ Eat chicken or turkey without the skin.
Rie anu okuko ma obu toki nke ebechapuru akpukpo ahu ya.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Sie nri nwere proten na uzo abubara di nta: sichuo, mia, ghee, huo, sikwa, sie ma obu ghe ofe stoo eghe.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Jiri ntakiri mmanu mgbe I na esi anu, ma o bu kwanu were mmanu nfesa di mma karia iji mmanu nri nkiti.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Rie nri mgbe ufodu na erigh anu. Ritu agwa ma o bu tofu dika uzo inweta proten.

Fats, Oils and Sweets

Abubara, Mmanu na Ihe na ato uto



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Abubara na manu bu bota, majarin, lard na mmanu di iche iche nke anyi ji esi nri na nke anyi na etinye na ihe osisi anyi. Ufodu na ime mmanu ndia bu, canola, olive na mmanu akwukwo nri. Abubara na adi na ime anu, na ime mmiri ara ehi na ihe enwetagasiri na mmiri ara ehi na ewu na aturu, nri mmeghari onu na ihe na ato uto ndi ozo. Iji lekwata oria mamari gi nke oma, o kachasi mma iri nri nke enweghi abubara obula udi abubara a na enweta na anu (na ihe oriri ndi ozo a na esi na ahụ anu enwetagasi).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Ihe na ato uto bu nri nwere shuga nke nwere otutu kalori na enweghi vitamin ma obu minaeral. Ufodu na ime ihe na ato uto na enwekwa abubara nke ukwu—dika achicha cake, kpof – kpof, na achicha cookies.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Iri nri na ato biri biri nke gbakwara abubara nke ukwu na egbochi ilekwata shuga di na obara gi ya na ibu ibu gi. I choo iri ihe nwere abubara na ihe na ato uto, rie ha ole na ole.

How much is a serving of fats, oils and sweets?

Ugboro ole ka m kwesiri iri nri abubara, mmanu na ihe na ato uto?

- ◆ 1 teaspoon oil
1 ngaji mmanu
- ◆ 1 tablespoon regular salad dressing
Tinye 1 ngaji mmanu nri na salad
- ◆ 2 teaspoons light mayonnaise
Tinye ngaji nri 2 nke mayonnaise di fere fere
- ◆ 1 strip of bacon
1 mpekere anu ezi bacon
- ◆ 1 cookie
1 cookie
- ◆ 1 plain doughnut
1 kpof-kpof
- ◆ 1 tablespoon syrup
1 ngaji nri sirop
- ◆ 10–15 chips
Mpekere potato 10 ma o bu 15 eghere eghe

Igbo

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For more information call (404) 651-2542.

Ndi Department nke Anthropology na Geography na Georgia State University, di na Atlanta, Georgia meputara ije ozi nkea a na akpo Nutrition Education for New Americans. O bukwa ndi United States Department nke Agriculture Food and Consumer Service maka ezi na ulo ji Food Stamp eri nri kwuru ugwo ije ozi ndia nile. Na nguzosike nke iwu na achi obodo Amerika nile, ndi Department nke Anthropology na Geography na Georgia State University, di na Atlanta, Georgia, adighi emegide mmadu maka agburu ya, ucha ahu ya, mba o siri bia, ibu nwoke ma o bu ibu nwanyi ya, ika nka, okpukpe, nkwenye usoro ochichi, ma o bu mmeru ahu.

I choo imatakwa ihe banyere otu a, kpoo (404) 651-2542.



The Food Pyramid

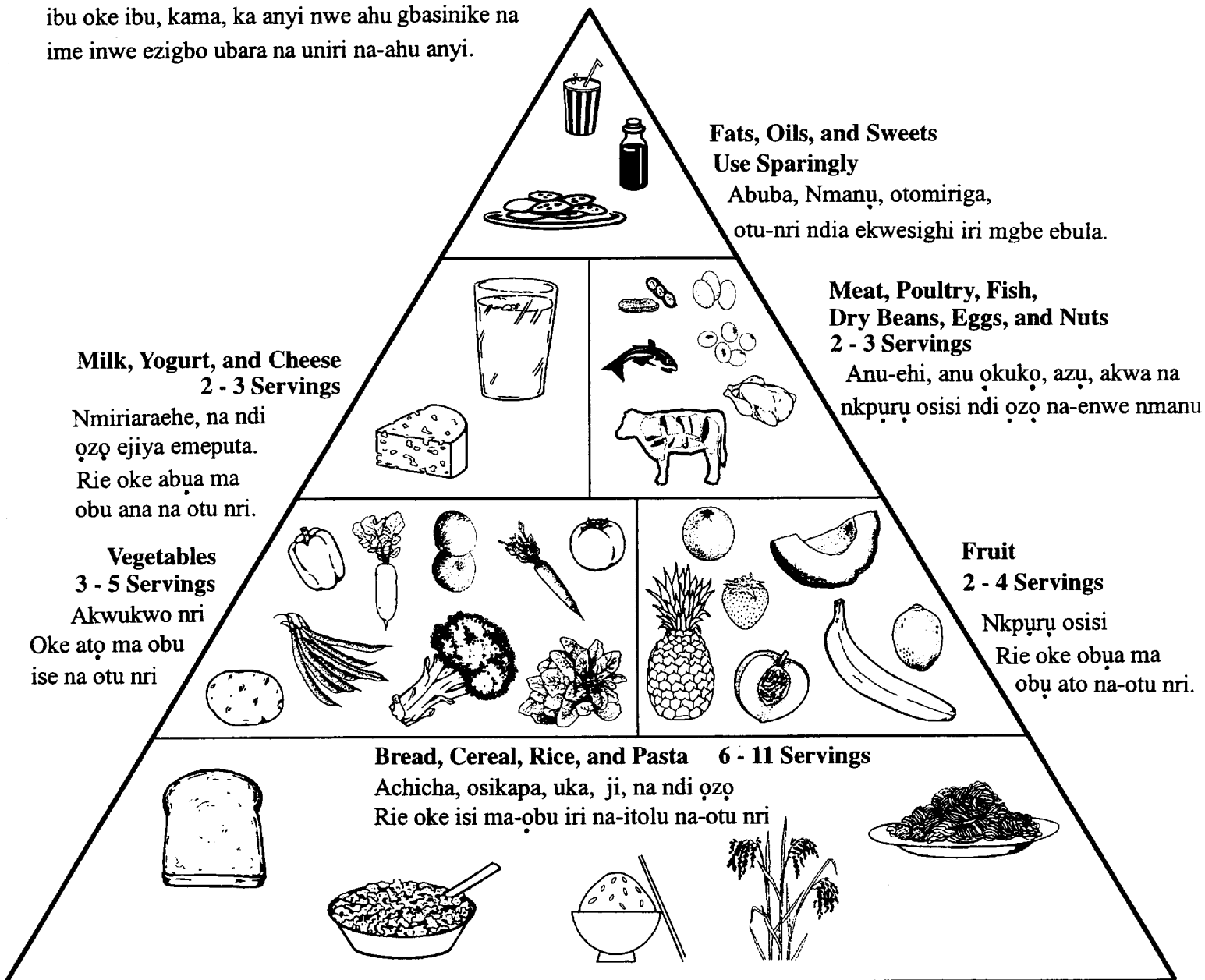
USORO NRI

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

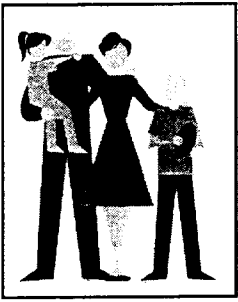
Usoro nri bu uzọ esi hazie nri ka onwe ike idianyi nma na ahu. Usoro nri na akuzi otu esi eri nri di iche iche ka ọnwẹ ike ime ka anyi ghara ibu oke ibu, kama, ka anyi nwe ahu gbasinike na ime inwe ezigbo ubara na uniri na-ahu anyi.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Ọtụtụ ihe a bu anyi na-acho an-esi na-ime usoro nri ndi-a. Ihe unu ga ama bu, enweghi nri nke di mkpa kari-a ibe ya. Iri ọbere ọbere na otu nri ọbula bu ihe abu anyi chọrọ.



Igbo Language Version



Better Health Begins With You!

EZI AHU IKE NA-EBIDO NAGI

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Rie oke isi ma ọbu iri na otu nime nri ndia: achicha, uka, osikapa na ndi ọzọ kwa abọchi. dika, Rie odudu na ututu Rie achicha na obere anụ na ehie Rie kwa osikapa na-abali

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Rie nkpuru osisi na akwụkwọ nri kwamgbe, kwamgbe. N'eri ji na agwa na abali. Nuo nmiri Oroma mgbe irisiri nri.

3. Drink at least 8 glasses of pure, fresh water every day.

Nua iko nmiri asato kwa abọchi

4. Eat lean, low-fat meats, such as chicken or fish.

Na-eri anu neenweghi abuba dika azụ ma-ọbụ anụ okukọ.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Zapu abuba obula no na nmiriaraehi tupu i nūo ya.

6. Limit your intake of sweets and alcoholic beverages.

Wetue aka niri ihe di utọ ma ọbụ nmanya naba nanya.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Tinye aka na ihe gbasara ahu isi ike kwa abochi. Ga ogorogo ije, gbaa egwu, ma ọbụ gwue egwu.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Were nmanu sina nkpuru osisi na esi nri.

Igbo Language Version

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Better Nutrition for Mature Adults

EZI NRI MAKÀ NDI TORO ETO

1. Drink 6 - 8 glasses of water every day.

Nua iko nmiri isi mọbụ asatọ kwa nbọsi

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Rie nri na eme ka ọkpụkpụ gi sie ike, dika nmiri ara ehi na ihe ndi ọzọ ejiji eme.
Rie-kwa azụ, agwa, na akwukọ nri.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Rie ọtutụ nkpurụ osisi maka anya, na akpukpọ aru. Nkpurụ osisi na-eme ka iha ra iria oria mjbe ọbula.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Rie onu, azụ na anụ ọkukọ maka ezi nmiri na obura.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Rie anụ, azụ ọkukọ na-ihe ndi ọzọ maka onya ila ngwa ngwa mgbe imeruru ahu.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Mara kwa na-iga na enye onwegi aka na ime onwe gi gara-gara, site na-igba ọsọ ma ọbu ije-ije.

Igbo Language Version

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Better Health for Mother and Baby

EZI AHỤ IKE MAKÀ

NNE NA NNWA

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

Añukwala nmanya na-aba na-anya. Ma obu ihe ndi ozo na egbu egbu.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

Rie nri na-enyi ihe okpukpọ ji esi ike dika nmiri ara ehi, azu, na akwukwo nri di iche-iche.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

Rie anu, ehi, na azu, na agwa, abua ma obu atọ kwam nbosi maka esi obara.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

Rie nkpuru osisi di iche iche mgbe obula irichera nri. Ihe ndia na enyere mmiri na obara aka.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

Rie osikapa na ihe ndi ozọ dika ya maka ume

6. See your doctor early in your pregnancy.

Ga fu dibia gi na-oge mbido ime gi.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

Ahụ kwesili ido gi mgbe ọ idi ime otutu umunwanyị na edo ahụ dimma mgbe ha di ime. Dibia bekee gi ga gwa gi maka nkea.

Igbo Language Version

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Good Food for Kids

EZI NRI MAKA UMUAKA

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Nmiri ara ehi, azu na akwukwo nri di iche iche na enyere umuaka aka maka okpukpu ha.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Anu ehi, anu okuko, azu na agwa na enye ike na ume. Nri ndia kwesiri iri ngbe obula.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Nkpuru osisi di-iche-iche na nyere mmiri na ubara aka. Ha na emeka anya na okpukpu ahụ di nma.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Ume na igba garagara di nkpa. Ihe indira na esi na osika pa, achi cha na ji.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Nri ndi eji emegbari onu ga aka nma obu na obu mgburu osisi kama otomimiriga.

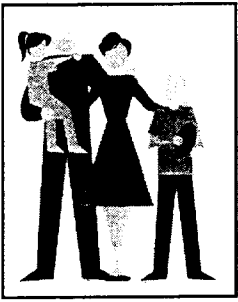
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Eme ahụ gara gara site na ije ogologo ije na nyere ahụ aka.

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Better Health Begins With You!

EZI AHU IKE NA-EBIDO NAGI

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Rie oke isi ma ọbu iri na otu nime nri ndia: achicha, uka, osikapa na ndi ọzọ kwa abọchi. dika, Rie odudu na ututu Rie achicha na obere anụ na ehie Rie kwa osikapa na-abali

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Rie nkpuru osisi na akwukwo nri kwangbe, kwangbe. N'eri ji na agwa na abali. Nuo nmiri Oroma mgbe irisiri nri.

3. Drink at least 8 glasses of pure, fresh water every day.

Nua iko nmiri asato kwa abochi

4. Eat lean, low-fat meats, such as chicken or fish.

Na-eri anu neenweghi abuba dika azu ma-ọbu anu okuko.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Zapu abuba obula no na nmiriaraehi tupu i nno ya.

6. Limit your intake of sweets and alcoholic beverages.

Wetue aka niri ihe di utu ma ọbu nmanya naba nanya.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Tinye aka na ihe gbasara ahu isi ike kwa abochi. Ga ogorogo ije, gbaa egwu, ma ọbu gwue egwu.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Were nmanu sina nkpuru osisi na esi nri.

Igbo Language Version

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The Food Pyramid

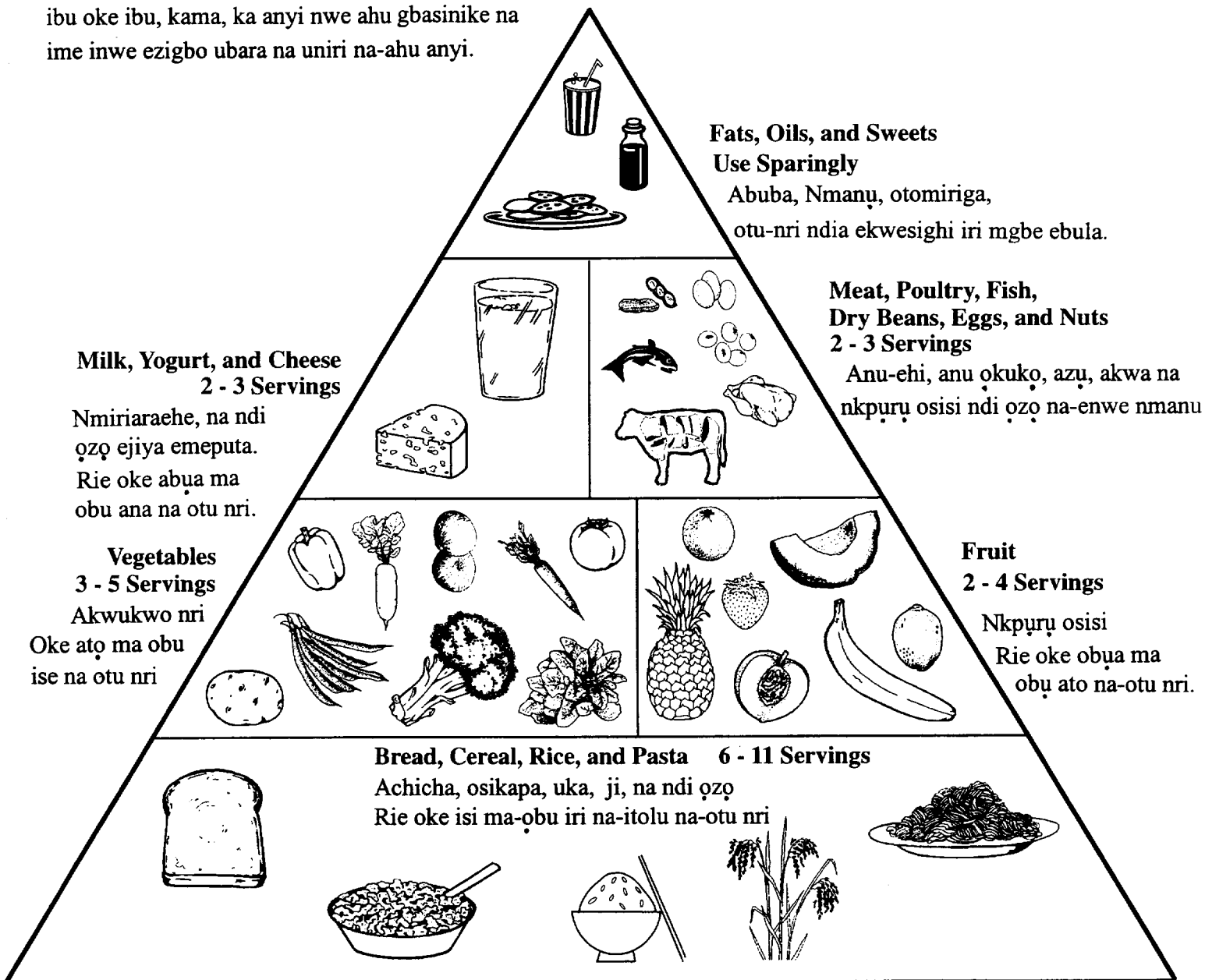
USORO NRI

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Usoro nri bu uzọ esi hazie nri ka onwe ike idianyi nma na ahu. Usoro nri na akuzi otu esi eri nri di iche iche ka ọnwẹ ike ime ka anyi ghara ibu oke ibu, kama, ka anyi nwe ahu gbasinike na ime inwe ezigbo ubara na uniri na-ahu anyi.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Ọtụtụ ihe a bu anyi na-acho an-esi na-ime usoro nri ndi-a. Ihe unu ga ama bu, enweghi nri nke di mkpa kari-a ibe ya. Iri ọbere ọbere na otu nri ọbula bu ihe abu anyi chọrọ.



Igbo Language Version



Good Food for Kids

EZI NRI MAKA UMUAKA

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Nmiri ara ehi, azu na akwukwo nri di iche iche na enyere umuaka aka maka okpukpu ha.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Anu ehi, anu okuko, azu na agwa na enye ike na ume. Nri ndia kwesiri iri ngbe obula.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Nkpuru osisi di-iche-iche na nyere mmiri na ubara aka. Ha na emeka anya na okpukpu ahụ di nma.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Ume na igba garagara di nkpa. Ihe indira na esi na osika pa, achi cha na ji.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Nri ndi eji emegbari onu ga aka nma obu na obu mgburu osisi kama otomimiriga.

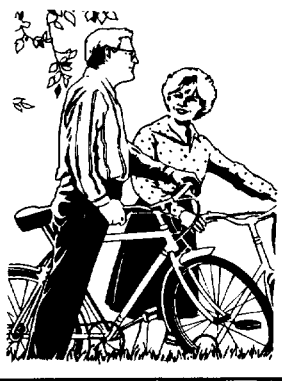
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Better Nutrition for Mature Adults

EZI NRI MAKA NDI TORO ETO

1. Drink 6 - 8 glasses of water every day.

Nua iko nmiri isi mọbụ asatọ kwa nbọsi

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Rie nri na eme ka ọkpụkpụ gi sie ike, dika nmiri ara ehi na ihe ndi ọzọ ejiji eme.
Rie-kwa azụ, agwa, na akwukọ nri.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Rie ọtutụ nkpurụ osisi maka anya, na akpukpọ aru. Nkpurụ osisi na-eme ka iha ra iria oria mjbe ọbula.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Rie onu, azụ na anụ ọkukọ maka ezi nmiri na obura.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Rie anụ, azụ ọkukọ na-ihe ndi ọzọ maka onya ila ngwa ngwa mgbe imeruru ahu.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Mara kwa na-iga na enye onwegi aka na ime onwe gi gara-gara, site na-igba ọsọ ma ọbu ije-ije.

Igbo Language Version

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Better Health for Mother and Baby

EZI AHỤ IKE MAKÀ

NNE NA NNWA

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

Añukwala nmanya na-aba na-anya. Ma obu ihe ndi ozo na egbu egbu.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

Rie nri na-enyi ihe okpukpọ ji esi ike dika nmiri ara ehi, azụ, na akwụkwọ nri di iche-iche.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

Rie anụ, ehi, na azu, na agwa, abua ma obu atọ kwam nbọsi maka esi obara.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

Rie nkpuru osisi di iche iche mgbe obula irichera nri. Ihe ndia na enyere mmiri na obara aka.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

Rie osikapa na ihe ndi ozo dika ya maka ume

6. See your doctor early in your pregnancy.

Ga fu dibia gi na-oge mbido ime gi.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

Ahụ kwesili ido gi mgbe o idi ime otutu umunwanyị na edo ahụ dimma mgbe ha di ime. Dibia bekee gi ga gwa gi maka nkea.

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NUTRITION EDUCATION FOR NEW AMERICANS PROJECT

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Diabetes

糖尿病

Japanese

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日本語版

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詳細については電話でお問い合わせください。TEL：米国(404)651-2542



Diabetes

糖尿病



What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

糖尿病とは？ 糖尿病とは、体内でインスリンを生成できない、あるいはそのインスリンを適切に使うことができない病気です。

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

インスリンとは、砂糖やでんぷんなどの食品を日常生活に必要なエネルギーに変えるホルモンです。

How is diabetes managed?

糖尿病の管理

The management of diabetes has three parts:

糖尿病は次の3つの方法で対処します。

- ◆ Healthy Eating
健康的な食事
- ◆ Physical Activity
運動
- ◆ Medication (if needed)
薬物療法（必要な場合）

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

糖尿病の自己管理 健康に良い食品を取り、十分な運動をして、健康的な体重を維持すると、血糖値（血糖とも呼ぶ）や糖尿病をコントロールすることができます。

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

健康的な体重を維持すると、血中脂肪（コレステロール）も調節され、血圧を下げることができます。

Many people with diabetes also need to take medicine to help control their blood sugar.

糖尿病患者の中には投薬で血糖をコントロールしている人もたくさんいます。

Eat Healthy

食事とは

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

食品交換表を使うと、いろいろな種類の食品を摂取することができます。毎日各食品群から選んで食べます。毎日いろいろな食品を食べると、必要なビタミンやミネラルを摂取できます。

Here is an example of getting a variety of foods each day.

これはいろいろな食品を取るための1例です。

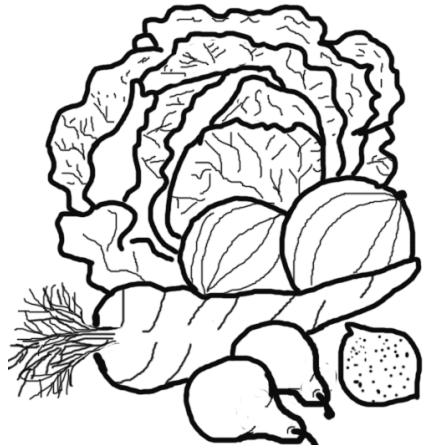


	Day 1	Day 2
	1 日目	2 日目
Grains:	tortilla	brown rice
穀物:	トーティーヤ (メキシコのパンの一種)	玄米
Fruit:	apple	mango
果物:	りんご	マンゴー
Vegetable:	broccoli	tomatoes
野菜:	ブロッコリー	トマト
Dairy:	milk	yogurt
乳製品:	牛乳	ヨーグルト
Protein:	chicken	beans
たんぱく質:	鶏肉	豆

[訳者注:ここで使用している計量カップは米国のもので、1カップが225mlです。]

Eat From all the Food Groups

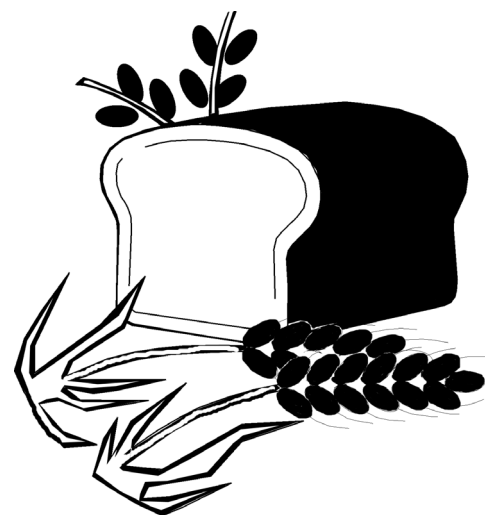
調理法、食べ方



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
全粒パンやシリアルを買ってください。例: 全粒パン、ふすまフレーク、玄米、全粒小麦粉のパスタ。
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
ペストリー、ビスケット、マフィンのような油で揚げた高脂肪のものはあまり食べないようにします。
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
新鮮な果物は最も良い食品です。缶詰の果物の場合は、「同一果汁使用」であることを確かめましょう。
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
果物は小さいものを買ひ、フルーツジュースは少量にしましょう。
- ◆ Eat raw and cooked vegetables with very little fat.
野菜は生のまま食べるか、調理する場合は油をあまり使わないようにしてください。
- ◆ Use mustard instead of mayonnaise on a sandwich.
サンドウィッチにはマヨネーズの代わりにマスタードを使いましょう。
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
野菜を調理するときは、油やショートニング、バター、マーガリン、ラードの代わりに調理用スプレー式オイルを使ってください。
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
良い調理法: 焼く、あぶる、茹でる、強火ですばやく炒める、ローストする、蒸す、煮込む、グリルする。油をたくさん使って調理するのは避けます。
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
鶏肉や七面鳥などの脂肪の少ない肉を選びます。豚肉、牛肉、ハムの場合は、余分な脂肪を取り除きます。
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
スキムミルク、低脂肪牛乳(1%)、また無/低脂肪乳製品を選びます。

Grains, Beans and Starchy Vegetables

でんぷん質の野菜



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

でんぷんや炭水化物とは？

でんぷんには、パン、穀物、シリアル、パスタ、豆、でんぷん質の野菜が含まれます。でんぷんや炭水化物は毎食食べてください。でんぷんや炭水化物を取らない方がよいと言う人もいますが、最近ではこれらを摂取する方がよいと言われています。でんぷんや炭水化物を取ることは、健康な人同様、糖尿病の人の健康にとっても大切です。

How many starches/carbohydrates do I need each day? 6-11 servings each day

でんぷん/炭水化物 1 日の必要摂取量 毎日 6 - 11 単位

The number of servings you should eat each day depends on:

毎日の摂取量は次の2つで決まります。

- ◆ The calories you need
各自が必要なカロリー
- ◆ Your diabetes plan
各自の糖尿病治療プラン

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

でんぷんや炭水化物の役割でんぷんからはエネルギー、ビタミンB、ミネラル、繊維が摂取できます。どの穀物からも、ビタミン、ミネラル、繊維が摂取できます。繊維には整腸作用があり、血糖をコントロールします。

Grains, Beans and Starchy Vegetables (continued)

でんぷん質の野菜

How much is one serving of starch/carbohydrate?

でんぷん/炭水化物 1 単位の量

- ◆ 1 slice of bread
パン1枚
- ◆ 1 small potato, casaba or plantain
ジャガイモ、カサバ、料理用バナナ小さいもの1個
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
オートミールなどの調理シリアル1/2カップ
- ◆ ¾ cup dry cereal such as corn flakes
コーンフレークなどのドライシリアル3/4カップ
- ◆ ⅓ cup of cooked rice
ご飯1/3カップ
- ◆ 1 small tortilla, roti bread or enjira bread
トーターヤ(メキシコのパンの一種)など 小さいもの1個

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

毎食1~3単位のでんぷん/炭水化物を食べてください。1回の食事で2単位以上必要な人は、同じ食品群から違う食品を選ぶこともできます。例:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

朝食: ドライシリアル3/4カップとパン1枚—2単位

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

昼食: ご飯1/3カップと調理した料理用バナナ1/2カップ—2単位

Dinner: ½ cup of pasta and one bread stick—2 servings

夕食: パスタ1/2カップとスティックパン1本—2単位

Snack: 6 crackers—1 serving

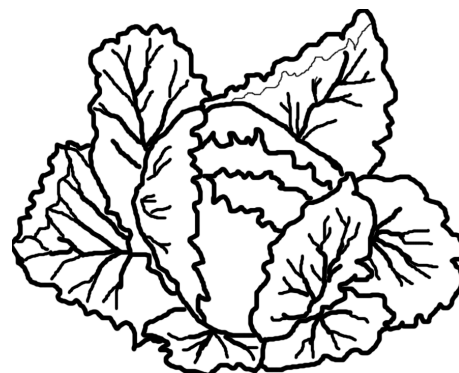
スナック: クラッカー6枚—1単位

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

1日合計: 7単位。注: 炭水化物は食事のバランスを取り、血糖をコントロールします。

Vegetables

野菜



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

野菜は、糖尿病の人を含む全ての人にとって健康に良い食品です。生でも調理したものでも毎日食べましょう。野菜にはビタミン、ミネラル、繊維があり、しかも低カロリーです。色の鮮やかなきれいなものを選びましょう。例:ニンジン、ピーマン、ナス、ブロッコリー、トマト、ホウレンソウ。

You should have 3 to 5 servings every day.

毎日3単位～5単位食べましょう。[訳者注:「1単位」は約80カロリーです。]

How much is a serving of vegetables?

野菜 1 単位の量

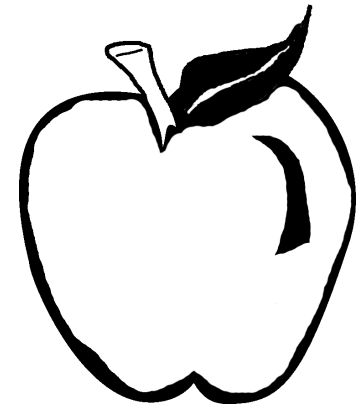
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
調理した野菜1/2カップ 調理したインゲン、ナス、ホウレンソウ、かぼちゃなど
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
生野菜 1カップ サラダ、ニンジンスティック、刻んだキュウリなど
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
野菜ジュース1/2カップ トマトジュース、ニンジンジュースなど

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

野菜は、毎食1単位～3単位食べましょう。1回の食事で2単位以上食べなければならない人は、違う種類の野菜を選ぶか、1つの野菜を2、3単位食べましょう。

Fruits

果物



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

果物は、健康な人同様、糖尿病の人にとっても健康に良い食品です。果物からはエネルギー、ビタミン、ミネラル、繊維が摂取できます。

How many servings of fruit do I need?

果物の必要摂取量

2 to 4 servings
2 ~ 4 単位

What is a serving of fruit?

果物 1 単位の量

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
りんごや桃 小さいもの1個(女性のこぶし大くらい)
- ◆ ½ cup of apple or orange juice
りんごジュースまたはオレンジジュース1/2カップ
- ◆ ½ of a grapefruit
グレープフルーツ1/2個
- ◆ 1 small banana or ½ of a large banana
バナナ 小さいもの1本または大きいもの1/2本
- ◆ ½ cup of chopped fruit
1口大に切ったフルーツ1/2カップ
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
レーズンまたはドライフルーツ1/4カップ(手のひら1杯くらい)

You might need to eat one or two servings of fruit at a meal.

人によって果物が毎食2単位以上必要な場合もあります。

How should I eat fruit?

果物の食べ方

- ◆ Eat fruits raw, or as juice with no sugar added.
そのまま生で食べるか砂糖を加えずにジュースで取るとよいでしょう。
- ◆ Buy smaller pieces of fruit.
小さめのものを選びましょう。

Milk and Yogurt Foods

牛乳とヨーグルト

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

無脂肪牛乳や低脂肪牛乳、ヨーグルトは健康な人同様、糖尿病の人の健康にも良い食品です。牛乳やヨーグルトからはエネルギー、たんぱく質、カルシウム、ビタミンA、他のビタミン、ミネラルが摂取できます。



Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

無脂肪牛乳(スキムミルクや無脂肪牛乳)または低脂肪牛乳(1%)を毎日飲んでください。また、低脂肪や無脂肪のヨーグルトを食べましょう。いずれも脂肪や飽和脂肪、コレステロールが少ない食品です。

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

1日の必要摂取量毎日2～3単位 注:妊娠中や授乳中は、牛乳やヨーグルトを毎日4～5単位取ってください。

How much is a serving of milk and yogurt?

牛乳やヨーグルト 1単位の量

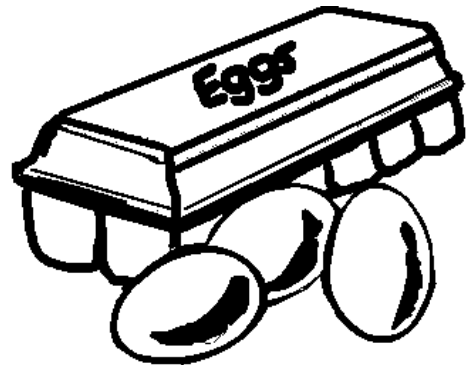
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
無脂肪プレーンヨーグルト 1カップ(アスパルテーム(人口甘味料の一種)を使ったヨーグルトを探しましょう)
- ◆ 1 cup skim or low-fat milk
スキムミルクまたは低脂肪牛乳 1カップ

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

注:「果物入り」ヨーグルトは避けてください。大量の砂糖が加えられています。

Meat, Poultry, Fish, Eggs and Nuts

精肉、鳥肉、魚、卵、ナッツ



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

この食品群には、精肉(牛肉、豚肉、ラム肉)、鳥肉、七面鳥肉、卵、魚、ナッツ、豆腐、豆製品が含まれます。これらの食品は毎日少しずつ食べましょう。良質のたんぱく質が摂取できます。

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

たんぱく質食品は体の組織や筋肉を作ります。また、ビタミンやミネラルも摂取できます。

How many protein foods do I need each day? 2 to 3 servings

たんぱく質食品の1日の必要摂取量 2～3単位

How much is a serving of meat, poultry, fish, eggs and nuts?

精肉、鳥肉、魚、卵、ナッツ 1単位の量

- ◆ 2 to 3 ounces of cooked fish
調理した魚 2～3オンス(57～85g)
- ◆ 2 to 3 ounces cooked chicken
調理した鶏肉 2～3オンス(57～85g)
- ◆ 3 to 4 ounces tofu (½ cup)
豆腐 3～4オンス(85～113g) (1/2カップ)
- ◆ 1 egg (equals one ounce of protein)
卵 1個(たんぱく質1オンス(28g)相当)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
チーズ1枚または1オンス(28g)(単1電池くらいの大きさ)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
ピーナッツバター 大きじ2杯(1オンス(28g)相当)

Meat, Poultry, Fish, Eggs and Nuts (continued)

精肉、鳥肉、魚、卵、ナッツ

Helpful Tips:

ヒント :

- ◆ The serving size you eat now may be too big.
現在の1単位分は多すぎるかもしれません。
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
トランプのカードの大きさが2~3オンス(57~85g)に相当します。
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
脂肪の少ない牛肉、豚肉、ハム、ラム肉を買ってください。余分な脂肪は取り除いてください。
- ◆ Eat chicken or turkey without the skin.
鶏肉や七面鳥は皮を取り除いてください。
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
たんぱく質食品は、あぶる、焼く、強火ですばやく炒める、ローストする、蒸す、茹でる、煮込むなどの脂肪分の少ない方法で調理してください。
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
肉を調理する場合は、油は少量にするか、油の代わりに調理用スプレー式オイルを使ってください。
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
肉を使わない食事を取ってください。たんぱく質は豆か豆腐から取りましょう。

Fats, Oils and Sweets

脂肪、油



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

脂肪や油には、バター、マーガリン、ラード、食品に添加されている油や食品の調理に使われる油が含まれます。油には、キャノーラ油、オリーブ油、植物油などもあります。脂肪は、肉、乳製品、スナック食品、甘味にも入っています。糖尿病をコントロールする一番良い方法は、脂肪や飽和脂肪(肉や動物性の食品から摂取する脂肪)の少ない食品を食べることです。

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

甘味とは、カロリーはあるけれど、ビタミンやミネラルはあまりない甘い食品を指します。甘味はケーキ、パイ、クッキーのような高脂肪のものもあります。

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

甘く脂肪の多い食品を食べると、血糖や体重のコントロールが難しくなります。脂肪や甘味を取るときは、少量にしましょう。

How much is a serving of fats, oils and sweets?

脂肪、油、甘味 1 単位の量

- ◆ 1 teaspoon oil
油 茶さじ1
- ◆ 1 tablespoon regular salad dressing
普通のサラダドレッシング 大さじ1
- ◆ 2 teaspoons light mayonnaise
低脂肪のマヨネーズ 茶さじ2
- ◆ 1 strip of bacon
ベーコン 1切れ
- ◆ 1 cookie
クッキー 1枚
- ◆ 1 plain doughnut
プレーンドーナツ 1個
- ◆ 1 tablespoon syrup
シロップ 大さじ1
- ◆ 10-15 chips
ポテトチップ 10-15枚

Japanese

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. For more information call (404) 651-2542.

日本語版

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詳細については電話でお問い合わせください。TEL：米国(404)651-2542



The Food Pyramid

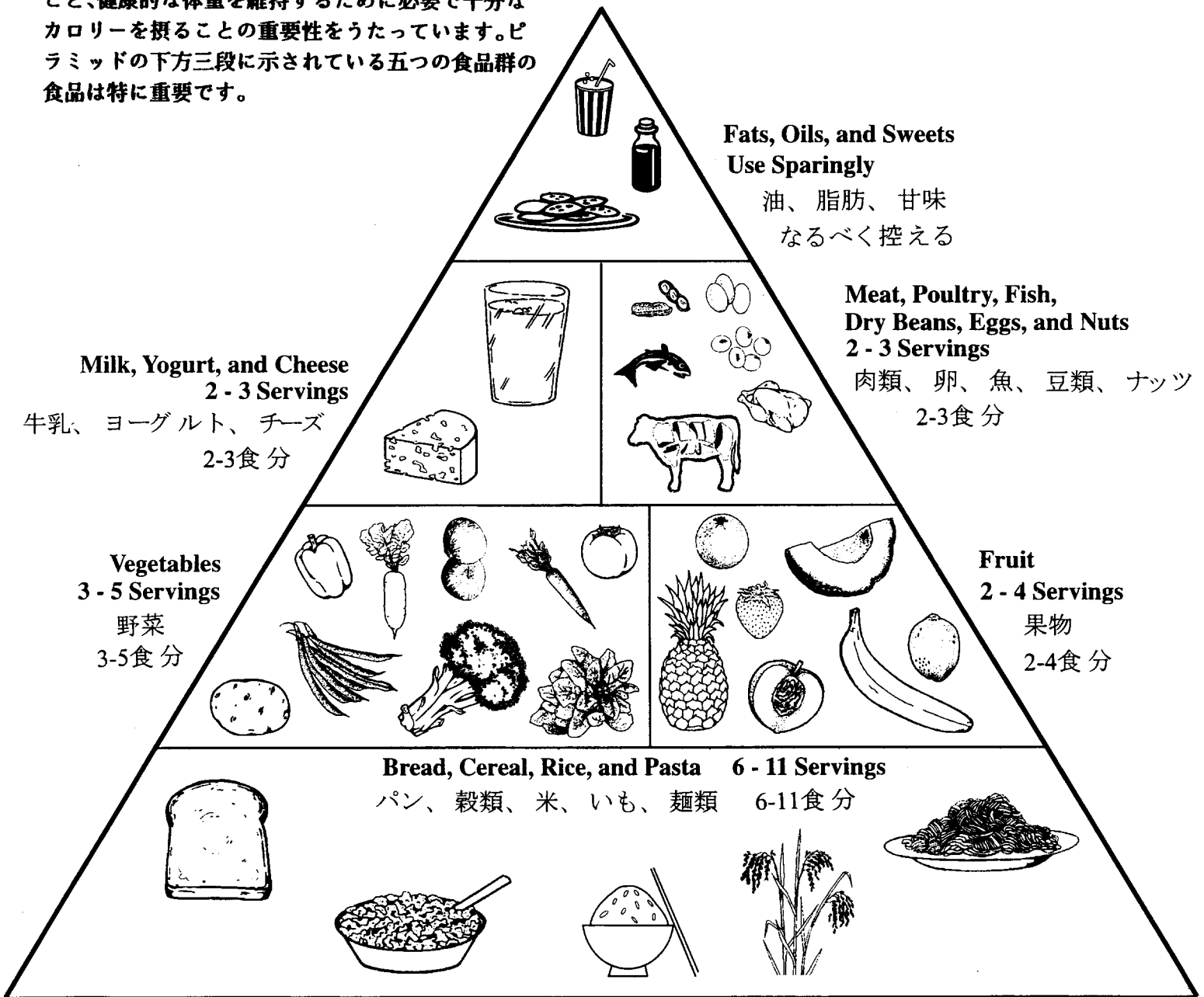
アメリカ食文化圏の食品ピラミッド

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

食品ピラミッドは、健康的な食生活を送るための手引きとなります。食品ピラミッドは、栄養のとれた健康的な食生活を送るためにさまざまな食品を食べること、健康的な体重を維持するために必要で十分なカロリーを摂ることの重要性をうたっています。ピラミッドの下方三段に示されている五つの食品群の食品は特に重要です。

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

個々の食品群は、それぞれ健康を維持するために必要な栄養素を含んでいます。含まれる栄養素は食品グループによって異なるので、ある食品グループの食品を別の食品グループの食品で補うことはできません。どの食品グループも、私達が健康な生活を送るために欠かせないのです。



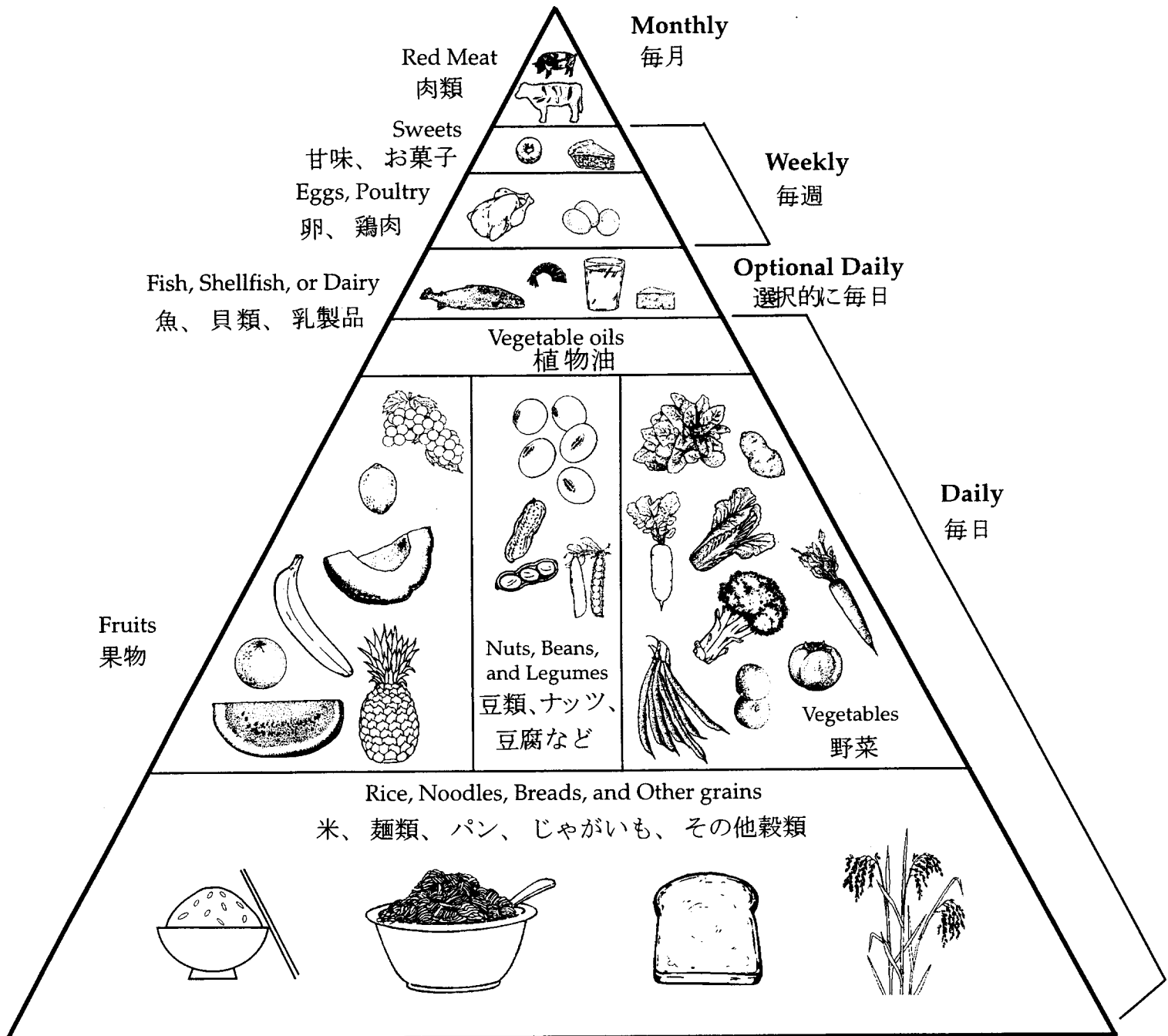
Japanese Language Version

Asian Food Pyramid

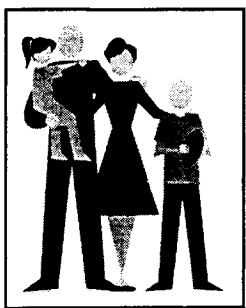
アジア食文化圏の食品ピラミッド

The Food Pyramid is a general guide that lets you choose a healthy diet that's right for you. Each of these food groups provide some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

食品ピラミッドは、健康的な食生活を送るための手引きとなります。ピラミッドの個々の食品群は、それぞれ健康を維持するために必要な栄養素を含んでいます。含まれる栄養素は食品グループによって異なるので、ある食品グループの食品を別の食品グループの食品で補うことはできません。どの食品グループも、わたしたちが健康な生活を送るために欠かせないのです。



Japanese Language Version



Better Health Begins With You!

より良い健康はあなたから！

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

毎日6点から11点の低脂肪パン、シリアル、米、または麺を食べましょう。例えば、朝食にオートミール、昼食にサンドウィッチ、夕食に白米を選びます。

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

毎日5点の果物と野菜を食べましょう。例えば、朝食にオレンジジュースを飲み、昼食にサラダを食べ、夕食に緑豆、茹でたジャガイモ、ブドウを食べます。

3. Drink at least 8 glasses of pure, fresh water every day.

毎日少なくともコップ8杯の清潔で新鮮な水を飲みましょう。

4. Eat lean, low-fat meats, such as chicken or fish.

鶏肉または魚など低脂肪の肉を食べましょう。

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

スキムミルクとフローズン・ヨーグルトなど低脂肪あるいは無脂肪の乳製品を選びましょう。

6. Limit your intake of sweets and alcoholic beverages.

菓子およびアルコール飲料の摂取は控えましょう。

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

毎日何らかの運動に参加しましょう。ウォーキング、ダンスあるいはゲームをしましょう。

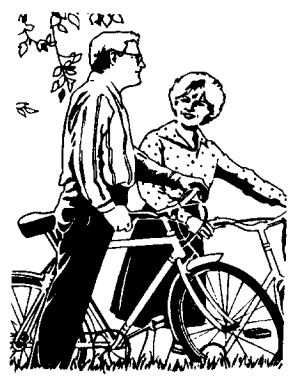
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

調理にはラードまたは動物脂肪の代わりに植物性油またはカノーラオイルを使いましょう。コレステロールを含んでいないため、植物性油の方が優れています。

Japanese Language Version

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Better Nutrition for Mature Adults

成人のためのより良い栄養

1. Drink 6 - 8 glasses of water every day.

毎日コップ6杯から8杯の水を飲みましょう。

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

ミルク、チーズ、ヨーグルト、骨付の魚、ブロッコリーのような緑黄色野菜など、カルシウムが豊富な食品を食べましょう。カルシウムは丈夫な骨にとり重要です。

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

ニンジンやオレンジなどの果物と野菜を食べて、ビタミンAとビタミンCをたくさん取りましょう。ビタミンAは目と皮膚に効果的です。ビタミンCは歯茎を健康にし、感染から守ります。

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

体のエネルギー使用を助ける鉄分の高い食品を食べましょう。鉄分は赤身の肉、家禽類、魚、および乾燥豆に豊富に含まれています。

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

亜鉛の欠乏を防ぐため、食事に肉、海産物、および家禽類を加えましょう。亜鉛は傷の回復を早めます。

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

定期的に運動をしましょう。体は太陽の下でビタミンDを作ることができるので、屋外の運動が最適です。

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Better Health for Mother and Baby

母と新生児のためのより良い健康

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

アルコール飲料およびコーヒーやソフトドリンクなどカフェインを含む飲物は避けましょう。

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

毎日カルシウムを含む食品を食べましょう。ミルク、チーズ、ヨーグルト、骨付の魚、一部の緑黄色野菜などに含まれています。

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

蛋白質を摂取するため、毎日2点から3点の肉、魚、卵、または乾燥豆を食べましょう。

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

ビタミンとミネラルを摂取するため、毎日少なくとも5点の果物と野菜を食べましょう。例えば、朝食のシリアルにバナナを薄切りにし、午後のスナックにリンゴを選び、ニンジンまたはセロリのスティックを昼食に添え、夕食にブロッコリーとサラダを取ります。

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

6点から11点の無精白穀物を食べましょう。健康とエネルギーに重要です。無精白小麦のパンや玄米などに含まれています。

6. See your doctor early in your pregnancy.

妊娠初期に医師の診断を受けましょう。

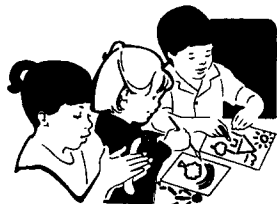
7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

妊娠中に体重が的確に増加しているか確認しましょう。通常、約11キロから16キロ位の増加です。医師に相談して下さい。

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Good Food for Kids

子供に良い食品

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

カルシウムは骨の発達と成長のために必要です。ミルク、ヨーグルト、骨付の魚、ブロッコリーなどの一部の緑黄色野菜に含まれています。

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

鉄分は体のエネルギー生産を助けます。鉄分は赤身の肉、家禽類、魚、および乾燥豆に豊富に含まれています。

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

ニンジン、ホーレン草、その他の果物と野菜はビタミンAとビタミンCが豊富です。ビタミンAは明瞭な視覚と健康な皮膚に大切です。ビタミンCは歯茎を健康にし、感染から守ります。

4. Energy is important and comes from breads, rice, cereal, and pasta.

エネルギーは大切です。パン、米、シリアル、麺から作られます。

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

果物、野菜、乳製品、ナッツなど健康的なスナックを選びましょう。こうした食品はソーダ、チップス、菓子に比べ、栄養が豊富で子供の歯にも良いです。

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

子供が強く健やかに成長するには、日々の運動が大切です。

Japanese Language Version

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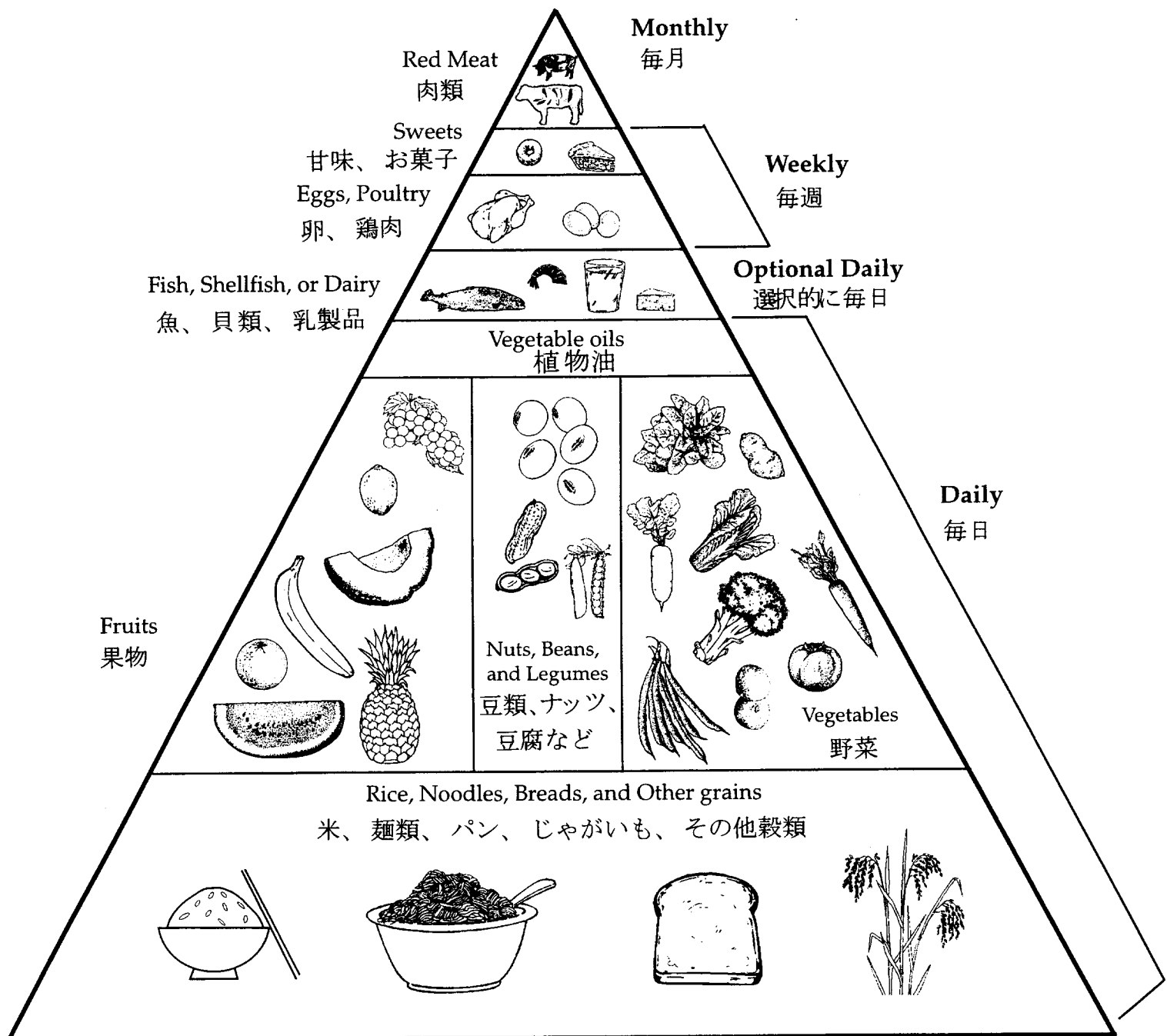


Asian Food Pyramid

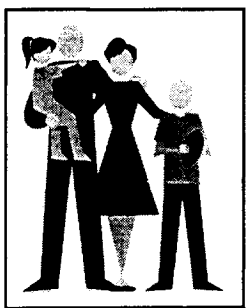
アジア食文化圏の食品ピラミッド

The Food Pyramid is a general guide that lets you choose a healthy diet that's right for you. Each of these food groups provide some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

食品ピラミッドは、健康的な食生活を送るための手引きとなります。ピラミッドの個々の食品群は、それぞれ健康を維持するために必要な栄養素を含んでいます。含まれる栄養素は食品グループによって異なるので、ある食品グループの食品を別の食品グループの食品で補うことはできません。どの食品グループも、わたしたちが健康な生活を送るために欠かせないのです。



Japanese Language Version



Better Health Begins With You!

より良い健康はあなたから！

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

毎日6点から11点の低脂肪パン、シリアル、米、または麺を食べましょう。例えば、朝食にオートミール、昼食にサンドウィッチ、夕食に白米を選びます。

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

毎日5点の果物と野菜を食べましょう。例えば、朝食にオレンジジュースを飲み、昼食にサラダを食べ、夕食に緑豆、茹でたジャガイモ、ブドウを食べます。

3. Drink at least 8 glasses of pure, fresh water every day.

毎日少なくともコップ8杯の清潔で新鮮な水を飲みましょう。

4. Eat lean, low-fat meats, such as chicken or fish.

鶏肉または魚など低脂肪の肉を食べましょう。

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

スキムミルクとフローズン・ヨーグルトなど低脂肪あるいは無脂肪の乳製品を選びましょう。

6. Limit your intake of sweets and alcoholic beverages.

菓子およびアルコール飲料の摂取は控えましょう。

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

毎日何らかの運動に参加しましょう。ウォーキング、ダンスあるいはゲームをしましょう。

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

調理にはラードまたは動物脂肪の代わりに植物性油またはカノーラオイルを使いましょう。コレステロールを含んでいないため、植物性油の方が優れています。

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The Food Pyramid

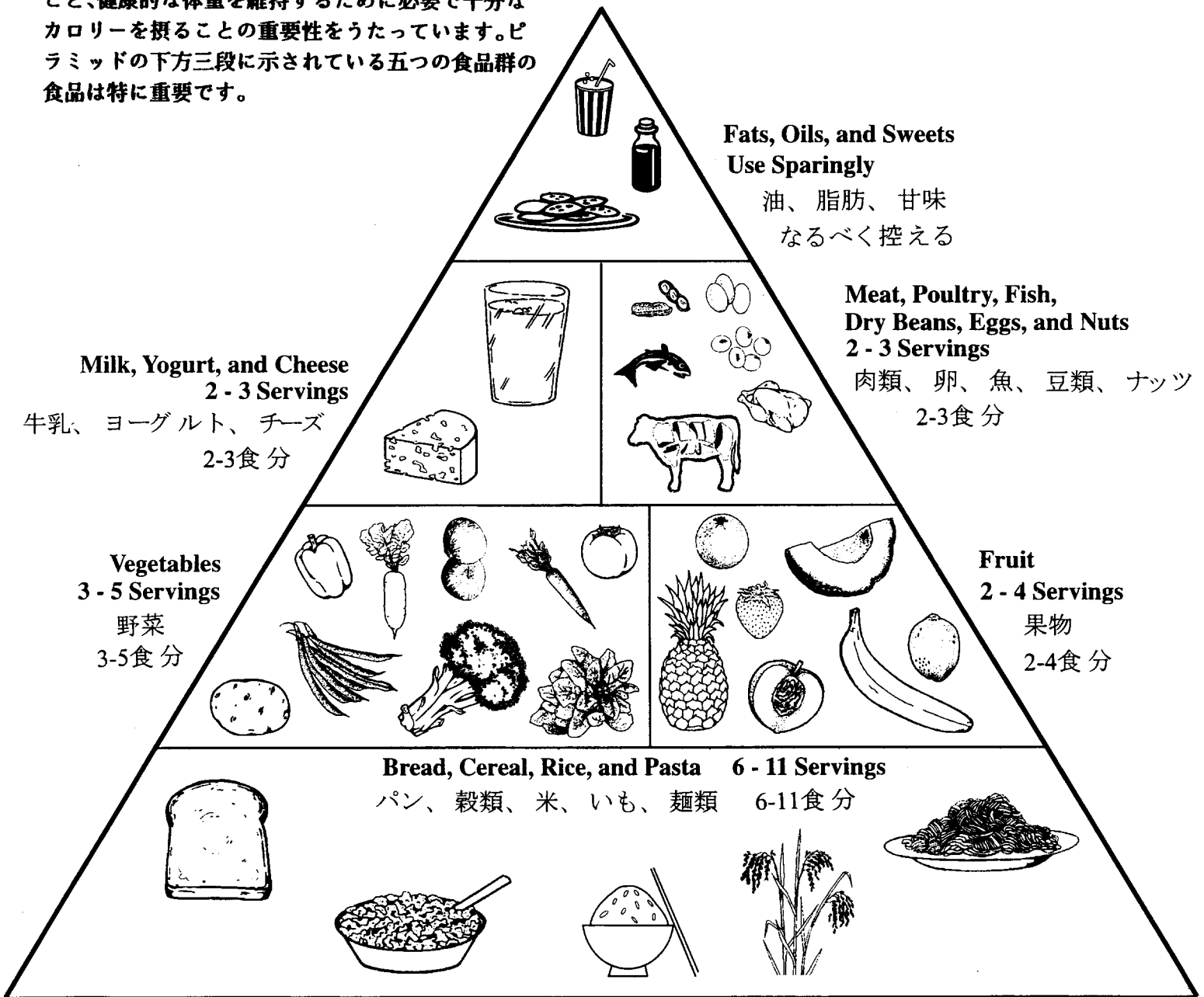
アメリカ食文化圏の食品ピラミッド

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

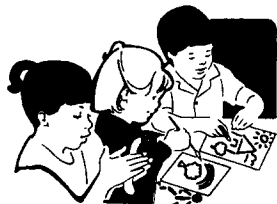
食品ピラミッドは、健康的な食生活を送るための手引きとなります。食品ピラミッドは、栄養のとれた健康的な食生活を送るためにさまざまな食品を食べること、健康的な体重を維持するために必要で十分なカロリーを摂ることの重要性をうたっています。ピラミッドの下方三段に示されている五つの食品群の食品は特に重要です。

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

個々の食品群は、それぞれ健康を維持するために必要な栄養素を含んでいます。含まれる栄養素は食品グループによって異なるので、ある食品グループの食品を別の食品グループの食品で補うことはできません。どの食品グループも、私達が健康な生活を送るために欠かせないのです。



Japanese Language Version



Good Food for Kids

子供に良い食品

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

カルシウムは骨の発達と成長のために必要です。ミルク、ヨーグルト、骨付の魚、ブロッコリーなどの一部の緑黄色野菜に含まれています。

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

鉄分は体のエネルギー生産を助けます。鉄分は赤身の肉、家禽類、魚、および乾燥豆に豊富に含まれています。

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

ニンジン、ホーレン草、その他の果物と野菜はビタミンAとビタミンCが豊富です。ビタミンAは明瞭な視覚と健康な皮膚に大切です。ビタミンCは歯茎を健康にし、感染から守ります。

4. Energy is important and comes from breads, rice, cereal, and pasta.

エネルギーは大切です。パン、米、シリアル、麺から作られます。

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

果物、野菜、乳製品、ナッツなど健康的なスナックを選びましょう。こうした食品はソーダ、チップス、菓子に比べ、栄養が豊富で子供の歯にも良いです。

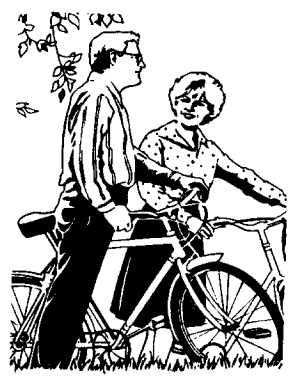
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Japanese Language Version

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Better Nutrition for Mature Adults

成人のためのより良い栄養

1. Drink 6 - 8 glasses of water every day.

毎日コップ6杯から8杯の水を飲みましょう。

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

ミルク、チーズ、ヨーグルト、骨付の魚、ブロッコリーのような緑黄色野菜など、カルシウムが豊富な食品を食べましょう。カルシウムは丈夫な骨にとり重要です。

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

ニンジンやオレンジなどの果物と野菜を食べて、ビタミンAとビタミンCをたくさん取りましょう。ビタミンAは目と皮膚に効果的です。ビタミンCは歯茎を健康にし、感染から守ります。

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

体のエネルギー使用を助ける鉄分の高い食品を食べましょう。鉄分は赤身の肉、家禽類、魚、および乾燥豆に豊富に含まれています。

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

亜鉛の欠乏を防ぐため、食事に肉、海産物、および家禽類を加えましょう。亜鉛は傷の回復を早めます。

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

定期的に運動をしましょう。体は太陽の下でビタミンDを作ることができるので、屋外の運動が最適です。

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Better Health for Mother and Baby

母と新生児のためのより良い健康

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

アルコール飲料およびコーヒーやソフトドリンクなどカフェインを含む飲物は避けましょう。

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

毎日カルシウムを含む食品を食べましょう。ミルク、チーズ、ヨーグルト、骨付の魚、一部の緑黄色野菜などに含まれています。

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

蛋白質を摂取するため、毎日2点から3点の肉、魚、卵、または乾燥豆を食べましょう。

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

ビタミンとミネラルを摂取するため、毎日少なくとも5点の果物と野菜を食べましょう。例えば、朝食のシリアルにバナナを薄切りにし、午後のスナックにリンゴを選び、ニンジンまたはセロリのスティックを昼食に添え、夕食にブロッコリーとサラダを取ります。

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

6点から11点の無精白穀物を食べましょう。健康とエネルギーに重要です。無精白小麦のパンや玄米などに含まれています。

6. See your doctor early in your pregnancy.

妊娠初期に医師の診断を受けましょう。

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

妊娠中に体重が的確に増加しているか確認しましょう。通常、約11キロから16キロ位の増加です。医師に相談して下さい。

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Diabetes

당뇨병

Korean

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한국어판(Korean)

본 자료는, 미농림부 산하 푸드 스탬프 수혜가족을 위한 식품과 소비자 서비스에서 지원한 자금으로 조지아 주립대학교(조지아주 아틀란타 소재) 인류지리학과 산하 새 미국인 식품영양교육 프로젝트에서 개발한 것입니다.

미연방법과 미농림부 정책에 의거하여, 본 기관 내의 어느 누구라도 인종, 피부색, 국적, 성별, 연령, 종교, 정치적 견해 또는 지체부자유를 이유로 타인을 차별하는 것은 위법입니다.

추가 정보를 원하시는 분은 (404)651-2542로 전화하여 문의하십시오.



Diabetes

당뇨병

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

당뇨병이란 체내에서 인슐린이 충분히 생산되지 못하거나 잘 활용되지 못할 때 생기는 질환입니다.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

인슐린은 호르몬의 일종으로 우리 몸에 섭취된 당질, 전분, 기타 음식물을 우리가 살아가는데 필요한 활동 에너지로 바꾸어 줍니다.



How is diabetes managed?

당뇨병 환자의 건강 관리법

The management of diabetes has three parts:

당뇨병 환자의 건강 관리법은 3가지로 나누어집니다:

- ◆ Healthy Eating
건강한 식사요법
- ◆ Physical Activity
운동요법
- ◆ Medication (if needed)
약물요법 (필요한 경우)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

혈당을 조절하려면

건강식품을 섭취하고, 적절한 운동을 하며 건강한 체중을 유지하여 혈당(혈액 속의 포도당)을 조절하십시오.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

건강한 체중을 유지 함으로서 혈액 내의 지방(콜레스테롤)을 조절하고 혈압을 낮출 수 있습니다.

Many people with diabetes also need to take medicine to help control their blood sugar.

대부분 당뇨병 환자들은 혈당 조절을 위해 약물 치료도 받아야 합니다.

Eat Healthy

건강한 식사

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

피라미드식 식단 지침서를 사용하여 건강식품을 골고루 섭취하십시오. 골고루 섭취한다 함은 각 식품군의 음식을 매일 균형있게 섭취한다는 의미입니다. 우리는 매일 다른 음식을 섭취 함으로서 우리 몸에 필요한 비타민과 미네랄을 골고루 섭취할 수 있습니다.

Here is an example of getting a variety of foods each day.

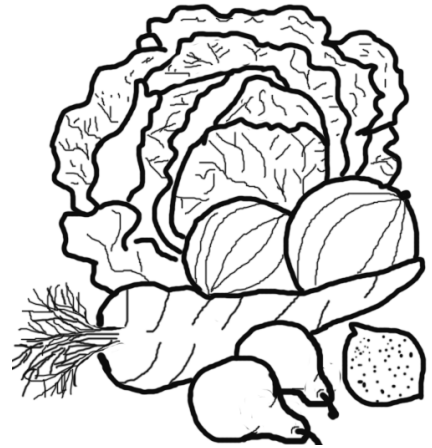
골고루 음식을 섭취하기 위해 다음의 식단은 하나의 보기입니다.



	Day 1	Day 2
	첫 날	둘째 날
Grains:	tortilla	brown rice
곡류:	토틸라	현미밥
Fruit:	apple	mango
과일군:	사과	망고
Vegetable:	broccoli	tomatoes
채소군:	브로콜리	토마토
Dairy:	milk	yogurt
우유군:	우유	요구르트
Protein:	chicken	beans
단백질군:	닭고기	콩류

Eat From all the Food Groups

각 식품군에서 음식을 골고루 섭취하려면



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.

현미 잡곡 빵과 시리얼(아침 곡물식)을 준비하십시오. 여기에는 현미 잡곡빵, 밀기울(bran flakes), 현미밥, 정백하지 않은 밀가루로 만든 파스타(마카로니, 스파게티 국수 등), 반쯤 삶아 뺀 곡류(bulgar), 아마란스 등이 있습니다.

- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.

고지방의 튀김 음식이나 파이, 비스킷, 머핀 등의 전분성 식품을 피하십시오.

- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”

신선한 과일은 항상 최고의 선택입니다. 통조림 과일을 살 때는 무가당 과일즙 통조림이라고 라벨이 붙은 것을 선택하십시오.

- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.

과일은 한 번에 많이 사지 말고 과일 주스는 소량씩 마십시오.

- ◆ Eat raw and cooked vegetables with very little fat.

생야채를 섭취하십시오, 그리고 야채요리에는 극히 소량의 지방을 사용하십시오.

- ◆ Use mustard instead of mayonnaise on a sandwich.

샌드위치에 마요네즈보다는 겨자를 사용하십시오.

- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.

요리할 때 식용유, 버터, 마가린, 라드(반고체의 돼지기름)를 사용하는 대신에 식물성 오일 스프레이를 사용하십시오.

- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.

건강식을 위한 요리법: 오븐에서 굽기, 석쇠에서 굽기, 삶기, 기름에 살짝 볶기, 로우스트 구이, 스팀 요리, 느스튜 요리, 석쇠구이. 식용유는 가급적 소량 사용하십시오.

- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.

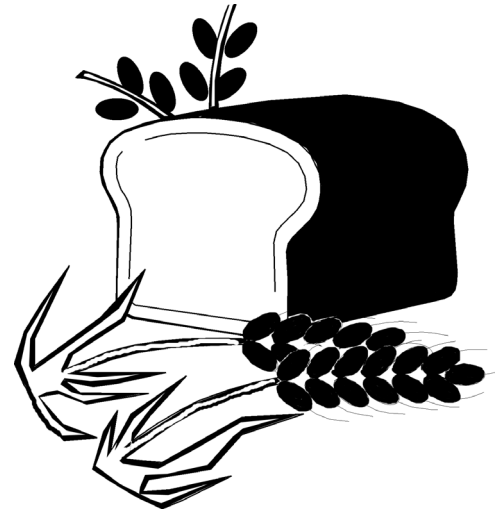
지방이 적은 고기를 선택하십시오: 닭고기, 타조고기. 돼지고기, 쇠고기, 햄을 샀을 때 고기에 붙은 지방을 제거하십시오.

- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.

우유나 우유류를 살 때 무지방(지방 제거한 것)이나 저지방(1%)을 선택하십시오.

Grains, Beans and Starchy Vegetables

곡류, 콩류, 전분 식물



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

전분 또는 탄수화물

전분성 식품은 빵, 곡류, 시리얼, 파스타(마카로니, 스파게티 국수 등), 그리고 콩류나 전분성 식물을 포함합니다. 매 끼니마다 전분/탄수화물을 섭취하십시오. 전분/탄수화물을 금해야 한다고 말하는 사람들이 있다면 이것은 올바른 식이요법이 아닙니다. 전분/탄수화물은 당뇨병환자를 포함하여 누구에게나 좋은 건강 식품입니다.

How many starches/carbohydrates do I need each day? 6-11 servings each day

전분/탄수화물의 1일 섭취량

매일 6 내지 11 회분 사이에서 섭취하십시오.

The number of servings you should eat each day depends on:

자신이 몇 회분을 섭취할 수 있는지는 다음 사항에 달려있습니다:

- ◆ The calories you need
자신에게 필요한 1일 열량이 얼마인지,
- ◆ Your diabetes plan
당뇨병 치료에 무슨 요법을 쓰고 있느냐에 따라 달라집니다.

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

전분과 탄수화물이 우리 몸 안에서 하는 일

전분은 우리 몸에 필요한 활동 에너지와 비타민 **B**, 미네랄 그리고 섬유소를 제공합니다. 잡곡류는 비타민, 미네랄의 영양소 그리고 섬유소가 더 많이 들어있는 건강 식품입니다. 섬유소는 변비를 예방합니다. 섬유소는 또한 혈당 증가를 억제합니다.

Grains, Beans and Starchy Vegetables (continued)

곡류, 콩류, 전분 식물 (계속)

How much is one serving of starch/carbohydrate?

전분/탄수화물 1 회분 양

- ◆ 1 slice of bread
빵1 조각
- ◆ 1 small potato, casaba or plantain
감자, 카사바 멜론, 또는 플랜테인(요리용 바나나의 일종), 작은 것 1개
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
요리된 시리얼(오트밀, 밀죽 등) 1/2 컵
- ◆ ¾ cup dry cereal such as corn flakes
건성 시리얼(옥수수 플레이크) 3/4컵
- ◆ ⅓ cup of cooked rice
밥 1/3 컵
- ◆ 1 small tortilla, roti bread or enjira bread
토틸라로티빵또는엔지라빵, 작은것개

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

매 식사마다 1회나 2회, 혹은 3회분의 전분/탄수화물을 섭취할 필요가 있을 것입니다. 매 식사에 1회분 이상 섭취해야 경우 이 식품군에서 다른 종류를 섭취하도록 하십시오. 예:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

아침: 건성 시리얼 3/4 컵과 빵 한조각 —2 회분

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

점심: 밥1/3 컵과 요리된 플랜테인(요리용 바나나 일종) 1/2 컵—2회분

Dinner: ½ cup of pasta and one bread stick—2 servings

저녁: 파스타 1/2 컵과 브레드 스틱 1개—2회분

Snack: 6 crackers—1 serving

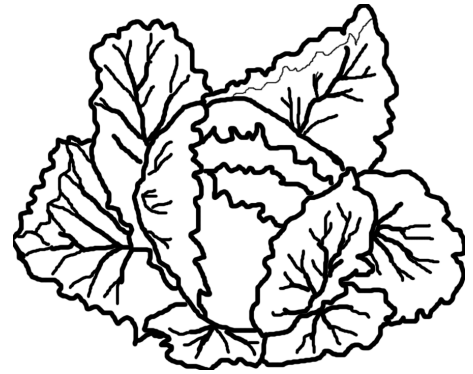
간식: 크래커6개—1회분

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

하루 섭취량: 7회분. 탄수화물이 식단마다 균형있게 들어있음을 주목하십시오. 이렇게 해야 혈당 조절에 도움이 됩니다.

Vegetables

야채



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

야채는 당뇨병환자는 물론이고 누구에게나 좋은 건강식품입니다. 매일 생야채와 야채요리를 드십시오. 야채는 비타민과 미네랄의 공급원이며 칼로리가 극히 낮은 섬유소를 공급합니다. 야채를 살 때 색깔이 선명한 것을 선택하십시오. 선택할 수 있는 야채들: 당근, 피망, 가지, 브로콜리, 토마토, 시금치 등.

You should have 3 to 5 servings every day.

매일 3 회 내지 5 회분의 야채를 섭취하십시오.

How much is a serving of vegetables?

야채 1 회분 양

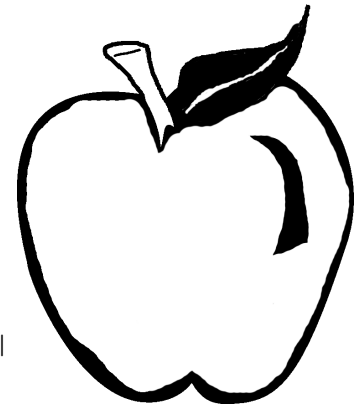
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
야채 요리 1/2 컵:
깍지콩, 가지, 시금치, 호박 요리 등
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
생야채 1컵:
샐러드, 당근 토막, 또는 썬 오이 등
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
야채 주스 1/2 컵:
토마토 주스 또는 당근 주스 등

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

매 끼니마다 1회 내지 3회분의 야채를 먹는 것이 좋습니다. 매 끼니에 1회분 이상의 야채를 섭취해야 할 경우, 다른 종류의 야채를 먹을 수도 있고, 같은 야채를 2회 내지 3회분을 섭취할 수도 있습니다.

Fruits

과일



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

과일은 당뇨병 환자를 포함하여 누구에게나 좋은 건강 식품입니다. 과일은 활동 에너지를 제공하고 비타민, 미네랄 그리고 섬유소를 제공합니다.

How many servings of fruit do I need?

필요한 과일 섭취량

2 to 4 servings

2 회 내지 4 회분을 섭취하십시오

What is a serving of fruit?

과일 1 회분 양

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
사과나 배, 적은 것 1개 (여자 주먹 크기에 해당)
- ◆ ½ cup of apple or orange juice
사과주스나 오렌지 주스 ½ 컵
- ◆ ½ of a grapefruit
자몽 1/2개
- ◆ 1 small banana or ½ of a large banana
바나나 적은 것 1개 또는 큰 것 1/2 개
- ◆ ½ cup of chopped fruit
잘게 썬 과일 1/2 컵
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
건 포도나 건과 1/4 컵 (손 안에 담을 정도)

You might need to eat one or two servings of fruit at a meal.

매 끼니마다 1회 내지 2회분의 과일을 섭취해야 할 것입니다.

How should I eat fruit?

과일 섭취 방식

- ◆ Eat fruits raw, or as juice with no sugar added.
생과일이나 무가당의 과일즙을 섭취하십시오.
- ◆ Buy smaller pieces of fruit.
과일은 소량으로 사십시오.

Milk and Yogurt Foods

우유와 요구르트

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

탈지유와 저지방 우유 그리고 요구르트는 당뇨병 환자는 물론이고 모든 사람들의 건강 식품입니다. 우유와 요구르트는 활동 에너지와 단백질, 칼슘, 비타민 A 그리고 다른 종류의 비타민과 미네랄을 공급합니다.



Drink fat-free (skim or nonfat) or low-fat (1%) milk each day.

Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

매일 무지방(지방 제거 또는 탈지) 우유나 또는저지방 (1%) 우유를 마십시오. 저지방 또는 무지방 요구르트를 섭취하십시오. 여기에는 총 열량과 포화지방 및 콜레스테롤이 낮습니다 .

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

1일 필요 섭취량

매일 회내지 회분을 섭취하십시오

참조: 임산부나 모유를 먹이는 출산모는 4 회 내지 5 회분의 우유나 요구르트를 매일 섭취해야 합니다.

How much is a serving of milk and yogurt?

우유나 요구르트의 1 회분 양

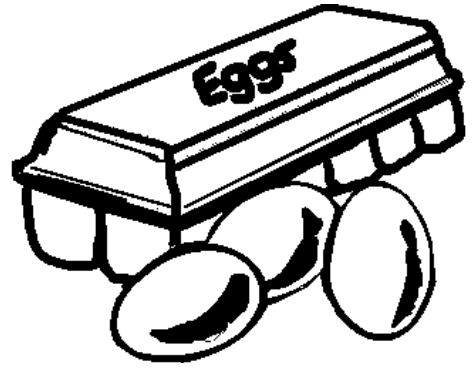
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
감미료가 첨가되지 않은 무지방 요구르트(혹은 저열량의 아스파탐 감미의 요구르트) 1 컵.
- ◆ 1 cup skim or low-fat milk
저지방 우유 1 컵.

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

참조: 속에 과일 있음이라고 써있는 요구르트는 피하십시오. 높은 양의 설탕이 가미되어있기 때문입니다.

Meat, Poultry, Fish, Eggs and Nuts

육류, 가금류, 어류,
계란, 견과류



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

이 식품군은 육류(쇠고기, 돼지고기, 양고기), 닭고기, 타조고기, 계란, 생선, 견과, 두부 또는 콩제품을 포함합니다. 이러한 음식을 매일 조금씩 섭취하십시오. 이러한 식품은 우리 몸에 필요한 단백질을 공급합니다.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

단백질 음식은 우리 몸의 조직과 근육 발달을 돕습니다. 또한 이 음식은 우리 몸에 비타민과 미네랄을 공급합니다.

How many protein foods do I need each day? 2 to 3 servings

단백질 음식

1 일 섭취량은 2 회 내지 3 회분입니다.

How much is a serving of meat, poultry, fish, eggs and nuts?

육류, 가금류, 어류, 계란과 견과류의 1 회분 양

- ◆ 2 to 3 ounces of cooked fish
생선 요리 2온스 내지 3 온스
- ◆ 2 to 3 ounces cooked chicken
닭요리 2온스 내지 3 온스
- ◆ 3 to 4 ounces tofu (1/2 cup)
두부 3온스 내지 4 온스 (1/2 컵)
- ◆ 1 egg (equals one ounce of protein)
계란 1개 (단백질 1온스와 동등)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
치즈 1조각 또는 치즈 1 온스 (배터리 D 사이즈에 해당함)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
땅콩 버터 2 테이블스푼 (약 1온스)

Meat, Poultry, Fish, Eggs and Nuts (continued)

육류, 가금류, 어류, 계란, 견과류 (계속)

Helpful Tips:

건강식단을 위한 요령:

- ◆ The serving size you eat now may be too big.
당신은 일회분의 음식을 지나치게 많이 섭취하십니까?
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
카드 한 벌을 보십시오. 이 크기가 2온스 내지 3온스의 크기에 해당합니다.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
소고기, 돼지고기, 햄, 양고기를 살 때 지방이 적은 것을 고르십시오. 고기에 붙어있는 지방을 제거하십시오.
- ◆ Eat chicken or turkey without the skin.
닭고기나 타조고기에서 껍질을 벗겨내십시오.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
단백질 식품을 요리할 때 저지방 요리법을 쓰십시오: 오븐에서 굽기, 석쇠에서 굽기, 기름에 살짝 볶기, 삶기, 스투 요리.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
- ◆ 육류 요리를 할 때 식용유를 적게 사용해야 하고 가능한 한 식용유 대신에 요리용 스프레이를 사용하십시오.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
고기없이 식사를 하십시오. 단백질의 공급원으로 콩류나 두부를 섭취하십시오.

Fats, Oils and Sweets

동물지방, 식물유, 단 음식



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

지방과 식물유는 음식이나 요리에 첨가하는 것들로서, 버터, 마가린, 라드(반고체의 돼지기름), 식물성 기름 등이 있습니다. 식물유란 카놀라유, 올리브유, 기타 식물성 기름을 말합니다. 동물지방은 육류, 유제품, 그리고 간식과 단 음식에도 포함되어 있습니다. 당뇨를 조절하기 위해서는 지방과 포화 지방(육류나 육류 제품에 포함 된)이 적은 음식을 섭취하는 것이 무엇보다 중요합니다.

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

단 음식이란 설탕이 많이 든 음식이며 열량이 높은 반면 비타민이나 미네랄 성분은 극히 적습니다. 케이크, 쿠키, 파이 등의 단 음식은 동물지방을 많이 함유하고 있습니다.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

설탕이 많이 든 음식이나 고지방 음식을 섭취는 혈당 및 체중 조절을 힘들게 합니다. 지방성 음식이나 단 것을 꼭 먹어야 한다면, 소량만 드십시오.

How much is a serving of fats, oils and sweets?

동물지방, 식물유, 단 음식의 1 회분 양

- ◆ 1 teaspoon oil
식용유 1 티스푼
- ◆ 1 tablespoon regular salad dressing
보통 샐러드용 소스 1 테이블스푼
- ◆ 2 teaspoons light mayonnaise
저지방 마요네즈 2 티스푼
- ◆ 1 strip of bacon
베이컨 1 조각
- ◆ 1 cookie
쿠키 1개
- ◆ 1 plain doughnut
보통 도넛 1개
- ◆ 1 tablespoon syrup
시럽 1 테이블스푼
- ◆ 10–15 chips
칩스 10-15개

Korean

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한국어판 (Korean)

본 자료는, 미농림부 산하 푸드 스탬프 수혜가족을 위한 식품과 소비자 서비스에서 지원한 자금으로 조지아 주립대학교(조지아주 아틀란타 소재) 인류지리학과 산하 새 미국인 식품영양교육 프로젝트에서 개발한 것입니다.

미연방법과 미농림부 정책에 의거하여, 본 기관 내의 어느 누구라도 인종, 피부색, 국적, 성별, 연령, 종교, 정치적 견해 또는 지체부자유를 이유로 타인을 차별하는 것은 위법입니다.

추가 정보를 원하시는 분은 (404)651-2542로 전화하여 문의하십시오.



The Food Pyramid

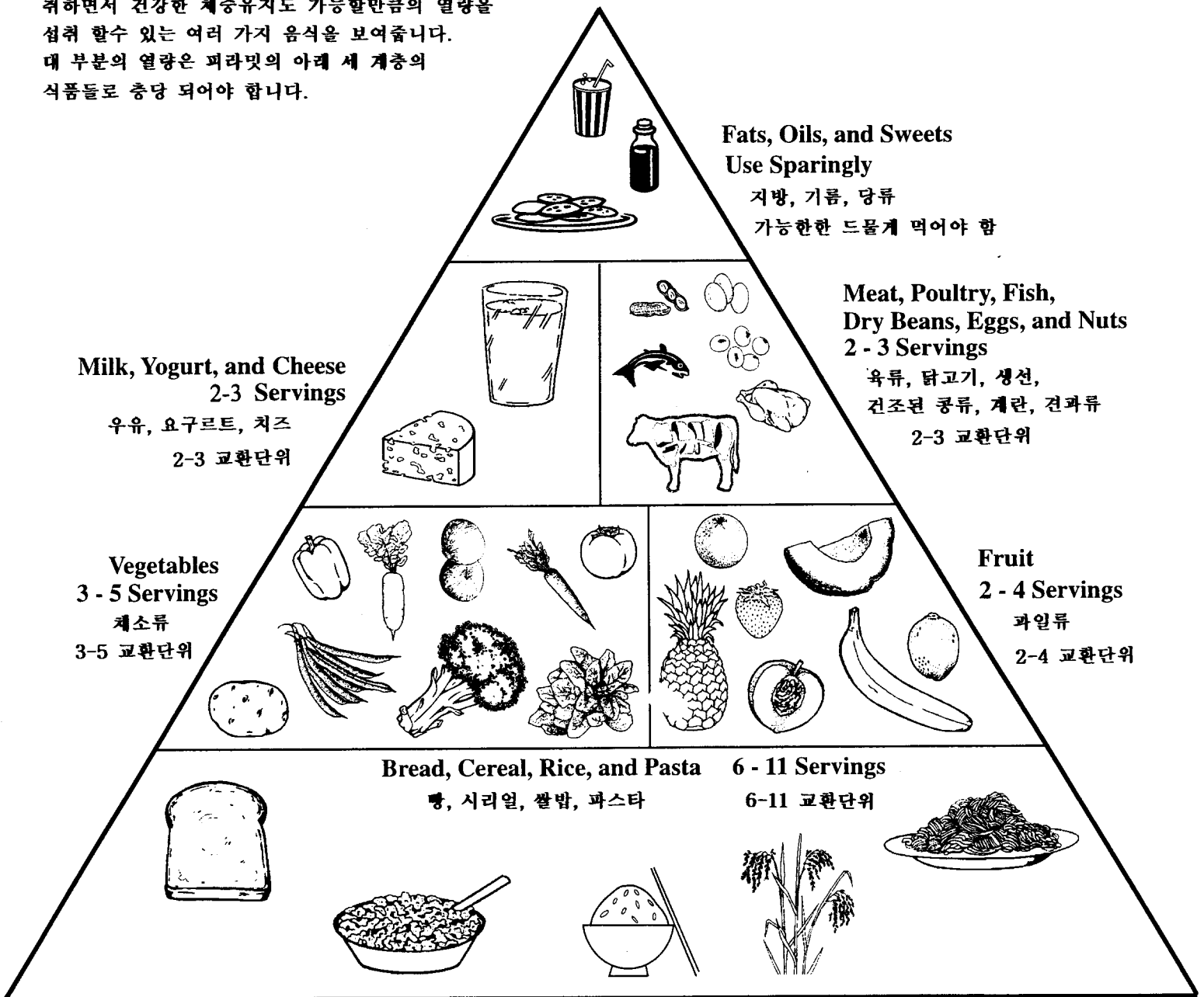
미국의 식품 피라미트

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

이 식품 안내 피라미트는, 여러분에게 적합한 건강 식단을 선택하는데 도움이 되는 보편적인 지침입니다. 이 피라미트는 여러분이 필요한 영양소를 섭취하면서 건강한 체중유지도 가능할만큼의 열량을 섭취 할수 있는 여러 가지 음식을 보여줍니다. 대부분의 열량은 피라미트의 아래 세 계층의 식품들로 충당 되어야 합니다.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

각 식품군들은, 전부는 아니지만 여러분에게 필요한 어느정도의 영양소를 제공합니다. 한 식품군에 있는 음식들은 다른 식품군의 것들로 대체할 수 없습니다. 건강을 위해서는 모든 식품군 전부가 필요합니다.



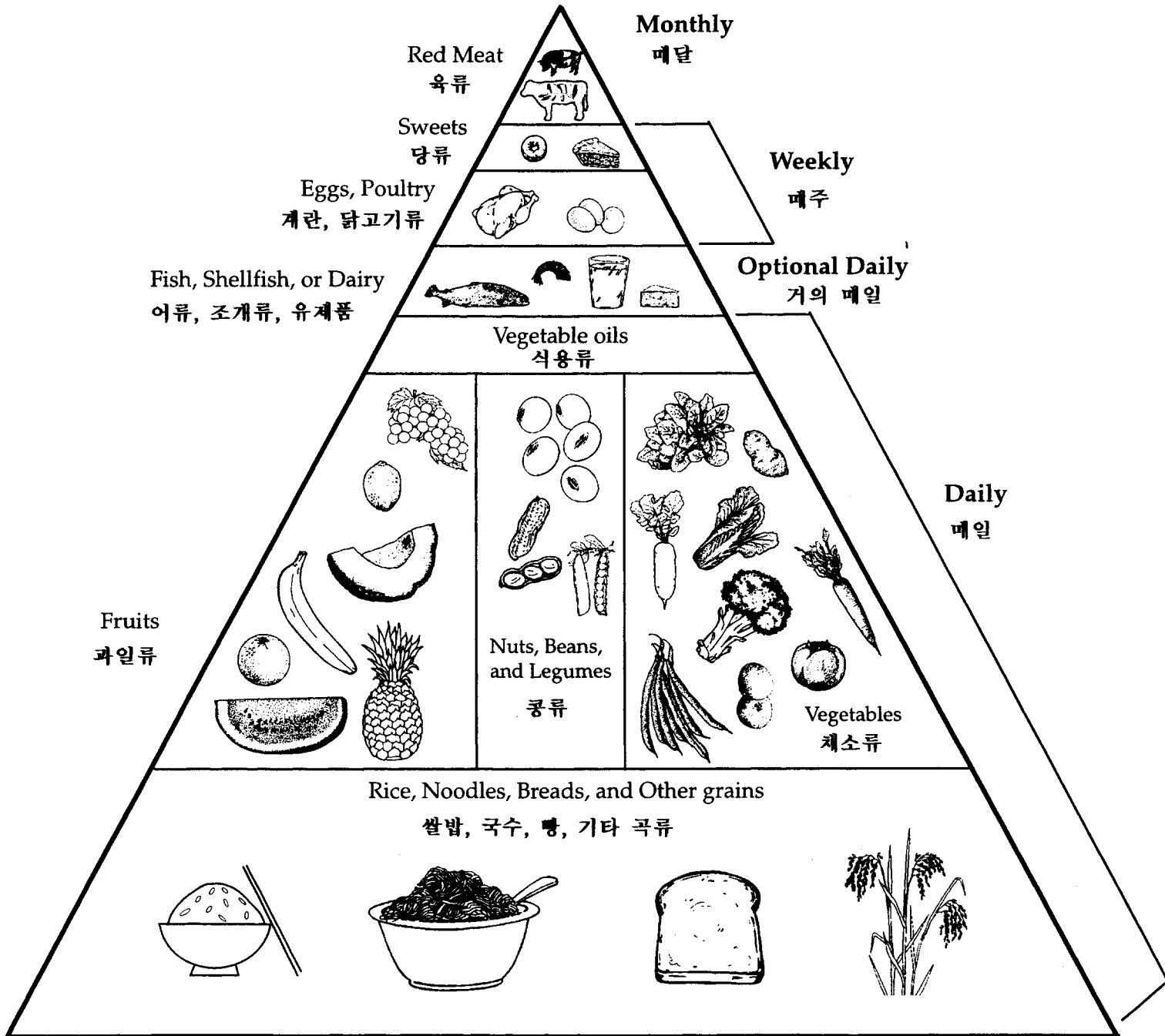
Korean Language Version

Asian Food Pyramid

아시아의 식품 피라미트

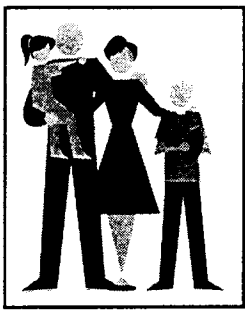
The Food Pyramid is a general guide that lets you choose a healthy diet that's right for you. Each of these food groups provide some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

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Korean Language Version

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Better Health Begins With You!

당신과 함께 시작하는 건강한 생활

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

6 내지 11 교환단위의 저지방 빵, 씨리얼, 쌀밥 또는 파스타를 매일 적은 양씩 나누어 먹는다. 예를들어, 아침에는 오트밀을, 점심에는 샌드위치를, 저녁에는 흰밥을 먹는다.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

매일 5 교환단위의 과일과 채소를 먹는다. 예를 들어, 아침에는 오렌지 주스를, 점심에는 샐러드를, 저녁에는 녹색콩과 삶은 감자, 그리고 포도를 먹는다.

3. Drink at least 8 glasses of pure, fresh water every day.

적어도 매일 8 잔의 물을 마신다.

4. Eat lean, low-fat meats, such as chicken or fish.

닭고기나 생선과 같은, 살코기나 기름이 적은 육류를 먹는다.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

무지방 우유나 후로즌 요거트 같은 저지방이나 무지방 유제품을 고른다.

6. Limit your intake of sweets and alcoholic beverages.

단음식과 알콜음료의 섭취를 제한한다.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

매일 운동을 한다. 걷거나 춤추거나 움직이는 놀이를 한다.

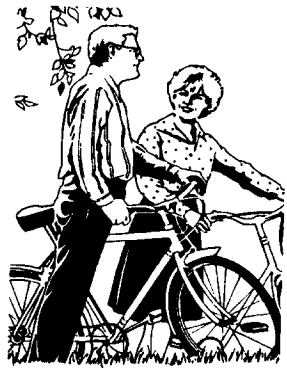
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

라아드나 동물성 지방대신 조리시 식물성기름 또는 카놀라 기름을 쓴다. 식물성기름은 콜레스테롤이 없어서 여러분에게 더욱 좋다.

Korean Language Version

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Better Nutrition for Mature Adults

어른들을 위한 좋은 영양

1. Drink 6 - 8 glasses of water every day.

매일 6-8잔의 물을 마신다.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

우유, 치즈, 요구르트, 뼈째먹는 생선 같은 칼슘이 풍부한 음식이나 브로콜리 같은 진한 녹색 채소를 섭취한다. 칼슘은 튼튼한 뼈를 유지하기 위한 중요한 영양소이다.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

당근이나 오렌지 같은 채소나 과일을 통해 비타민 에이와 비타민 씨이를 많이 섭취한다. 비타민 에이는 시력과 피부에 좋고 비타민 씨이는 잇몸 건강과 질병예방에 좋다.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

에너지 대사에 중요한 철분이 많이 함유된 음식을 먹는다. 철분은 육류, 닭고기류, 생선류 그리고 콩류에 풍부하다.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

아연결핍을 예방하기 위해 육류, 닭고기류, 생선류 등을 식단에 첨가 한다. 아연은 상처가 빨리 치료 될 수 있도록 도와 준다.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

일정한 운동을 한다. 옥외운동은 햇볕으로 부터 비타민 디이를 섭취할 수 있어서 좋다.

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Better Health for Mother and Baby

엄마와 아기의 건강을 위해

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

술과, 커피나 소프트 드링크같이 카페인 이 함유된 음료를 피한다.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

매일 칼슘 함유된 식품을 섭취한다.

우유, 치즈, 요구르트, 뼈째먹는 생선, 진한 녹색 채소는 칼슘이 풍부한 음식이다.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

단백질 섭취를 위해 매일 2내지 3 교환단위의 육류, 생선, 계란 또는 마른 콩을 먹는다.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

비타민과 미네랄을 섭취하기 위해 매일 적어도 5 교환단위의 과일류나 채소류를 먹는다.

예를 들어 아침씨리얼에 넣어먹는 바나나 한조각, 오후 간식으로 사과 한 개, 점심에 당근이나 셀러리 스틱, 그리고 저녁에 부로컬리와 샐러드를 먹는다.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

건강과 열량공급에 중요한 곡류는 6 내지 11 교환단위를 먹는다.

이그룹에는 통밀빵과 현미가 있다.

6. See your doctor early in your pregnancy.

임신 초기 부터 의사의 검진을 받는다.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

임신중 체중이 정상적으로 증가 하는지 확인한다.

대부분의 산모는 증가량이 25에서 30 파운드 이다. 의사의 도움을 받는다.

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Good Food for Kids

아이들을 위한 좋은 음식

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

칼슘은 뼈의 발달과 성장을 위해 필요하며 이것은 우유, 요구르트, 뼈째먹는 생선이나 브로콜리 같은 진한 녹색 채소를 통해 섭취할 수 있다.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

철분은 에너지를 생산 하는데 도움을 주며 이것은 붉은 육류, 닭고기, 생선 또는 마른콩에 많이 포함되어 있다.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

당근, 시금치, 기타 과일과 채소들은 비타민 A와 C가 풍부하다. 비타민 A는 시력과 피부에 좋고 비타민 C는 잇몸 건강과 질병예방에 좋다.

4. Energy is important and comes from breads, rice, cereal, and pasta.

열량섭취는 중요하며 빵, 쌀밥, 씨리얼, 그리고 파스타로 부터 얻어진다.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

과일이나 채소, 유제품, 견과류 같은 건강에 좋은 간식을 선택하라. 이것들은 소다, 칩, 단음식 보다 훨씬 영양가도 높을 뿐 아니라 어린이의 치아에도 좋다.

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

매일의 운동은 아이들이 건강한 몸을 유지하고 성장하는데 중요하다.

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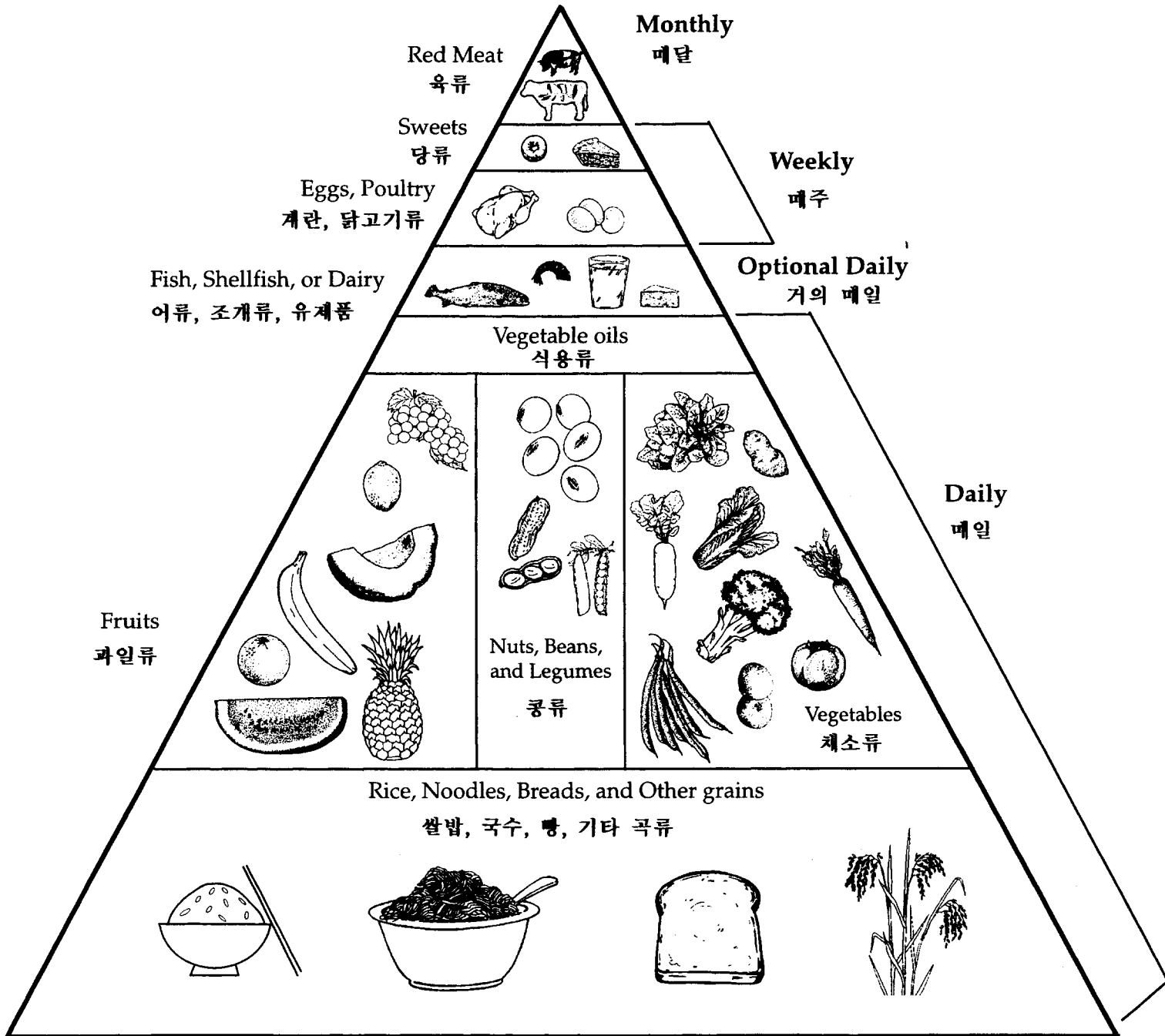


Asian Food Pyramid

아시아의 식품 피라미트

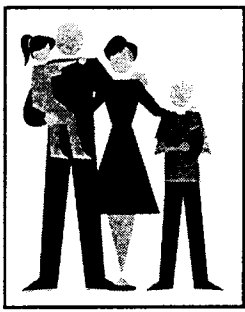
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1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

6 내지 11 교환단위의 저지방 빵, 씨리얼, 쌀밥 또는 파스타를 매일 적은 양씩 나누어 먹는다. 예를들어, 아침에는 오트밀을, 점심에는 샌드위치를, 저녁에는 흰밥을 먹는다.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

매일 5 교환단위의 과일과 채소를 먹는다. 예를 들어, 아침에는 오렌지 주스를, 점심에는 샐러드를, 저녁에는 녹색콩과 삶은 감자, 그리고 포도를 먹는다.

3. Drink at least 8 glasses of pure, fresh water every day.

적어도 매일 8 잔의 물을 마신다.

4. Eat lean, low-fat meats, such as chicken or fish.

닭고기나 생선과 같은, 살코기나 기름이 적은 육류를 먹는다.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

무지방 우유나 후로즌 요거트 같은 저지방이나 무지방 유제품을 고른다.

6. Limit your intake of sweets and alcoholic beverages.

단음식과 알콜음료의 섭취를 제한한다.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

매일 운동을 한다. 걷거나 춤추거나 움직이는 놀이를 한다.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

라아드나 동물성 지방대신 조리시 식물성기름 또는 카놀라 기름을 쓴다. 식물성기름은 콜레스테롤이 없어서 여러분에게 더욱 좋다.

Korean Language Version

These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service. For more information, call (404) 651-2542.



The Food Pyramid

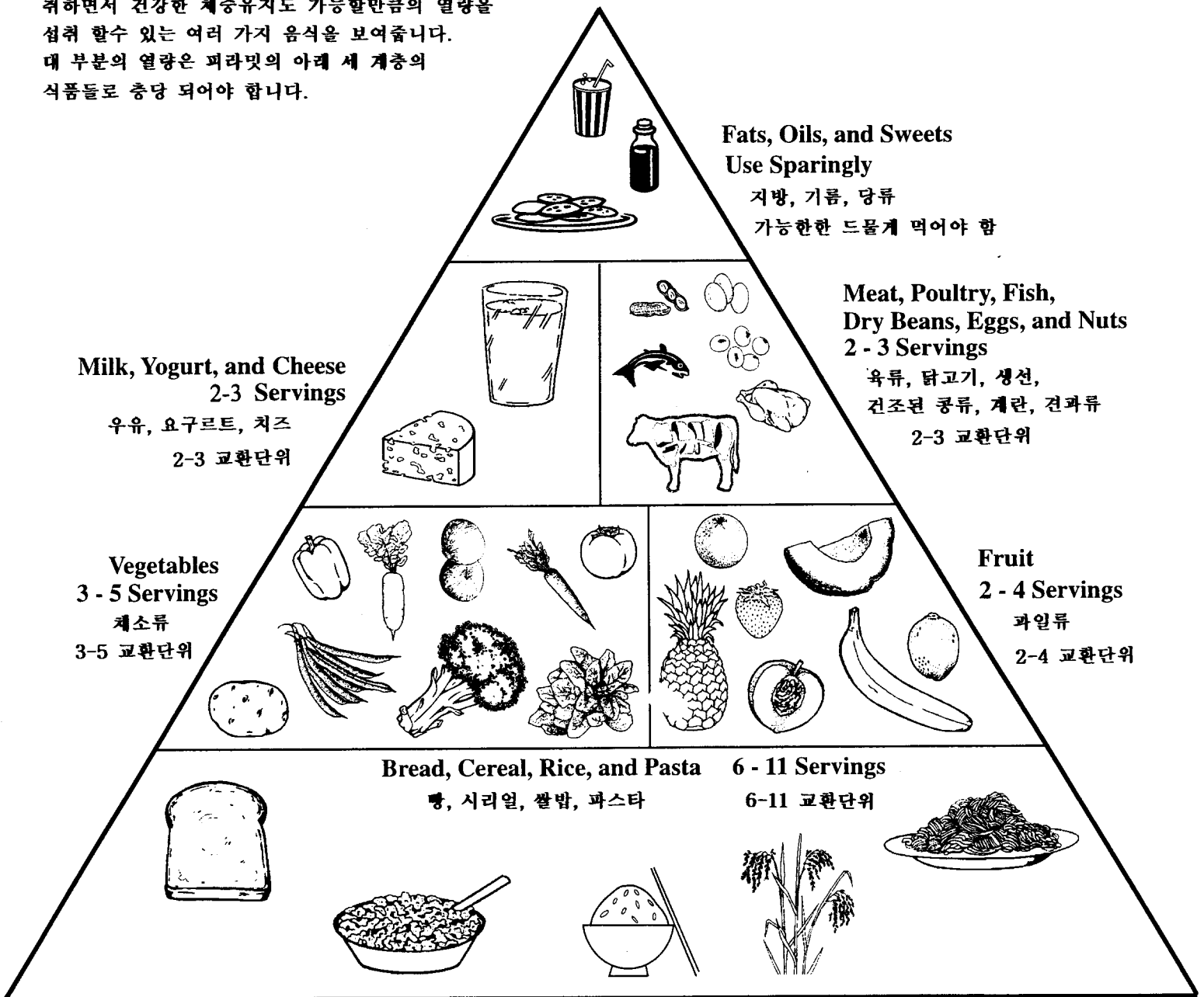
미국의 식품 피라미트

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

이 식품 안내 피라미트는, 여러분에게 적합한 건강 식단을 선택하는데 도움이 되는 보편적인 지침입니다. 이 피라미트는 여러분이 필요한 영양소를 섭취하면서 건강한 체중유지도 가능할만큼의 열량을 섭취 할수 있는 여러 가지 음식을 보여줍니다. 대부분의 열량은 피라미트의 아래 세 계층의 식품들로 충당 되어야 합니다.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

각 식품군들은, 전부는 아니지만 여러분에게 필요한 어느정도의 영양소를 제공합니다. 한 식품군에 있는 음식들은 다른 식품군의 것들로 대체할 수 없습니다. 건강을 위해서는 모든 식품군 전부가 필요합니다.



Korean Language Version



Good Food for Kids

아이들을 위한 좋은 음식

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

칼슘은 뼈의 발달과 성장을 위해 필요하며 이것은 우유, 요구르트, 뼈째먹는 생선이나 브로콜리 같은 진한 녹색 채소를 통해 섭취할 수 있다.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

철분은 에너지를 생산 하는데 도움을 주며 이것은 붉은 육류, 닭고기, 생선 또는 마른콩에 많이 포함되어 있다.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

당근, 시금치, 기타 과일과 채소들은 비타민 A와 C가 풍부하다. 비타민 A는 시력과 피부에 좋고 비타민 C는 잇몸 건강과 질병예방에 좋다.

4. Energy is important and comes from breads, rice, cereal, and pasta.

열량섭취는 중요하며 빵, 쌀밥, 씨리얼, 그리고 파스타로 부터 얻어진다.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

과일이나 채소, 유제품, 견과류 같은 건강에 좋은 간식을 선택하라. 이것들은 소다, 칩, 단음식 보다 훨씬 영양가도 높을 뿐 아니라 어린이의 치아에도 좋다.

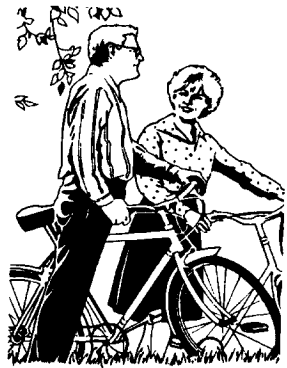
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

매일의 운동은 아이들이 건강한 몸을 유지하고 성장하는데 중요하다.

Korean Language Version

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Better Nutrition for Mature Adults

어른들을 위한 좋은 영양

1. Drink 6 - 8 glasses of water every day.

매일 6-8잔의 물을 마신다.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

우유, 치즈, 요구르트, 뼈째먹는 생선 같은 칼슘이 풍부한 음식이나 브로콜리 같은 진한 녹색 채소를 섭취한다. 칼슘은 튼튼한 뼈를 유지하기 위한 중요한 영양소이다.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

당근이나 오렌지 같은 채소나 과일을 통해 비타민 에이와 비타민 씨이를 많이 섭취한다. 비타민 에이는 시력과 피부에 좋고 비타민 씨이는 잇몸 건강과 질병예방에 좋다.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

에너지 대사에 중요한 철분이 많이 함유된 음식을 먹는다. 철분은 육류, 닭고기류, 생선류 그리고 콩류에 풍부하다.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

아연결핍을 예방하기 위해 육류, 닭고기류, 생선류 등을 식단에 첨가 한다. 아연은 상처가 빨리 치료 될 수 있도록 도와 준다.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

일정한 운동을 한다. 옥외운동은 햇볕으로 부터 비타민 디이를 섭취할 수 있어서 좋다.

Korean Language Version

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Better Health for Mother and Baby

엄마와 아기의 건강을 위해

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

술과, 커피나 소프트 드링크같이 카페인 이 함유된 음료를 피한다.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

매일 칼슘 함유된 식품을 섭취한다.

우유, 치즈, 요구르트, 뼈째먹는 생선, 진한 녹색 채소는 칼슘이 풍부한 음식이다.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

단백질 섭취를 위해 매일 2내지 3 교환단위의 육류, 생선, 계란 또는 마른 콩을 먹는다.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

비타민과 미네랄을 섭취하기 위해 매일 적어도 5 교환단위의 과일류나 채소류를 먹는다.

예를 들어 아침씨리얼에 넣어먹는 바나나 한조각, 오후 간식으로 사과 한 개, 점심에 당근이나 셀러리 스틱, 그리고 저녁에 부로컬리와 샐러드를 먹는다.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

건강과 열량공급에 중요한 곡류는 6 내지 11 교환단위를 먹는다.

이그룹에는 통밀빵과 현미가 있다.

6. See your doctor early in your pregnancy.

임신 초기 부터 의사의 검진을 받는다.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

임신중 체중이 정상적으로 증가 하는지 확인한다.

대부분의 산모는 증가량이 25에서 30 파운드 이다. 의사의 도움을 받는다.

Korean Language Version

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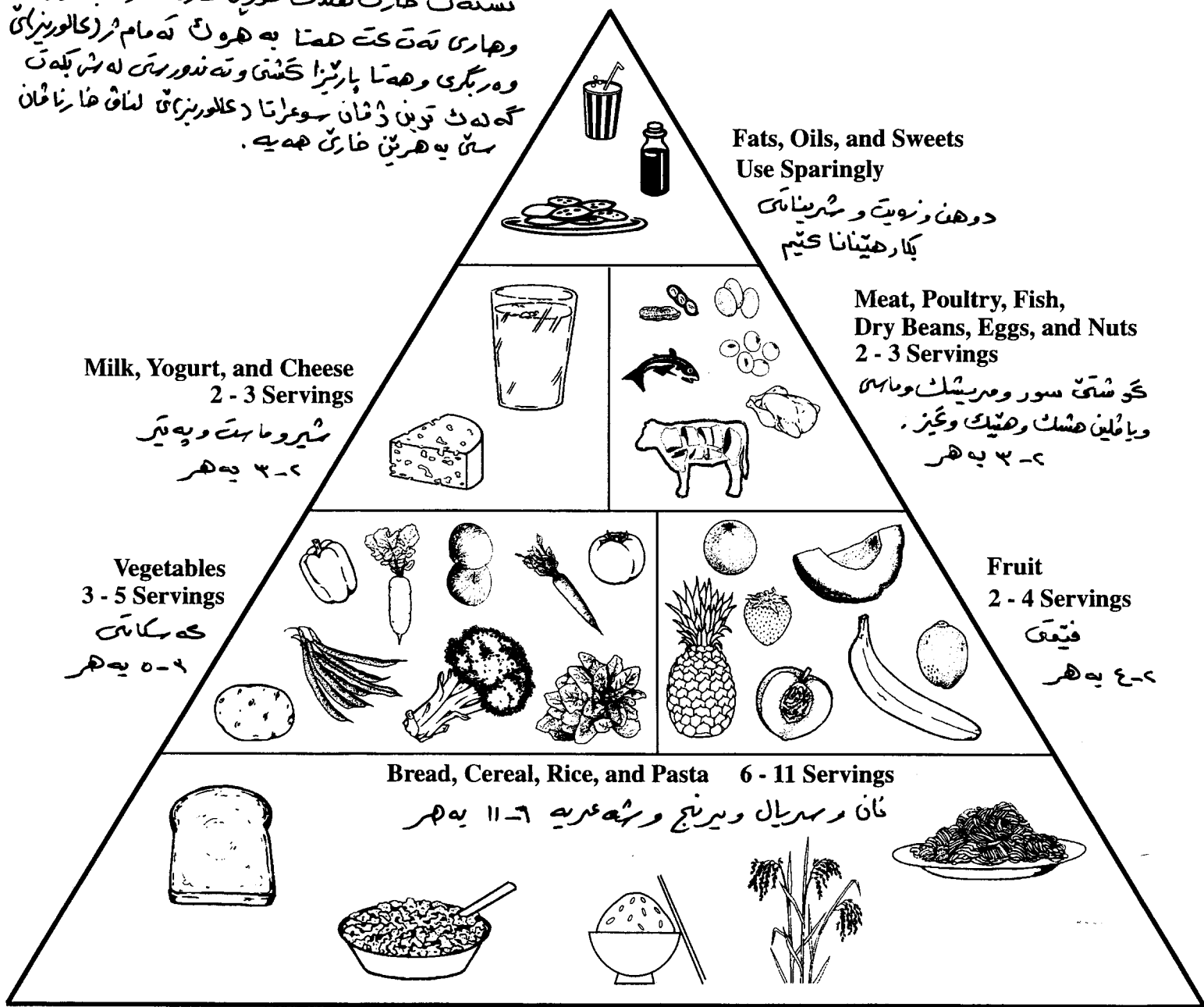
The Food Pyramid

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

هەر کۆمه له کۆمه زۆرانی هێندەن سوود
ئێدەت نە هه هه جهورین خاری ته بیدقیته. خاری
لکۆمه له کۆمه بێگه بو خاری لکۆمه له کۆمه دی.
بوو ته ندرو ههیا پاش ته هه هه پیت قیت.

پێکا خاری هه هه ده لیه ک گشته چونکه به ناما
ته ندور هه بو ته هه لێر پیرت. ته هه هه
ئستهت خاری هه هه کۆرانی کاری خاری سوود.
وهاری ته ته هه هه به هه هه ته مام (کالوریزی)
وه بگری وه هه پاریزا گشته وه ندور هه له شه بکه ت
که له کۆرانی سوو هه هه لکۆرینی لسانی خاری هه هه
سه به هه هه خاری هه هه.



Fats, Oils, and Sweets
Use Sparingly

دوهن و زویتی و شیرینایی
بکارهێنانا کتیم

Milk, Yogurt, and Cheese
2 - 3 Servings

شیر و مایهت و په تیر
٣-٢ بههر

**Meat, Poultry, Fish,
Dry Beans, Eggs, and Nuts**
2 - 3 Servings

گوشتی سوو و مریشک و ماهی
و پالمین ههشک و ههتیک و عجز.
٣-٢ بههر

Vegetables
3 - 5 Servings

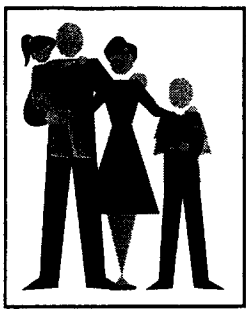
که ماکایی
٥-٣ بههر

Fruit
2 - 4 Servings

فیتعی
٤-٢ بههر

Bread, Cereal, Rice, and Pasta 6 - 11 Servings

نان و مریال و بیرنج و شه عریه
١١-٦ بههر



Better Health Begins With You!

يا مهترين حارين توو ده ههت يهه بگه

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

1- ده ههت 6 پورتن 6 ههتا 11 بههرين بچيك بنو ئه نان و بهريال و برنج و بهه عريه وه كه سوه سوغان يوو سه حاريا وله فه كهه يوو فرامين و برنج يوو بهههه .

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

2- 5 بههرا ئه فيعه و كه سكاته بنو ده ههت پورتن . وه كه سوه بهه تا پرهه ماله سه حاريا و زلانه يوو فواينه و به قلين كه ههك و بهاتا و كره يوو بهههه .

3. Drink at least 8 glasses of pure, fresh water every day.

3- بگيهه 8 كوپهه نه نهه باقش فه خوو ده ههت پورتن .

4. Eat lean, low-fat meats, such as chicken or fish.

4- گوشت خيم چه وري بنو وه كه عريهك يان ماهي .

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

5- ئه تبهه چه وري سيري كيم چه وري وه كه سيري يه دوهن و ماههه فه رهه .

6. Limit your intake of sweets and alcoholic beverages.

6- كيم ئه حارين سرين بنو و كيم ئه فه حارين كينه .

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

7- ههك يارين وه زهه بگه ده ههت پورتن وه كه سوه بهه پوهن يان ياره عرون يان ده ههت .

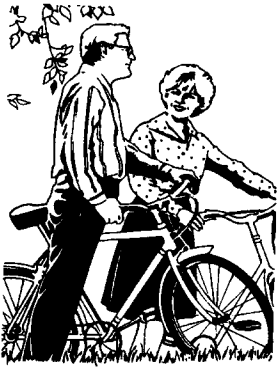
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

8- زه بهه كه سكاته بكار بهههه ئه بههت چه وري به رازي يان چه وري بهوانين دي . نههه كه سكاته بههتره ئه يوو ته نهه بهههه چونكه كوليسترولهه تههه بهه .

Kurdish Language: Bahdiny, or Bahdinani, Dialect

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Better Nutrition for Mature Adults

هێترین خاڕنا بۆ مەروەتەکان پێگە دەستێ.

1. Drink 6 - 8 glasses of water every day.

١- ٦-٨ پەر وایەن ئاقەتی قە حۆرە هەمە ڕۆژێ.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

٢- وای خاڕنا بۆ ئەمە قەلەمێن کەلسیۆم تێدایە وە کەسێر و مایەت و پە ئێر و مایەت و هەندێک کەس کەلسیۆم مەروەتە وە کەسێر و مایەت. کەلسیۆم کە لە کە پێتەقیە بۆ هەمە ستیکا.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

٣- ویتامین (A) و ویتامین (C) کە لە کەسێر و مایەت و پە ئێر و مایەت و هەندێک کەس کەلسیۆم مەروەتە وە کەسێر و مایەت. ویتامین (A) کە لە کە پێتەقیە. ویتامین (C) کە لە کە پێتەقیە. ویتامین (C) کە لە کە پێتەقیە. ویتامین (C) کە لە کە پێتەقیە.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

٤- وای خاڕنا بۆ ئەمە قەلەمێن کەلسیۆم تێدایە وە کەسێر و مایەت و پە ئێر و مایەت و هەندێک کەس کەلسیۆم مەروەتە وە کەسێر و مایەت. کەلسیۆم کە لە کە پێتەقیە بۆ هەمە ستیکا.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

٥- گوشت و مایەت و مەریشک تێدایە کەسێر و مایەت و پە ئێر و مایەت و هەندێک کەس کەلسیۆم مەروەتە وە کەسێر و مایەت. کەلسیۆم کە لە کە پێتەقیە بۆ هەمە ستیکا.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

٦- بەرە وای بە مەریشک تێدایە کەسێر و مایەت و پە ئێر و مایەت و هەندێک کەس کەلسیۆم مەروەتە وە کەسێر و مایەت. کەلسیۆم کە لە کە پێتەقیە بۆ هەمە ستیکا.

Kurdish Language: Bahdiny, or Bahdinani, Dialect

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Better Health for Mother and Baby

تە ندروستیی باش بوو دەیک و بچیکێ

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

۱- دیرکە قە ئرڤە خارین کێانی و قە خارین کافین تێدایت وەکی قە هێ و ساری.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

۲- وان خازنا بوو ئە ئین کالسیوم تێدایە هە مە پوژری. وەکی شیر و پە نیرو مایەت و مایە. و هەندک کە ماکایی سورشی.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

۳- بگو ۲ بە ۳ کۆ ئسی و مایە و هێکا و باولین تەر هە مە پوژری ژ بەر پیرۆئیی.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

۴- بکێمێ تە پێدقییت ۵ بە هەر ژ فیتای و کە سکا تە بگو هە روو هە تاو و رگێری خێامینت تە پێدقییت. بگو هەندک عوز و سیریا سە حاریا و سیف وەکی دانەک سەک نیغو. و هە روو سا کێرە کێ لگەل خزایی و بیکوئی و زلەتە لگەل سیف.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

۵- بگو ۶ هە تا ۱۱ بە هەرین بگو ژ خارین کە نەکی کە لەک پێدقییت بوو تە ندور مای و ناکەت. کە ئه مەش وەکی نا ئی کە نەکی و بێر نای قە هەو ئی.

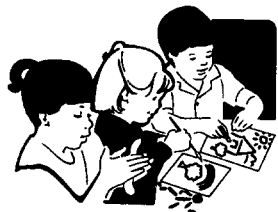
6. See your doctor early in your pregnancy.

۶- بەرە دانا دختوری فوکیە لوانتێ دەرکێانیا (الکل).

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

۷- ئا کە هەداری کە کێسانە (وەزن) ئی تە کە مام بەت و بایهت لوانتێ دەرکێانیا (الکل) ئە قە ئی دێ تێ ۲۵-۳۵ پاوون. بنمازە یارە ئی دختوری فو.





Good Food for Kids

خارنن باهه بوو بچیکا

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

١- کالسیوم بێتقیییه بوو بیهز کرنا هه سیکا . وهه به لسیری و ماههه و ماههه و ههنگ که سکانن
هره نهته .

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

٢- که بهن هاری عاریا دهرونی دکت بوو ساهه ناک . وهه به لانی کونته بوورو و سیک و ماههه و
یاملن هسک .

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

٣- کزه و سپیناغ و قیقه و که سکانی که له ک قیتامین (A) و قیتامین (C) بندا هه به . قیتامین (A) باهه
بوو چاف بوونه و چه رهه مروهه . و قیتامین (C) باهه بوو لیک قایم کرنه و دیرت نهته ز کون بینه .

4. Energy is important and comes from breads, rice, cereal, and pasta.

٤- ساهه ک گرنگه وهه به لانی و پرنجه و سربالی و نه عریه .

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

٥- سیکره خارنن سیک وه که قیقه و که سکانی و چورین سیر و سقا که فی خارنن هه که نهو سینه
و باهه بوو ددان بچیکا و سووده و چیه و سینه .

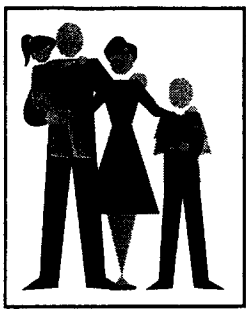
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

٦- یارتین وه زرتیه که له ک گرنگه بوو معزین بینه بچیکا و ساهه ناوان .

Kurdish Language: Bahdiny, or Bahdinani, Dialect

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Better Health Begins With You!

باشترین شارین توو ده هت بیج بکلی

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

1- ده هت پوژۆن 6 ههتا 11 بههرتین بچیک بنو ژ نانی و بریالت و برنجی و شه عریبی وه هت سومان یوو سه حاریا وله فه کئی بوو فرامین و برنج یوو هتیی.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

2- 5 بههرا ژ فیعی و سه کات بنو ده هت پوژۆن. وه هت سنه به تا پرته مالی سه حاریا و ژ لانه بوو فوایین و به قلین سه سگ و بقاتا و کری یوو هتیی.

3. Drink at least 8 glasses of pure, fresh water every day.

3- بکیهی 8 کوپین نه ئی باقش فه خوو ده هت پوژۆن.

4. Eat lean, low-fat meats, such as chicken or fish.

4- گوشتی چیم چه وری بنو وه هت عریسک یان ماهی.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

5- ژ تیگه چوړین شیریا کیم چه وری وه هت شیریا یان دوهن و ماهی فه رهه.

6. Limit your intake of sweets and alcoholic beverages.

6- کیم ژ شارین سرن بنو و کیم ژ فه خارین کینی.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

7- ههتک یارین وه زهه بکه ده هت پوژۆن وه هت پوژۆن یان یاری عردن یان ده هت.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

8- زه بهت که سکتیا بکار بوینه ژ بانهت چه وری به رازی یان چه وری حیوانین دی. زه بهت که سکتیا باشه ژ بوو ته ندرهه چونکه کولسترول نه تیدا به.

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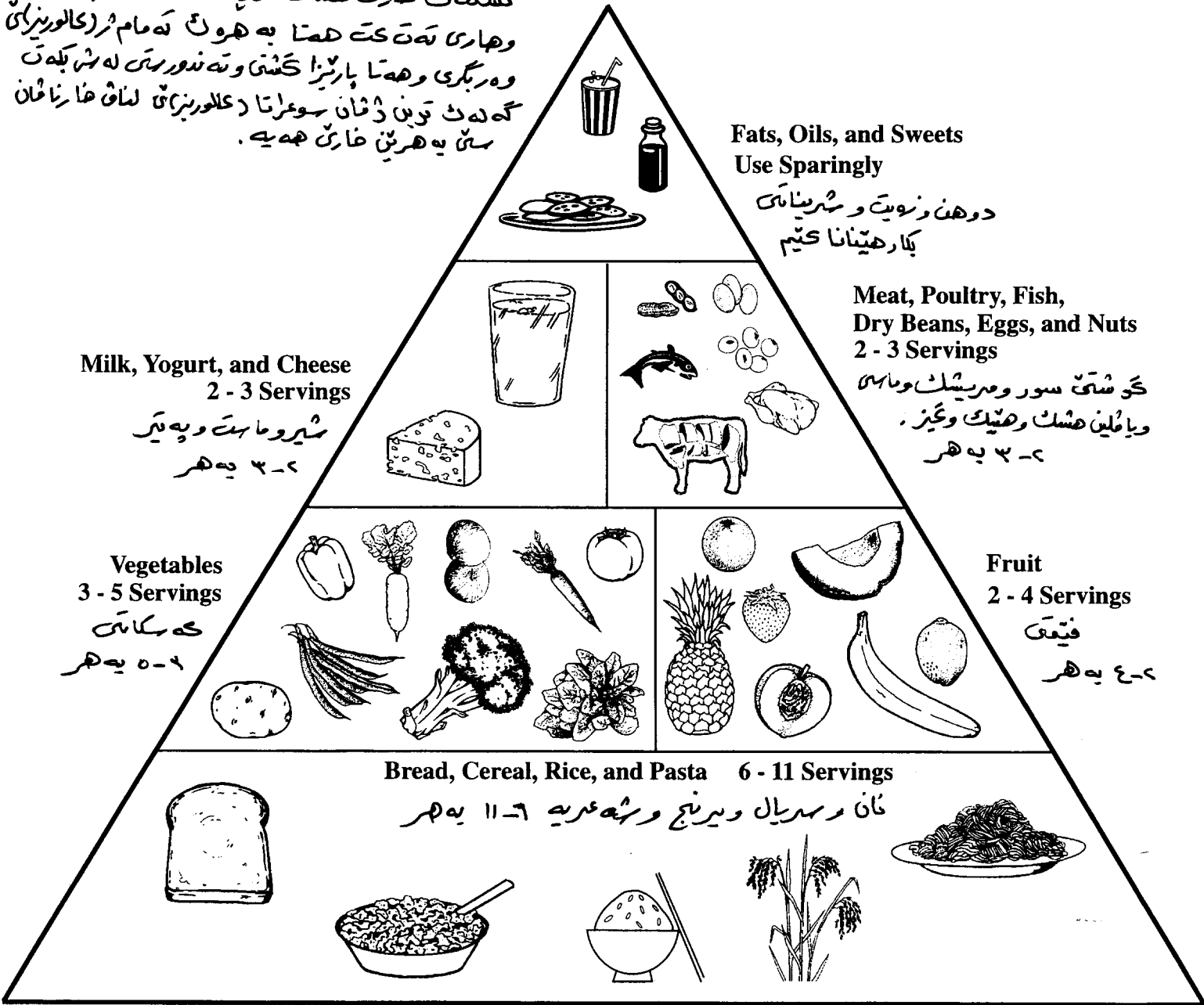
The Food Pyramid

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

هەر کۆمه لهك ژفان کۆمه لێن خاری هههه سوور
 ئیدت نه هه هه جوورین خاری ته بیدقیته . خاری
 لکۆمه له کێ نابیه جیگر بو خاری کۆمه له کێ دی .
 بوو ته ندرو هسیا پاش ته هه هه پیت قیت .

پێکا خاری هه هه ده لیهك گشته چونکه به ناما
 ته ندور هه بوو ته هه لێر پیرت . ته هه هه هه
 ئستهت خاری هه هه هه هه هه هه هه هه هه
 وه هه هه هه هه هه هه هه هه هه هه هه هه
 که لهك ژفان سوور تا دکلورینه لانی خاری هه هه
 سێ به هه هه هه هه هه هه هه هه هه هه .



Fats, Oils, and Sweets
Use Sparingly

دوهن و نهووت و سهرینهانی
 بکارهێنانا کتیم

Meat, Poultry, Fish,
Dry Beans, Eggs, and Nuts
2 - 3 Servings

گو شاتی سوور و مریشک و ماهی
 و یا مین هسک و هتیک و عیز .
 ۲-۳ به هر

Milk, Yogurt, and Cheese
2 - 3 Servings

شیر و مایهت و په پیر
 ۲-۳ به هر

Vegetables
3 - 5 Servings

که مکتی
 ۳-۵ به هر

Fruit
2 - 4 Servings

فیتعی
 ۲-۴ به هر

Bread, Cereal, Rice, and Pasta 6 - 11 Servings

نان و سهریا و بیریج و شه عریه ۶-۱۱ به هر



Good Food for Kids

خارنن یا ئه بوو بچیکا

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

١- کالسیوم پێتقییه بوو بیهز کرنا هه ستیکا . وهه به لسیری و ماهی و ماهی و ههنگ که ستانن
هر و نهت .

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

٢- ئه بن هاری عاریا دهرونی دکت بوو ساهه ناک . وهه به لانی کونکت بوورو وریک و ماهی و
یامین هسک .

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

٣- کیزه و سپیناغ و قیقه و که سکانی که له ک قیامین (A) و قیامین (C) نیدا هه به . قیامین (A) یا ئه
بوو چاف بوون و چه رهت مروفه . و قیامین (C) یا ئه بوو لیت قایم کرنی و دیرت نکت ز کون بید .

4. Energy is important and comes from breads, rice, cereal, and pasta.

٤- ساهه ک گرنگه وهه به لانی و پرنج و سربالی و نه عربت .

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

٥- و تیکره خارتین سیک وه که قیقه و که سکانی و چورین سیر و بسقا که فی خارنن هه که ندره سینه
و یا ئه بوو ددان بچیکا و سووده و چیه و سربانه .

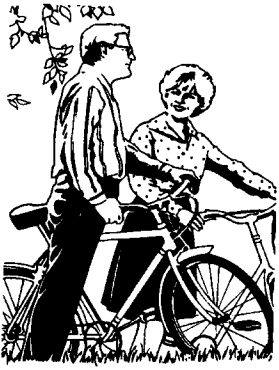
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

٦- یارتین وه زرتی که له ک گرنگه بوو معزین بینا بچیکا و ساهه ناوان .

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Better Nutrition for Mature Adults

هێترین خاڕنا بۆ مەروەتێن پێگە هەستە .

1. Drink 6 - 8 glasses of water every day.

١- ٦-٨ پەر وایەن ئاقەتی قە حۆرە هەمە پێرێتی .

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

٢- وانی خاڕنا بۆ ئەمەتێن کەلسیۆم تێدایە وە کەسێر و مایەت و پە ئێر و مایەت و هەندێک کەس کەلسیۆم مەروەتێن وە کەسێر و مایەت . کەلسیۆم گە لەک پێتەقییە بۆ هەستیکا .

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

٣- ویتامین (A) و ویتامین (C) گە لەک هەمە تەخاڕنا فێتەتی و کەس کەلسیۆم وە کەسێر و مایەت و پە ئێر و مایەت و هەندێک کەس کەلسیۆم مەروەتێن . ویتامین (A) گەرگە ئێر و چاکی و پێتەقییە . ویتامین (C) باهە بۆ لیفا دێرێت ئێر و پێتەقییە .

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

٤- وانی خاڕنا بۆ ئەمەتێن ئەمەتێن تێدایە و ئاقەتێن ددە دەروونی . ئەمەتێن گە لەک هەمە تەخاڕنا فێتەتی و کەسێر و مایەت و پە ئێر و مایەت و هەندێک کەس کەلسیۆم مەروەتێن .

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

٥- گۆست و مایەت و مەریشک ئێرە کەسێر و مایەت و پە ئێر و مایەت و هەندێک کەس کەلسیۆم مەروەتێن . ئەمەتێن گە لەک هەمە تەخاڕنا فێتەتی و کەسێر و مایەت و پە ئێر و مایەت و هەندێک کەس کەلسیۆم مەروەتێن .

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

٦- بەرە وام بە مەریشک و مایەت و پە ئێر و مایەت و هەندێک کەس کەلسیۆم مەروەتێن . ئەمەتێن گە لەک هەمە تەخاڕنا فێتەتی و کەسێر و مایەت و پە ئێر و مایەت و هەندێک کەس کەلسیۆم مەروەتێن .

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Better Health for Mother and Baby

تە ندروستیی باش بوو دەیک و بچیکێ

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

۱- دیرکە قە ئرە قە خارین کێانی و قە خارین کافین تێدایت وەکی قە هێ و ساری.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

۲- وان خازنا بوو ئە ئن کالسیوم تێدایە هە مە پوژری. وەکی شیر و پە نیر و مایەت و مایە. و هەندک کە ماکایە سورنەت.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

۳- بگو ۲ بە ۳ کۆ ئسی و مایە و هێکا و باولین تەر هە مە پوژری ژ بەر پیرۆئینی.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

۴- بکێمە تە پێدقیەت ۵ بە هەر ژ فیتای و کە سکا تە بگو هە روو هە تاو و رگێری خێامینت تە پێدقیەت. بگو هەندک عوز و سیریاں سە حاریا و سیف وەکی دانەک سەک نێغو. وە روو سا کێرە کێ لگەل خزانێ و بیکوێ و زلەتە لگەل سیف.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

۵- بگو ۶ هە تا ۱۱ بە هەرین بگو ژ خارین کە نەکی کە لەک پێدقیەت بوو تە ندور مای و ناکەت. کە ئه مەش وەکی نا ئی کە نەکی و بێر نەبێ قە هەو ئی.

6. See your doctor early in your pregnancy.

۶- بەرە دانا دختوری فوکیە لواختێ دەر کێانیا (الکل).

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

۷- ئا کە هەداری بە کۆ کێسانە (وە زن) ئی تە کە مام بەت و یا نەبێت لواختێ دەر کێانیا (الکل) ئە قە ئی دێت تێ ۲۵-۳۵ پاوون. بنمازە یارە ئی دختوری فو.



Diabetes

دیابیه ت

Bahadini

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ئە وئەن مە علوماتان زى طە رە ف يونيوە رسيئى ئە يالە تى جورجيا , آتلانئا , جورجيا , دە قسمة مروف ناسى وجو غرافيا , زى بوى امريايين نو دە جە هار جوبى بروزە تە علمى خوارن هاتتیه به ئك آئين.

زى طە رە ف وە زارە تى غەزای وزراعى به وە لاتانى تە وکە ریا امريکا , و علاوہ تا زى طە رە ف بروکرامى خە ديماتى بروکراما غە ذای عائله به ن خە ريدار هاتتیه بش که رتن.

به رابه ر سياسه تى ياسای فە دە رالى ووه زارە تى زراعتى امريکا , ئە و سازومان فە رقيتى رە , رە نك , مليه ت , جنسيه ت , سالى عە مر , اول (دين) و فە رقيه تا دە زاويا فيکرياتي سياسى يا آزادى مە منع که ريه.

بوو مە علماتى زيادتر لازمه به تە له فونى (404) 651 – 2542 تە ماس به که رتە ن.



Diabetes

دیابته ت

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

دیابته ت (نه خوشیا شه که ر) جیه؟ دیابته ت یه که نه خوشی یه که زه مانی له ش هورمونی اینسولین هلبه رن نه که یا هلبه رنی مه وجود به شه کل مناسب مه سره ف نه که یه.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

انسولین یه که هورمونیه که غه ذای مثل شه که ر، نه شاسته و غه ذایانی دیکه ر که زیوو زیانی روزی لازمه، به نه نه رزی ده کوهه رینه.

How is diabetes managed?

The management of diabetes has three parts:

- ◆ Healthy Eating
- ◆ Physical Activity
- ◆ Medication (if needed)

دیابته ت جاوا ته داوی ده به ت؟

سه هه نکاوی کونته رولا دیابته ت هه یه:

- ◆ خودی بونی به خوشی
- ◆ فه عالیته تی به ده ن
- ◆ دوا وده رمان (موعاله جه) اه که زه مانی لازم به به ت

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

نه خوشیا دیابته تی خوه م جاوا کونته رول به که م؟ وون کارن به خودی بوونی خوشی، که رنی فه عالیاتی به ده نی و حفظ که رنی وه زن له شی وه سه طی، شه که ری خوونی خو (به ناوی کلیکوزی خون زی ته سمیه ته کره ن) کونته رول به که ن.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

(وفه شاری خوونی وه کونته رول ده cholesterolمیزانی سه لاهه تی وه نالی کاری وه ده که ت زیوو کونته رولی روونی خوونی وه (که له سته رول – کات.

Many people with diabetes also need to take medicine to help control their blood sugar.

که له که سی که نه خوشی دیابته تی، زیوو کونته رولا شه که ری خوونی خو لازمه علاوه تا به ده رمان استعمال به که ن.

Eat Healthy

خوشی ره خودی به وه م



Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

وون کاره ن به صوره ت مه سره ف که رنی راهنه مایی خوارن یارمه تیا مه وادی خوشی مخته لف به که رن, مه عنیه مخته لفی, کرتتا خوارنی زی هه ر کروی (group) خوارن هه ر روزی یه. وون زه مانی هه

ر روز خوارنی مخته لف به که رن, کارن ویتامین ومینه رالی که احتیاجی وه هه به, ته نمین به که ن.

Here is an example of getting a variety of foods each day.

	Day 1	Day 2
Grains:	tortilla	brown rice
Fruit:	apple	mango
Vegetable:	broccoli	tomatoes
Dairy:	milk	yogurt
Protein:	chicken	beans

ئاوا بووی وه نه موونه ده خوارنی مخته لف ده هه ر روزیه ک.

روز 1	روز 2	
تورتیلا	به رنجی سوور	حه بووبات:
سیو	نه نبه ی هه ندی	میوه جات:
بروسولی	ته ماته	سوزه جات:
شیر	ماست	هلبه ریه ن شیر:
مریشک	باقه لا	به روته نین:

Eat From all the Food Groups

که رین زی کلیه کروبان خوارن جیه



(کولی کاکولی دیک).

- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
نانی حبوباتی که به قاشلن ومه حصولاتی حبوبات به که رن. نه مونه جه ندین زی وان ئوه نه: نانی که زی آردی حبوباتی تسفیه نه بویی جه بویه, نانی دانه ک دار (سه بووس دار), به ره نجی سوور, خوارنی به آردی هه ویری که نمی تسفیه نه بویی (ماقارنا, مانتی ... وسائر), بلغور (خوارنا که نمی هور) و آمارانت
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
خوارنی سوور, نه شاسته یانی قورابیه, بوسکوی یا مثل نان شیری که به روون و شه که ری زیادتر ته جه که رن که م به خون.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, "canned in its own juice."
میوه تازه انتخابی باشتره, زه مانی که رتا میوه ی به قووتی لازمه به نئیکه تی "ده آوی خو قووتی بویه" دقه ت به که ن.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
میوه ی به جووک به که رن و آومیوه ی که میر وه خون.
- ◆ Eat raw and cooked vegetables with very little fat.
خوارنی کال و خوارنی سه وزه به روونی که مه وه دروست به که ن.
- ◆ Use mustard instead of mayonnaise on a sandwich.
به جیه کاهی سووسی سه ر ساندو ویچ کیه ی (خه رده ل) به ده ن وبه خون.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
زه مانی به زانده ن به جیه کاهی روون, آردی روونی, که ره یا روونی کیهایی وروونی به راز, اسیری روونی کیهایی خوارنی مه سره ف به که ن.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
خوارن به زانه ی جه به که ن که زور به قازانجه, نه و اوانان به زانده نی ده ته نور, که باب, که لان دن, سوور که رنی له هه و خه ندن, سوور که رنی ده ته نور, نیو که لاندن, به زتنده نی ده آوی خو وکه باب که رن.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
وه کی کووشنی شامی ووارک که که نه وان که م روونی یه ن به نه قینن, زه مانی که رینا کووشنی به راز و کووشنی کا یا زه مانی که رینا راعنی به راز روونی نه وان وه قه تینن.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
شیر یا محصولات شیری که به نسبه تی (1%) به روونیه ویا بی رونی (سه ر شیری که رتی) ته رجیح به که ن.

Grains, Beans and Starchy Vegetables

هنداك, باقه له, وسه وه جاتی به نه شاسته جیه

What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

نه شاسته یا کاربوهیدرات جیه؟

نه شاسته ده دانه ك, نان, حه بوبات, مه قارنا, مه ننتی وکاری هه ویری وبه قه لات ویا سه وه جاتی به نه شاسته هه په, ده هه دانی خوان که می نه شاسته وکاربوهیدرات به که رن. احتمالاً بوو وه به کوتین خوانی زیاده به نه شاسته وکاربوهیدرات نه که رن, به له نه و کوتین نه راسته. خوانی نه شاسته وکاربوهیدرات بوو نه خوشی دیابه تی و بوو هه موو که سان خوشی وسه لاهه تی په

How many starches/carbohydrates do I need each day? 6-11 servings each day

هه ر روزی جده مقدار نه شاسته وکاربوهیدرات لازمه به که رم؟ هه ر روزی 6 – 11 بورسیون.

The number of servings you should eat each day depends on:

- ◆ The calories you need
- ◆ Your diabetes plan

زما ری بورسیونی که لازمه نه م هه ر روز به که رن مه ربوط به وان مه وادا په:

◆ میزانی کالری (نه نه رزی) که بوو وه لازمه

◆ به لانی وه بوو نه خوشی دیابه ت

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

فایده نه شاسته وکاربوهیدرات بوو له شی من جیه؟

نه شاسته نه رزی وهیز ده دات به به ده نی وه وهه ر وه ها ویتامین ب – B و مه وادی مه عده نی ولیفی به ده نی ده دات. دانه ك به قاله ك بوو له ش ساغی باشه جون دانه ك ویتامینی زوره وهه ر وه ها مه وادی مه عده نی ولیفی وان زوره, لیف بوو خالی بوونا روودیا باشه. علاوه تا یارمه تی وه ده دات بوو کونته رولا دیابه تا وه.

Grains, Beans and Starchy Vegetables, continued

هنداك, با قه له, وسه وه جاتی به نه شاسته جیه دوام به کن

How much is one serving of starch/carbohydrate?

- ◆ 1 slice of bread
- ◆ 1 small potato, casaba or plantain
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
- ◆ ¾ cup dry cereal such as corn flakes
- ◆ ⅓ cup of cooked rice
- ◆ 1 small tortilla, roti bread or enjira bread

یه ك بورسیونی نه شاسته / کاربوهیدرات چه مقداره؟

- ◆ 1 بارجه نان
- ◆ 1 بارجه به تاته, کاسابا (یه ك جنسی به تیخ) و موزی کووی
- ◆ ½ فه نجان خواری چه بوبات, آردی خام که سان یا آردی که نم
- ◆ ¾ فه نجان حبوبات چه شک و چه شکی دانه ک
- ◆ ⅓ فه نجان خواری به رنج
- ◆ 1 توربیالی - بیزا (tortilla) به جوک, نانی به رشته یا نانی رووتین

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Dinner: ½ cup of pasta and one bread stick—2 servings

Snack: 6 crackers—1 serving

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

ده هه ر دانی ده بت که وون یه ک, دو یا سه بورسیون نه شاسته / کاربوهیدرات به خون. ده هه ر دانی اکه ر خواری یه ک بورسیون زیادتر اجاب به که, زی کرویی نه و خواریان خواری مخته لف ته رجیح به که ن. بوو نه موونه:

سه ر صبح: ¾ فه نجان دانه کی چه شک 1 بارجه نان – 2 بورسیون.

فه رابین: ⅓ فه نجان به رنج, ½ فه نجان موزی کووی – 2 بورسیون

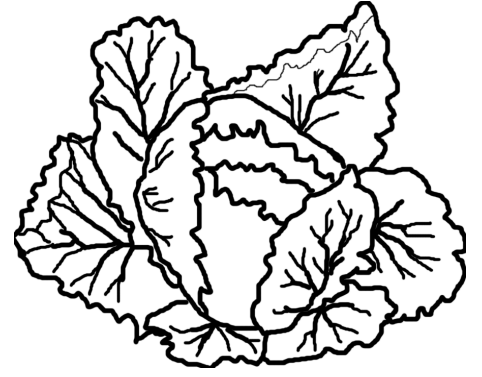
شیر (شه و): ½ فه نجان مه قارنا, یه ک بارجه نان – 2 بورسیون.

خواری سووک: 6 کوله چه به جوکی – 1 بورسیون

به کومه ل بوو یه ک روز: 7 بورسیون. ده دانان موازنه کاربوهیدراتان ره دقه تی به کن. احتماله یارمه تی ده دات بوو کونته رولی دیابه ت وه.

Vegetables

سوزه جیه



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

سه وزه جات بوو نه خوشی دیابه تی وبوو هه موو که سی له ش ساغی یه وسه لاهه تی یه. هه ر روزی سه وزه ی کال ویه زانده به خون. سه وزه جات بوو وه ویتامین، مینه رال و لیفی لازم قازانج ده که ت وکالری وان که مه. سه وه جاتی ره نکى به رقاندى ته جیح به که ن. زی وانان هه ویج، بیبه ر، بایه نجان، کولی که له م، ته ماته، نه سفه ناج نه مونه یه.

You should have 3 to 5 servings every day.

هه ر بوزی خواری وه لازمه 3 و 5 بورسیونى (خواری بو یه ک مروفی) به به ت.

How much is a serving of vegetables?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice

یه ک بورسیونى خواری سه وزه جه مقداره؟

◆ ½ فه نجان خواری سه وزه نه موونه خواری باقه لای سه وزه ی تازه، بایه نجان، نسفه ناج، کوندر.

◆ 1 – فه نجان سه وزه ی کال نه موونه سالاد، زولی یانی هه ویج یا زولی یانی سالاد.

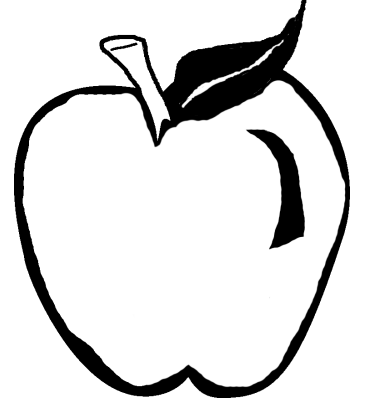
◆ ½ فه نجان آوی سه وزه نه موونه آوی ته ماته یا آوی هه ویج.

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

ده یه ک دان یه ک، دو یا سه بورسیون سه وزه لزوم به به ت. اکه ر ده هه ر دانى زی یه ک بورسیون که رتن اجاب به بت، سه وزه جاتی مخته لف به نه قینن یا زی یه ک سه وزه دو یا سه شه کل به خون.

Fruits

میوه جیه



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

میوه بوو هه موو که س و بوو نه خوشی دیابه تی له ش ساغی یه, میوه به وه هیز, ویتامین, ومه وادی مه عده نی (باقت) ده دات.

How many servings of fruit do I need? 2 to 4 servings

جه ند بورسیونی مه یوه ره احتیاجم هه یه؟ 2 و 4 بورسیون

What is a serving of fruit?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
- ◆ ½ cup of apple or orange juice
- ◆ ½ of a grapefruit
- ◆ 1 small banana or ½ of a large banana
- ◆ ½ cup of chopped fruit
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)

بورسیونی مه یوه جه مقداره؟

- ◆ 1 سیوی به جوک (ته قه ریپی به میزانی کولمه کی خاتونیه ک).
- ◆ ½ فه نجان سیو یا شیره ی بورت ته قال.
- ◆ ½ میوه ی هه نکور
- ◆ موزی به جووک یا مه زن
- ◆ ½ فه نجان زولی به جوک میوه
- ◆ ¼ فه نجان که شمه ش یا میوه ی حه شک کال, ئو مه یوه بی شه که ر وون کارن وه خون.

You might need to eat one or two servings of fruit at a meal.

ده به ت که وون ده یه ک دانی دو بورسیون مه یوه به خون.

How should I eat fruit?

- ◆ Eat fruits raw, or as juice with no sugar added.
- ◆ Buy smaller pieces of fruit.

مه یوه لازمه از جاوا به خوم؟

- ◆ مه یوه وون کارن به کالی به خون یا بی شه که ر به شه کلی او مه یوه وه خون.
- ◆ مه یوه جات به شه کلی دانه ک به جوکتر به که رن.

Milk and Yogurt Foods

لاتی شیر و ماست جیه

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

خوارنی ماست و شیر له میزانی که م روونی بوو له ش ساغی هه ر مروف و مروفی دیابه تی لازمه, شیر و ماست به وه ننه رزی ده دات, وهه ر وه ها بروته نین, کلسیوم وهه موو ویتامین ومه وادی مه عده نی بوو وه قزانج ده کات.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.



هه ر روز شیریه که م روونی (1%) یا بی روونی (بی سه ر شیریه یا سه ر شیریه که رتی) وه خون.

ماستی که م روونی یا بی روونی به خون. نسبه تی کوله سترولی, روونی حه شک و کومالی روونی نه واتان که مه.

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

هه ر روزی لازمه جه ند بورسیون به که رم؟ هه ر روزی 2 و 3 بورسیون.

ناکاداری: اکه ر وون به حه مل بن یا داروکی وه ی شیریه هه به, لازمه هه روزی جه هار یا به نج جار شیر و ماست به خون

How much is a serving of milk and yogurt?

- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
- ◆ 1 cup skim or low-fat milk

یه ک بورسیون شیر و ماست جه مقداره؟

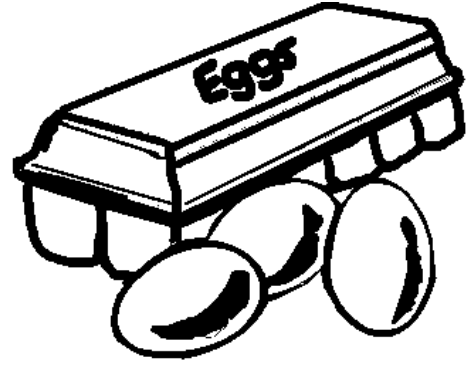
◆ 1 فه نجان ماستی بی روون لازمه (وون کارن به مه وادی آسبارتام – aspartame – شیرینی بوی ماست ته رجیح به کن)

◆ 1 فه نجان سه ر شیریه بی روونی لازمه

Note: Avoid yogurts that say, “fruit on the bottom”. They contain high amounts of added sugar.

ناکاداری: ماستی که ته کوتین بنی به مه یوه یه, زی نه وان دور به بن. جون ده نه وان زیادتر شه که ری علاوه مه هه یه.

Meat, Poultry, Fish, Eggs and Nuts



گوشت، حه یوانتی کوخ، ماسی، هه ک و فاکیهی حه شک

This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

ده کروهه نه و خوارنی یان مه واده زیر داخله: گوشت (کا، به راز، به رخ)، مریشک، شامی، هه ک، ماسی، فاکیهی یانی حه شک به نیری به سوسی به قه لای سویا (tofu) یا مه حصولاتی به قه لای سویا. هه ر روزی زی وان غه ذایان که می به که رن. ته مامی وان خوارنان به له شی مه بروته نین که سب ده که ت.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

خوارنی بروته نین یارمه تی وه ده دات بوو دروست که رنی ماهیجه و به ته کان، نه وانه به تاییه ت ویتامین ومه وادی مه عده نی به به ده نی قازانج ده که ت.

How many protein foods do I need each day? 2 to 3 servings

هه ر روز خوارنی به بروته نی ن جه مقدار لازمه به که رم؟ 2 و 3 بورسیون

How much is a serving of meat, poultry, fish, eggs and nuts?

- ◆ 2 to 3 ounces of cooked fish
- ◆ 2 to 3 ounces cooked chicken
- ◆ 3 to 4 ounces tofu (½ cup)
- ◆ 1 egg (equals one ounce of protein)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
- ◆ 2 tablespoons of peanut butter (equals one ounce)

بورسیون گوشت، حه یوانتی کوخ، ماسی، هه ک و فاکیهی حه شک جه مقدار ه؟

- ◆ 2 و 3 آوانس ده خوارنی ماسی
- ◆ 2 و 3 آوانس ده خوارنی مریشک
- ◆ 3 و 4 آوانس (2/1 فه نجان) توفو (tofu)
- ◆ 1 هه ک (به رابه ر یه ک آوانس بروته نین ده که ت)
- ◆ 1 بارجه به نیر یا یه ک آوانس به نیر (نه زیکی ده میزانی بیلی د - D به)
- ◆ 2 که وجه ک عاجینی فه ستق (به رابه ر یه ک آوانس)

Meat, Poultry, Fish, Eggs and Nuts, continued

گوشت, حه یوانتی کوخ, ماسی, هه ک وفاکیهی حه شک

Helpful Tips:

- ◆ The serving size you eat now may be too big.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
- ◆ Eat chicken or turkey without the skin.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.

نقته ی باسط:

- ◆ به له مقداری خوارنی وه احتمالی هه یه له روز دا زیده به یت
- ◆ زی بو مه عیاری مقداری له کاغذ دا وون جاوو دیبری به که ن, نه و میزانه به رابه ره به 2 و 3 آوانسه
- ◆ گوشتی کا, به راز وبه رخی که م روون به که رن. روونی زیادبر به ئاوه من.
- ◆ جه رمی گوشتی مریشک وشامی به که رن وبه خون.
- ◆ خوارنی بروته ئینی به میزانی که م روونی به به زن: که بابی ده آکر, سوور که رنی له هه وخه ستن, سوور که رن, که لاندن نیمی, که لاندن یا حه شانده ن.
- ◆ زه مانی به به زانده نی گوشتیان که م مقدار روون مه سره ف به کن, یا به جیه روون اسبه ری به زانده ن مه سره ف به که ن.
- ◆ یه ک دان هیجی گوشت نه خون. زی بوو مه نیه عی بروته ئینی کرتتا باقه لا وتوفو به جه ربینن.

Fats, Oils and Sweets

شك، روونی زه یتی و شیرینی جیه



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

ئە م کارن دە ناوبه را روونی حه شك وروونی زه یتی که بوو خوارنان و بوو به زانده ن مه سره ف ته که رن، که ئە وانان که ره روونی حه شك، روونی به راز وروونی زه یتی یه. ده ناو به را روونی زه یتی، روونی کانولا (canola) روونی زه یتون وروونی سه وزه مه وجوده، بوو کونته رولا دیا به تا وه لازمه نستە تا وون روونی که م روونی و خوارنی روونی حه یوانی (روونی گوشت وروونی حه یوانی) مه سره ف به کن.

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

ده شیرینی ئە نه رزی هه یه (کالری)، به له ویتامین و مه وادی مه عده نی وان که مه، جوون به شه که ره ونسبه تی روونی وان بلندە — ئە وانان وه کی کیک، به سته و بسکوی یه.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

زیادبیر مه سره ف که رنا خوانی به شه که ری و به روونی، زی بوو شه که ری خوونی وزی بو کونته رولا وه زنی وه بور مشکوله. اکه ر وون به خوازن خوارنی به روونی و به شه که ری به خون، لازمه وون که م به خون.

How much is a serving of fats, oils and sweets?

- ◆ 1 teaspoon oil
- ◆ 1 tablespoon regular salad dressing
- ◆ 2 teaspoons light mayonnaise
- ◆ 1 strip of bacon
- ◆ 1 cookie
- ◆ 1 plain doughnut
- ◆ 1 tablespoon syrup
- ◆ 10–15 chips

بورسیونی روون و شیرینیان جه مقدارە؟

1 که وجه کی جای خوارنی روونی زه یتی

1 که وجه کی سووب سوسی خوارنی سالاد

2 که وجه کی جای خوارنی سوسی ماینووزی خه فیف

1 بارجه کووشتی به راز

1 کوله جه

1 نان شیرینی به روونی ساده

1 که وجه کی سووب خوارنی شه ربه ت

10 – 15 بارجه به تاته

Bahadini

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ئە وئەن مە علوماتان زى طە رە ف يونيوە رسیتی ئە یالە تی جورجیا, آتلانتا, جورجیا, دە قسمة مروف ناسی وجو غرافیا, زى بوی امریابین نو دە جە هار جوبی برونه تە علمی خوارن هاتیه به ک انین.

زى طە رە ف وە زارە تی غەذای وزراعی به وە لاتانی تە وکە ریا امریکا, و علاوہ تا زى طە رە ف بروکرامی خە دیماتی بروکراما غە ذای عائله یە ن خە ریدار هاتیه بش کە رتن.

بە رابە ر سیاسە تی یاسای فە دە رالی ووه زارە تی زراعتی امریکا, ئە و سازومان فە رقیتی رە, رە نک, ملیه ت, جنسیه ت, سالی عە مر, اول (دین) وفه رقیه تا دە زاویا فیکریاتی سیاسی یا آزادی مە منع کە ریه.

بوو مە علوماتی زیادتر لازمە به تە له فونی (404) 651 – 2542 تە ماس به کە رتە ن.





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Diabetes

دیابیه ت (نه خوشی شه که ر)

Kurdish Sorany

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بایه ت اداری عه لمه مروف ناسی و جغرافیا، نه م عه لمه سه ر جاوه که ی عه لمی خوآرده ن بوو امریکای نویه به هه مه تی کولیه جی نیاله تی جورجیا و نیاله تی اتلانتا دار زاوه وهه ر وه ها وه زاوه تی فه لآحه ت ایالات متحده امریکا (به شی خوآرده ن و خه ده ماتی خوآرده ن بوو بروکرامی خوآرده نی بنه ماله کان) به رابه ر له که ل یاسای فه درال و اداره ی امریکا و سیاسه تی وه زاوه تی فه لآحه ت اه م نسنسیتیویه ناکاداری داوه که به رابه ری دراسه کار ده کات بوو هه موو که لان به له جاو که رده نی ره که ز، ره نک، مه لیه ت، دین، جه نس، ته مه ن وزیاتی سیاسی و به ک که وته ای.

بوو زانیاری زیادتر به یوه ندی به که رن که ل ته له فونی (404) 651 – 2542



Diabetes

دیابته ت (نه خوشی شه که ر)

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

دیابته ت (نه خوشی شه که ر) جیه؟ دیابته ت نه خوشی به که که له ناو له ش نه بووه (به ر هه می نه هیناوه) یا خو به خوی له هورمون که لکی وه ر نه که ردوه.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

انسولین هورمونیه که که له شه که ر به ره م ده بیت، زیانی روزانه به بیوستی به نه شاسته وه خوارده نی به ره ز.



How is diabetes managed?

The management of diabetes has three parts:

- ◆ Healthy Eating
- ◆ Physical Activity
- ◆ Medication (if needed)

جونیه تی کونته رولی دیابته ت؟

کونته رولی دیابته ت 3 هه نکاوی هه به:

- ◆ به ره ز له خوارده ن
- ◆ فه عالییه تی به ده ن
- ◆ دوا وده رمان (موعاله جه) اه که ر بیویستی هه بی

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

جون نه مه ن ده ته وانم دیا به ت کونته رول به که م؟ نیوه ده تونه ن خویه نی خوتان کونته رول به که ن. هه ر وها دیابته تی خوتان کونته رول به که ن. وه سه لامه تی خوتان جاوده بییری به که ن.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

میزانی سه لامه تی نیوه یارمه تی نیوه ده دات بوو کونته رولی جه وری (که له سته رول - cholesterol) وه فه شاری خه وین کونته رول ده کات.

Many people with diabetes also need to take medicine to help control their blood sugar.

کومه لیک مروف بیویستی یان هه به موعاله جه تا دیابته تی خویان کونته رول به که ن.

Eat Healthy

خوارده ن به كه م

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

كه له ك وه ركه ردن له راهنه مایی خوارده ن يارمه تی ئیوه ده دات, خوارده نی جوراجور له کاتی به رهه ز, مه عنایی خوارده نی جوراجور یعنی له هه ر خوارده نه ك تایه به ت (گروپ – group) له هه ر روزیه ك, ئیوه کاتیه ك خوارده نی جوراجور ده خون ویتامین, مه وادی مه عده نی به ده ن كه بیویستی بی هه یه به هه م ده یت.

Here is an example of getting a variety of foods each day.

نه موونه له خوارده نی جوراجور له هه ر روزیه ك.



	Day 1	Day 2
Grains:	tortilla	brown rice
Fruit:	apple	mango
Vegetable:	broccoli	tomatoes
Dairy:	milk	yogurt
Protein:	chicken	beans

روز 2

روز 1

به رنجی سوور	تورتیلا (tortilla)	حه بووبات:
ئه نیه ی هه ندی	سیو	میوه جات:
ته ماته	بروسولی (brosolli)	سوزه جات:
ماست	شیر	له به نی یات:
باقه لا	جوجه	به روته نین:

Eat From all the Food Groups

له ش ساغی سه لامة تی جوون ده سته به ر ده بی, خواریه ن دروست که رده ن له

هه موو کروب (group)؟



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.

- ◆ چه به جی که رده نی نانی دانه ك دار (سه بووس دار), نه موونه: نانی دانه ك دار, به ره نجی سوور, که نم, شیرینی, که له باب, که له م.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
- ◆ خواریه نی سوور که راو, نه موونه هه لکه ورون, نه شاسته, هه ویر, بسکه ویت, نانی اه ستور.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
- ◆ سه ر شیرینی تازه, میوه ی باش, (کاتیبه ك ئیوه قوتی میوه ده که رن سه یری تاریخی به که ن), قوتوی میوه شیریه دار به یت.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
- ◆ قوتوی میوه ی به جووگ به که رن وئاومیوه ی تاییه ت و به جووگ و هه رزان هه لبزیه رن.
- ◆ Eat raw and cooked vegetables with very little fat.
- ◆ خواریه نی کال و خواریه نی سه وزه به روونی که مه وه دروست به که ن.
- ◆ Use mustard instead of mayonnaise on a sandwich.
- ◆ به جیه کاهی سووسی سه ر سانده ویچ کیه ی نیز (خه رده ل) به خون.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
- ◆ سه وزه به روونی ئاو (اسبری) دروست به که ن, به جیه کاهی روون و که ره که ره ی باستوریزه و روونی خووک خواریه ن دروست به که ن.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
- ◆ خواریه ن به زانسته وه درست به که ن که زور به قاز انچه, مایه ی هه ویر, باش بی کولی نه ن, باش به که باب به که ن, باش سووری به که ن, باش هه له می به ده ن, وه رده وه رده که رمی به که ن و باش به شی شه وه به که ن.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
- ◆ کووشتی بووقه له به جه وری به که رن, کاتیبه ك ئیوه کووشت ده که رن کووشتی جوجه و بووقه له کووشتی مانکا, خووک, رانی خووک به که رن, البه ته خاوین و تاییه ت.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
- ◆ له کاتیبه ك دا شیر که رم ده که ن سه ر شیرینی به که رن له خواریه (1%) چه وری دابه یت.

Grains, Beans and Starchy Vegetables

دانه ك, باقه له, نه شاسته, سه وزه



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

نه شاسته يا خوه ی جیه؟

نه شاسته له دانه ك, نان, دانه كی كه نم, جوو وشیرینی, باقه له وسه وزه دا هه یه, له هه ر کام خوارده مه نی ئیمه دا نه شاسته وخوه ی تی دا هه یه, بوی هه یه کومه لیک خه لك به ئیوه امر به ده ن که خوارده نی نه شاسته وخوه ی دار مه خون, اما ام توسیه هه تا هه تای نیه, خوارده نی نه شاسته وخوه ی لازمه بو له ش ساغی بو هه مو که س, به تاییه ت بو خه لکی دیابه تی.

How many starches/carbohydrates do I need each day? 6–11 servings each day

جه ند زه م خوارده نی نه شاسته وخوه ی بوو من بیویسته له روز دا؟ 6 – 11 زه م له روز دا.

The number of servings you should eat each day depends on:

- ◆ The calories you need
- ◆ Your diabetes plan

جه ند زه م بوو مروفی دیابه تی لازمه له هه ر روز دا:

- ◆ میزانی کالری (هیز) که بوو ئیوه لازمه
- ◆ به لانی ئیوه بوو نه خووشی دیابه ت

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

جه ند نه شاسته وخوه ی بوو به ده نی نیزه بیویسته؟ نه شاسته نه رزی وهیز ده دات به به ده نی ئیوه وهه ر وه ها ویتامین ب – B, مه وادی مه عده نی وبه ت, دانه ك که لیک بوو له ش ساغی باشه جون دانه ك ویتامینی زوره وهه ر وه ها وبه تی زوره, به ته کان (باقته کان) یارمه تی ئیوه ده دات بو ریک و بیک که رده نی ناو به ده ن وه ك سه ك وهه ر وه ها حه ره که تی به ده ن, به تاییه ت یارمه تی ئیوه ده دات بوو کونته رولی دیابه ت.

Grains, Beans and Starchy Vegetables (continued)

دانه ك, باقه له, نه شاسته, سه وزه

How much is one serving of starch/carbohydrate?

- ◆ 1 slice of bread
- ◆ 1 small potato, casaba or plantain
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
- ◆ ¾ cup dry cereal such as corn flakes
- ◆ ⅓ cup of cooked rice
- ◆ 1 small tortilla, roti bread or enjira bread

جه ند زه م بيوسته خوارده ني نه شاسته و خوه ي؟

- ◆ 1 بارجه نان
- ◆ 1 بارجه به تاته, به نير و موز
- ◆ ½ فه نجان خوارده ني كه نم به ريتي يه له ناردی جوو شيره ي كه نم
- ◆ ¾ فه نجان حبوبات و ه ك دانه ك, كه نم, جوو و ه شك
- ◆ ⅓ فه نجان خوارده ني به رنج.
- ◆ 1 ناني به رشته يا ناني رووتين.

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Dinner: ½ cup of pasta and one bread stick—2 servings

Snack: 6 crackers—1 serving

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

ئه حته مالي هه يه ئيوه بيوستان هه بي به يه ك يا دو يا سه زه م له خوارده ني نه شاسته خوه ي, اكه ر ئيوه موحتاجي زياترن به نه شاسته و خوه ي له زه م دا, خوارده ني جوراجور له هه ر كروب يه ك هه ليزرن بوو نه موونه:

سه ر له به ياني: ¾ فه نجان دانه كي و ه شك 1 بارجه نان – 2 زه م.

نه هار: 3/1 فه نجان به رنج, ½ فه نجان خوارده ني كياهي – 2 زه م.

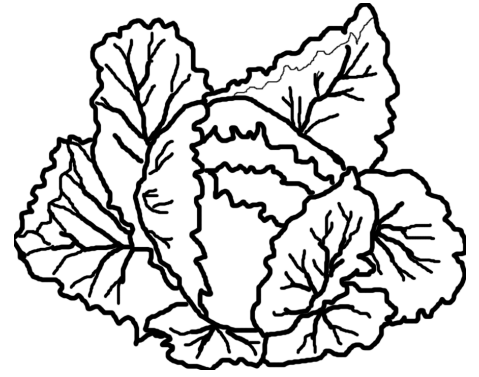
شام (شه و): ½ فه نجان شيريني, يه ك بارجه نان – 2 زه م.

خوارده ني سووك: 6 كوله جه – 1 زه م.

به كومه ل بوو يه ك روز: 7 زه م. ئاكادار بن كه خوه ي به ميزاني ته و او له خوارده ن دا هه يه, ئه مه يارمه تي ئيوه ده دات بوو كونته رولي ديايه ت.

Vegetables

سه وزه



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

سه وزه له ش ساغی بوو هه موو که س ده هه په نه ت, بوو خه لکانی دپابه تی, خواده نی کال و جی به جی که رده نی سه وزه بوو هه موو که س باشه, ویتامینی ئیوه دروست ده که وهه روه ها مه وادی مه عده نی ئیوه دروست ده که سه وزه ی خاوین (کالری) هه یز دروست ده که سه وزه به کلر به شون, بوو نه موونه که ره ویز, بیبه ر, بایه نجان, کولی که له م, ته ماته, نه سفه ناج.

You should have 3 to 5 servings every day.

خوارده نی ئیوه 3 و 5 زه مه له روز.

How much is a serving of vegetables?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice

خوارده نی سه وزه چه ند زه مه؟

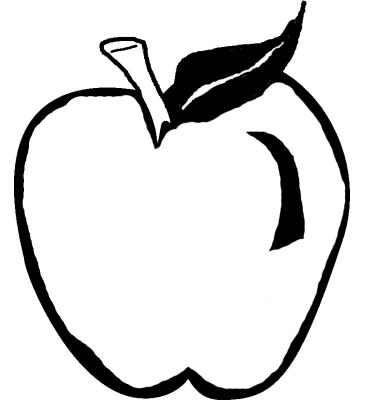
- ◆ ½ فه نجان خوارده نی سه وزه نه موونه خوارده نی باقه لای سه وز, بایه نجان, ئسفه ناج, که دو
- ◆ 1 – فه نجان سه وزه ی کال نه موونه سالاد, هه ویچ, فه نجانیه ک ته روزی
- ◆ ½ شیره ی سه وزه نه موونه شیره ی ته ماته یا شیره ی هه ویچ

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

خوارده نی ئیوه ته واو یه ک زه مه, دو زه مه, سه زه مه, ئیوه له روز دا بیویسته به م بروکه ر امه, اکه ر بیویسته زیاتر به خون, له خوارده نی سه وزه دا سه وزه ی جورا جور بیویته ودو زه م, سه زه م له روز دا.

Fruits

میوه



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

میوه بوو هه موو که س له ش ساغی ده هیه نیت به تاییه ت بوو مروفی دیابه تی، میوه به ئیوه هیز، ویتامین، ومه وادی مه عده نی، به ت (بافت) ده دات.

How many servings of fruit do I need? 2 to 4 servings

نیمه بیویسته مان به جه ند زه م میوه هه یه؟ 2 و 4 زه م

What is a serving of fruit?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
- ◆ ½ cup of apple or orange juice
- ◆ ½ of a grapefruit
- ◆ 1 small banana or ½ of a large banana
- ◆ ½ cup of chopped fruit
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)

جه ند زه م میوه بیویسته؟

- ◆ 1 سیوی به جوک (ته قه ریپی به میزانی به ر مه شتی خاتونیه ک).
- ◆ ½ قه نجان سیو یا شیریه ی بورته قال.
- ◆ ½ میوه ی هه نکور
- ◆ 1 موزی به جووک یا مه زن
- ◆ ½ قه نجان ئاو میوه
- ◆ ¼ قه نجان که شمه ش یا میوه ی وه شک (ته قه ریپی به میزانی به ر ناو به نجه ای خوتان)

You might need to eat one or two servings of fruit at a meal.

ئیوه بیویسته تان هه یه به یه ک یا دو زه م میوه له ناو خوارده ن دا.

How should I eat fruit?

- ◆ Eat fruits raw, or as juice with no sugar added.
- ◆ Buy smaller pieces of fruit.

میوه جوون به مه سره ف که م؟

- ◆ میوه ی کال یا شیریه ی میوه البه ته به شه که ری که مه وه به خون.
- ◆ یه ک بارجه به جوکی میوه به که رن.

Milk and Yogurt Foods

شیر و ماست

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

خوارده نی ماست و شیر له میزانی چه وری که م لازمہ بوو له ش ساغی هه ر مروف به تاییه ت مروفی دیابه تی، شیر و ماست به نیوه ننه رزی ده دات، پروتہ ٹین، کلسیوم و هه موو ویتامین و مه وادی مه عدہ نی که نیوه لازمہ مه سره ف به که ن.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

به خون شیری (1%) له خوار چه وری وه هه موو روزہ یه ک وهه ر وه ها ماست له خوار چه وریه وه، به م جورہ شیر و ماست بی چه وری کلستوری که مه وبه قاز انچه. وکولسٹرول.



How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

چه ند زه م بوو من لازمہ هه ر روز یه ک؟ 2 و 3 زه م هه ر روزہ یه ک. ناکاداری: اکہ ر سه کی نیوه به ره یا مه مه کی نیوه بیوستی به شیر ه هه موو روز یه ک چه هار یا به نج زه م شیر و ماست له روز یه ک دا بوو نیوه لازمہ.

How much is a serving of milk and yogurt?

- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
- ◆ 1 cup skim or low-fat milk

چه ند زه م خوارده نی شیر و ماست بیویسته؟

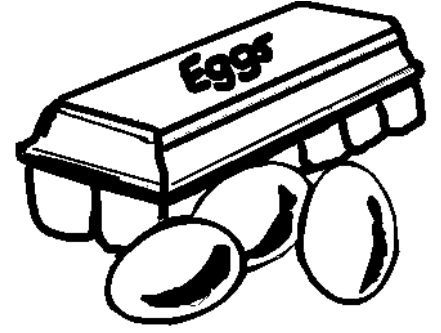
◆ 1 فہ نجان ماستی بی چه وری لازمہ

◆ 1 فہ نجان سه ر شیری به چه وری لازمہ

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar. به هه ز ناکاداری: که ن له ماسته یه ک که ده له ن میوه ی له سه ره، نه م ماسته میزانی شه که ری زوره.

Meat, Poultry, Fish, Eggs and Nuts

کوشت، جوجه و بوقه له، ماسی، هیلکه و کویز و فہ ندق



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

نه م کروبہ خوارده نه کوشتی یان هه یه (جونده ر، کوشتی خووک جوجه) بوقله، هیلکه و کویز و فہ ندق و وه ک نه م کروبہ خوارده نانه له سه ره وه، خوارده نی روزانه و مانکانه، البه ته نه م کروبہ خوارده نانه له به ده ندا به پروته ئین جی به جی ده به یت.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

خوارده نی پروته ئین یارمه تی ئیوه ده دات بوو دروست که رده نی ماهیچه و به ته کان، نه وانه به تاییه ت ویتامین و مه وادی مه عده نی به به ده ن ده که یه نین.

How many protein foods do I need each day? 2 to 3 servings

بیویستی نه مه به مه وادی پروته نین له روزدا جه نده بیویسته م هه یه له روز یه ک دا؟ 2 و 3 زه م

How much is a serving of meat, poultry, fish, eggs and nuts?

- ◆ 2 to 3 ounces of cooked fish
- ◆ 2 to 3 ounces cooked chicken
- ◆ 3 to 4 ounces tofu (1/2 cup)
- ◆ 1 egg (equals one ounce of protein)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
- ◆ 2 tablespoons of peanut butter (equals one ounce)

جه ند زه م کوشت، جوجه، بوقه له، ماسی، هیلکه، فہ ندق، به سته بیویسته؟

- ◆ 2 و 3 آوانس له خوارده نی ماسی
- ◆ 2 و 3 آوانس له خوارده نی جوجه
- ◆ 3 و 4 آوانس (2/1 فہ نجان) توفو (tofu)
- ◆ 1 هیلکه به رابه ر له که ل یه ک آوانس له پروته ئین
- ◆ 1 بارجه له به نیر یا یه ک آوانس له به (نیر ته قه ریبا به رابه ر له که ل د - D شوشه)
- ◆ 2 که وجه ک جای له بادام وکه ره (به رابه ر له یه ک آوانس)

Meat, Poultry, Fish, Eggs and Nuts (continued)

گوشت, جوجه و بوقه له, ماسی, هیلکه و کویز و فله ندق

Helpful Tips:

- ◆ The serving size you eat now may be too big.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
- ◆ Eat chicken or turkey without the skin.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.

یارمه تی فله راوانی تی به کان:

- ◆ زه مه کانی خوارده نی ئیوه احتمالی هه په له روزدا فله راوان و قورس به یت
- ◆ بوویا له کاغذ دا ئیوه جاوو دیبری به که ن, ئه م میزانه به رابه ره به 2 و 3 آوانس
- ◆ له کاتی که رینی بارجه په که له گوشتی مانکا, گوشتی خووک و رانی خووک جاودیبری به که ن جه وری که م به یت, خاوین و تاییه ت به په ت له قه له ویدا.
- ◆ جوجه له و بوقه له ی به بی ست به خوون.
- ◆ خوارده نی بروته ئین له میزانی قه له وی خواره وه, که باب که رده ن, شیش که رده ن, سوور که رده نه وان, که رم که رده نه وان, هه لم دان, کولان, ورده ورده که رم که رده ن.
- ◆ ئیوه له مه سرفی روون دا به تاریخی ته وه جه به که ن یعنی روون به تاریخی خواره وه یا که له که وه رکه رن له روونی ئاو (اسبری) به جیه کاهی روونی نورمال
- ◆ اکه ر ئیوه خوارده نی به گوشت مه سره ف ده که ن به جیه کاهی گوشت باقه له و شیرینی.

Fats, Oils and Sweets

قه له وی, جه وری و شیرینی



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

قه له وی وجه وری له ناو روونی که ره وکه ره ی مه سنووعی, جه وری خووک وه ره ها روون یه ک که نیمه ده کرین ومه سره فی ده که ن له خوارده ن دا. کو مه لیک جه وری نه مانه ن کانولا (canola) زه یتون وسه وزه, قه له وی زیاتر له ناوو کوشت دا هه به, به ره می شیر, ماست, خوارده نی کیهی وتاقه مه یه ک شیرینی, نیوه جاوو دبیری نه خوه شی شه که ره که تان به که ن به شیرینی خوارده نیه ک به جه وری که مه وه یا بی روونه وه (قه له وی که نیمه تووشی ده بین له کوشت وبه ره می نازه له (حه یوان).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

به تایبه ت شیرینی هیزیان هه یه (کالری), به لام نازه ل به به شه له ویتامین ومه وادی مه عده نی, ده سته یه ک شیرینی له ده ره جه ی سه ره وه ی جه وری دان وه کیک, کولچه.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

تاقه مه یه ک خوارده ن هه ن که میزانی جه وری شه که ریان زوره, نیوه ده توانه ن وه زن (فورسایبی) وشه که ری خوتان کونته رول به که ن, لکه ره نیوه ده خوارده ن خوارده نی جه وری و شیرینی, له میزانی خوارده نی بروتته نیی خواره وه.

How much is a serving of fats, oils and sweets?

- ◆ 1 teaspoon oil
- ◆ 1 tablespoon regular salad dressing
- ◆ 2 teaspoons light mayonnaise
- ◆ 1 strip of bacon
- ◆ 1 cookie
- ◆ 1 plain doughnut
- ◆ 1 tablespoon syrup
- ◆ 10–15 chips

چه ند زه مه میزانی خوارده نی جه وری روون و شیرینی؟

1 که وجه کی جای خواردانی روون

1 که وجه کی سووب خوارده نی سالاد

2 که وجه کی جای خوارده نی سوسی ماینووز

1 بارجه کووشتی خووک ووشک

1 کوله جه

1 نان شیرینی به روونی ساده

1 که وجه کی سووب خوارده نی شه ربه ت

15–10 بارجه به تاته

Kurdish Sorany

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بایه ت اداری عه لمه مروف ناسی وجغرافیا، نه م عه لمه سه ر جاوه که ی عه لمی خواردن بوو امریکای نویه به هه مه تی کولیه جی نیاله تی جورجیا ونیاله تی اتلانتا دار زاوه وهه ر وه ها وه زاوه تی فه لاهه ت ایالات متحده امریکا (به شی خواردن وخه ده ماتی خواردن بوو بروکرامی خواردن نی بته ماله کان) به رابه ر له که ل یاسای فه درال واداره ی امریکا وسیاسه تی وه زاوه تی فه لاهه ت اه م نسنسیتیویه ناکاداری داوه که به رابه ری دراسه کار ده کات بوو هه موو که لان به له جاوه که رده نی ره که ز، ره نک، مه لیه ت، دین، جه نس، ته مه ن وزیانی سیاسی وبه ک که وته ای.

بوو زانیاری زیادتر به یوه ندی به که رن که ل ته له فونی (404) 651 – 2542



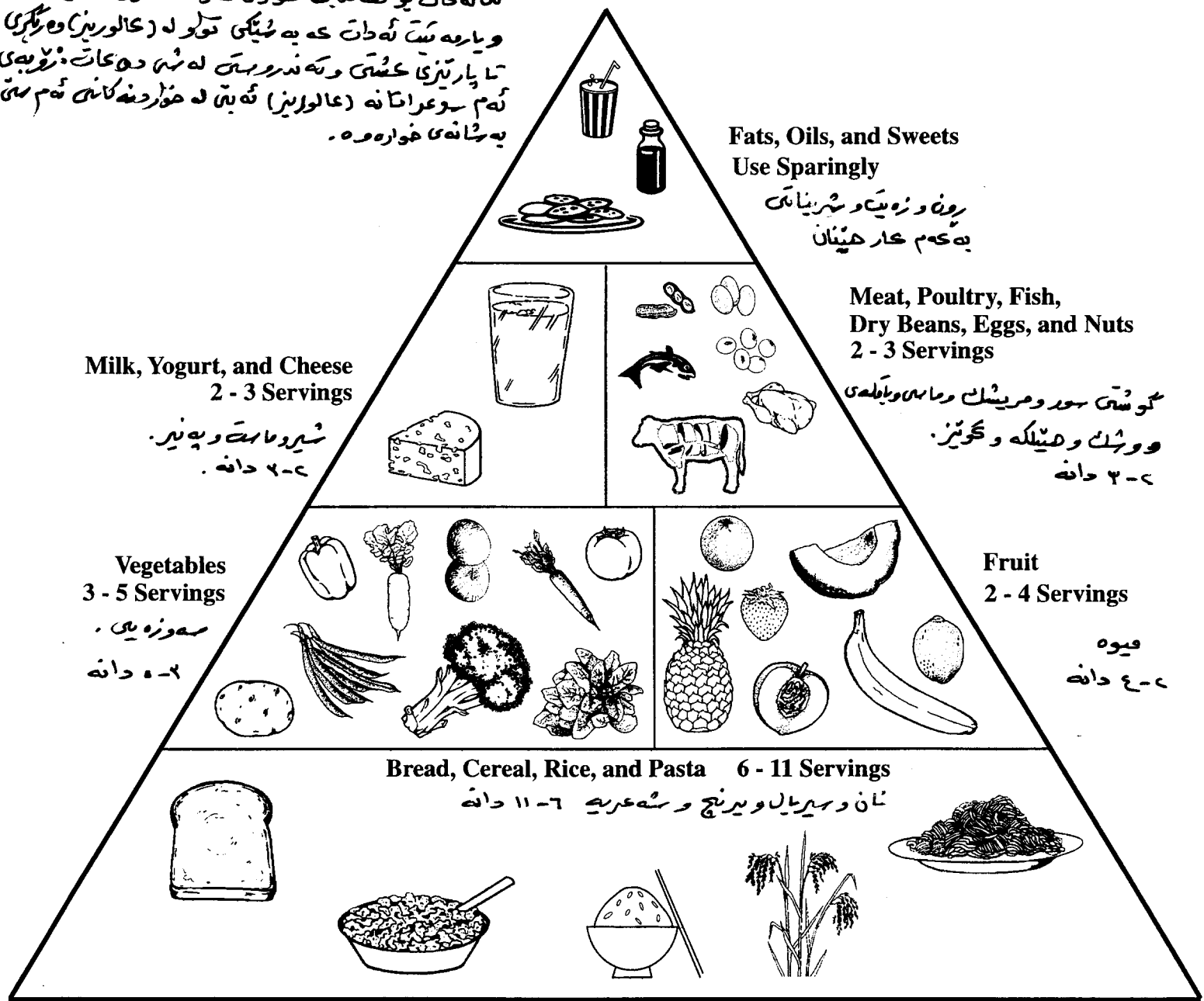
The Food Pyramid

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

هه رکو مه ئێه له م کومه لانه هه نديک سووری ده دات نه هه سوو جوو کانه خواری گه ته وه ویت. خواری له کومه ئێه نابیته جیگر بوو کوهه ئێه تر. ههه کوهه ئێه گزێک تر نه هه کوهه له ی خواری تر بوو نه ندرهه یاس هه مووت ده ویت.

رێنای خواری هه ره هه ده ئێه گهسته چوکه به زارهه ته ندرهه یه بوو له به ئێه تر. نه هه ره وه داوان له کات بوو نه ندرهه گزێک کاره له خواری به سوو و یاره نه ته دات که به ئێه توله (خالوریز) وه گزێک تا پارێزێ کسه و نه ندرهه یه له شه ده کات نه بوو نه نه هه سوو رانه (خالوریز) نه به له خواری کانه نه هه به نه هه خواری وه.



Fats, Oils, and Sweets
Use Sparingly

روو و نه یه و سهرینه یه
به کهم کار هه یان

Meat, Poultry, Fish,
Dry Beans, Eggs, and Nuts
2 - 3 Servings

گوسته سوو و مریسک و ماهی و بانه یه
ووژک و هه یکه و گوێز.
۲-۳ دانه

Milk, Yogurt, and Cheese
2 - 3 Servings

شیر و مایه و په نیر.
۲-۳ دانه

Vegetables
3 - 5 Servings

سه وزه یه .
۳-۵ دانه

Fruit
2 - 4 Servings

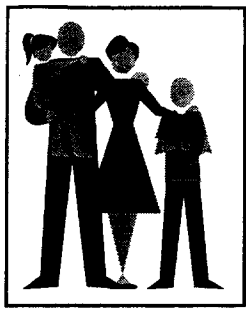
هیه
۲-۴ دانه

Bread, Cereal, Rice, and Pasta 6 - 11 Servings

نان و بهیرمال و برنج و شه عریه ۶-۱۱ دانه

Kurdish Language: Sorani, or Swrany, Dialect

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Better Health Begins With You!

چا کترین خوراک که ده ستای پئی ته که ی

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.
۱- ده موو پرۆژئی ۶ هه تا ۱۱ به ئی که میك بچۆ له نان و ساریال و بیرنج و نه عریه و هه کو شوخان بو به بیانیان و له فهیک یۆ نیوهرۆ و بیرنج یۆ شیو.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.
۲- ۵ به ئی له هیوه و سه وزه ی بچۆ ده موو پرۆژئی. ده کو شه ریبه ئی پوره ته قال بیانیان و مه لاته یۆ بیوه رۆ و به قلایه کا سه زر و به تانه و تری یۆ شیو.

3. Drink at least 8 glasses of pure, fresh water every day.
۳- به که می ۸ عوبی ئه ده هاوتی بچۆ ده ده موو پرۆژئی.

4. Eat lean, low-fat meats, such as chicken or fish.
۴- خوراکه عم چه وری بچۆ وه کو مریشک یان ماهی.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.
۵- هه ئیزێ ژه جوړه کانی شیریه عم چه وری وه کو شیریه یانی پرۆن و ماسکی به نرۆ.

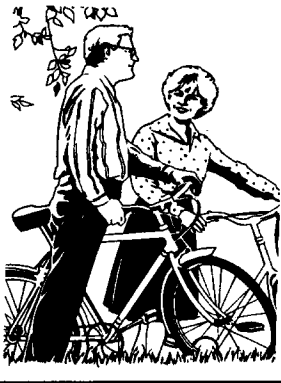
6. Limit your intake of sweets and alcoholic beverages.
۶- زۆر کهم له خواردنی شیرین و خواردنه و کانی عقیانی.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.
۷- هه ئیدیک یاری وه ززه ئی بکه ده موو پرۆژئی وه کو ریت و جیون یان یاری کردن یان مانی.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.
۸- زبیه سه وزه به کار بهینه له جیانی چه وری به راز یا چه وری حیوانه کانی تر. زبیه سه وزی یا هتره له یۆ ته ندرستی چونکه کولیسترولی نیانیه.

Kurdish Language: Sorani, or Swrany, Dialect
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Better Nutrition for Mature Adults

باشترین هۆاردن بو مرۆفای بیگه بيشوو هه رزه عار

1. Drink 6 - 8 glasses of water every day.

٦-٨ په رداخ ئاو بڤوه هه موو پوژرت .

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

٤- ئه و هۆاردانه بڤوه كه زۆر كالسيومى نيايه وه كو ئهيو په ئهيو مايمه و مايمى وهه نديك سه رزه وان كه سه روژينه وه كو بركولى . كالسيوم زۆر بپورته بو ئهستان .

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

١- ده مته كه وتهى زۆر له فيتامين (A) و فيتامين (C) له هۆاردنهى مڤوه و سه رزه وان وه كو كجزه ر و پوره ماله . فيتامين (A) گرنگه بو چاو و پيوسته و فيتامين (C) يا ئه بو ليو دورر نه خات له نول بچوت .

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

٤- ئه و هۆاردنه بڤوه كه ئا مهنى نيايه و تا قصه ئه داته ده روون . ئه مهنى زۆر له كو ئه ئه ئه پورر و مرشك و مايمى و يا قله ي و شك .

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

٥- كو ئه مته و مايمى و مرشك زيايه له سه ر به زمايهى خوراكيى تا دورر كه وى له كه م بوونهى زناك . زناك يا ريده ده ره بو چاك بوونه وى بپرين به زورويه .

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

٦- به رده واهى له سه ر به روه ده ي له خه . به روه ده ي له خه له ده روه ي حاله وه با هتزه جيونكه فيتامين (C) چاك نه بيت .

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Better Health for Mother and Baby

تە ندروستی یاش یۆ دایک و منداڵ

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

١- دوورکەوه لە ھواردنە وە ی کھانی کافین ی نیایە وە کو ماکاوە و بەرکەو.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

٢- تە و ھواردنە یغو کە کالسیومی نیایە ھەموو پۆزۆی. وە کو شیر و پە ئیر و مایست و مەھەس، و ھەندێ مە وزە وانی سەرھت.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

٣- ٢-٣ یەش ل گوشت و مەھەس و کھێکە و یا قە ھەموو پۆزۆی ل بەر پەروێش

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

٤- یە کە مە پیت و یستە ٥ یەش ل مێو و مە وزە یغو یست ھەموو پۆزۆی ھەتا وە ر بگری قیسا میناس یعوست. یغو ھەندێک مۆز و سەرپال لە بیانیان و مێو وە کو دە نە تیکێ مەووک لە دوای نیو پۆز و ھەروەھا گێزە ریا کە رەوز لە کە ل دە تە ی نیو پۆز و بێر کولە و مە لائە لە کە ل مێو.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

٥- یغو ٦ ھەتا ١١ یە تە پەووک لە ھواردنە کە نە ی نوۆر پتووست یۆ تە ندور مەس و ھێز. تە وە تە وە کو مایە کە تە م ویر نەبێ ماکاوە ی.

6. See your doctor early in your pregnancy.

٦- مە ر دانی پزیشکە کە تە (دختۆر) ی کە لە کاتی دوو کھانی (مەل).

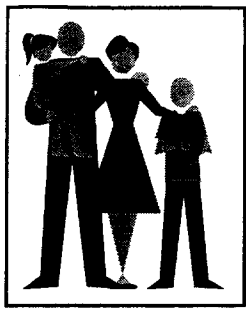
7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

٧- ئاگادری یە کە کھێشتە تە وە و مایە لە کاتی دوو کھانی نیدا. تە وە تە تە پیت ٢٥ تا ٣٥ پاون. داوای یارمەت کە لە دکتۆرە کە تە ی کە.

Kurdish Language: Sorani, or Swrany, Dialect

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Better Health Begins With You!

چا کترین خوراک که ده ستای پئی تکه که ی

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.
۱- ده موو پرۆژئی ۶ هه تا ۱۱ به ئی که میك بچۆ له نان و ساریال و بیرنج و نه عریه و هه کو شوخان بۆ به بیانیان وله فه یك یۆ نیوهرۆ و بیرنج یۆ شیو.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.
۲- ۵ به ئی له هیوه و سه وزه ی بچۆ ده موو پرۆژئی. ده کو شه ریبه ئی پوره تکه قال بیانیان و مه لاته یۆ بیوه هرۆ و به قلایه کا سه زر و به تانه و تری یۆ شیو.

3. Drink at least 8 glasses of pure, fresh water every day.
۳- به که می ۸ عوبی ئه وک هه و ئی بچۆ ده ده موو پرۆژئی.

4. Eat lean, low-fat meats, such as chicken or fish.
۴- خوراکه عه م چه وری بچۆ وه کو مریشک یان ماهی.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.
۵- هه ئیزێ تزه جوهره کانی شیریه عه م چه وری وه کو شیریه یانی پرۆن و ماسکی به نرۆر.

6. Limit your intake of sweets and alcoholic beverages.
۶- زۆر عه م له خواردنی شیرین و خواردنه و کانی عقیانه ی.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.
۷- هه ئیدیک یاری وه ززه ئی بکه ده موو پرۆژئی وه کو ریت وه جوون یان یاری کردن یان مانی.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.
۸- زه یی سه وزه به کار به ئینه له جیانه چه وری به راز یا چه وری حیوانه کانی تر. زه یی سه وزی یا هتره له یۆ تهنررستی چونکه کولیسترولی نیانه ی.

Kurdish Language: Sorani, or Swrany, Dialect
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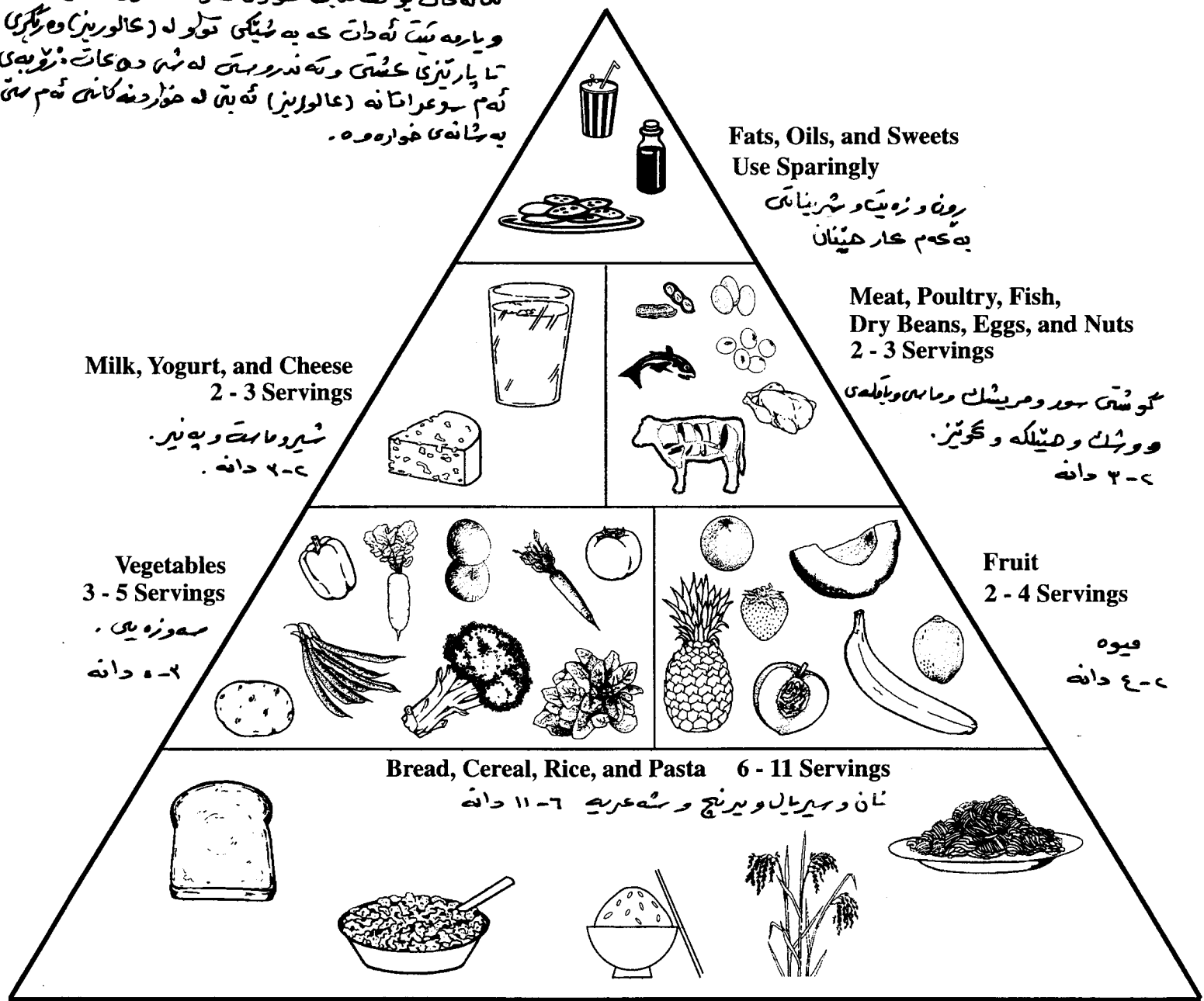
The Food Pyramid

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

هه رکو مه ئێه له م کومه لانه هه نديک سووری ده دات نه هه سوو جوو کانه خواردن که ته ته ویت. خواردن له کومه ئێه نابیته جیگر بوو کومه ئێه تر. ههه کومه ئێه گزنی تر نه له کومه له ی خواردنی تر بوو نه ندرهه یاس هه مووت ده ویت.

رئای خواردنی هه ره هه ده ئێه گهسته چوکه به زارهه ته ندرهه یته بوو له به ئێه تر یه. نه م هه ره ده دوات له کات بوو هه نديک گوران کاری له خواردنی به سوو و یاره نه ته دات که به ئێه توله (خالوریز) وه گزنی تا پارێزنی کسه و نه ندرهه یته له شه ده کات ده بوو نه نه م سوو راتانه (خالوریز) نه به له خواردنه کانه نه م به به نه نه ی خواره وه.



Fats, Oils, and Sweets
Use Sparingly

روو و نه یته و سهریانه ی
به کوم کار هینان

**Meat, Poultry, Fish,
Dry Beans, Eggs, and Nuts**
2 - 3 Servings

گوسته سوو و مریسک و ماهی و بانه ی
ووژک و هینکه و گوێز.
۲-۳ دانه

Milk, Yogurt, and Cheese
2 - 3 Servings

شیر و مایه و په نیر.
۲-۳ دانه

Vegetables
3 - 5 Servings

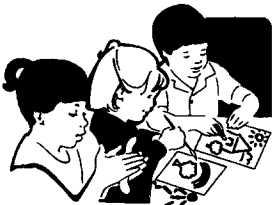
سهوزه یی.
۳-۵ دانه

Fruit
2 - 4 Servings

فیوه
۲-۴ دانه

Bread, Cereal, Rice, and Pasta 6 - 11 Servings

نان و بیریال و برنج و شه عریه ۶-۱۱ دانه



Good Food for Kids

خواردنی باش بو مندال

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

١- کالسیوم پێویسته بو ئیستکان به هیز کردن . وه شیر و مایه و هه ندیل به وزه ی هه وسته وه کو پرگولی .

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

٢- ئه بهت یاره ئه ده رونه ده دات بو دروست کردن هیز یا تاقه . هه به له گوشت سور و مرغ و مایه و باقله و وێک .

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

٣- گێز و سپیناخ و مێوه و سه وزه وات زۆر فیتامین (A) و فیتامین (C) له ناو هه به . فیتامین (A) یانه یه چا و بزنی و بیهستی هه وسته . فیتامین (C) یانه یه یو لیمو هایم کردن وه هه رری ئه خات له کول یوز .

4. Energy is important and comes from breads, rice, cereal, and pasta.

٤- تاقه گرنگه وه به له نان و بیرنج و سربال و سهر به .

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

٥- هه لێو ئیره خواردنی هه وک وه کو فیه و سه وزه وات و چۆره کانن شیر و بێز له ئه م خواردنانه ته نه وه به ته ، و باش تره یو ده دانی خه لانی له هه وه یا نا هه ردی و چیمس و سهرین .

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

٦- به روه رده ست له نه ی زۆر گرنگه بو مندال بو که وه به وون له سهرین به هیز .





Better Health for Mother and Baby

تە ندروستی یاش یۆ دایک و منداڵ

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

١- دوورکەوه لە ھواردنە وە ی ھکێانی و ھواردنە وە کانی کافین ی نیایە وە کو ھاوھ و ھارەکی.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

٢- تە و ھواردنە یغو کە کالسیومی نیایە ھەموو پۆژێکی. وە ھو شیر و پە ئیر و ماھت و ھاھەری، و ھەندێ مە و زە وانی ھو ھتێ.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

٣- ٢-٣ یە ش ل گوشت و ماھە و ھەنگلە و یا قە ھەموو پۆژێکی ل بەر پەروێش

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

٤- یە کە مە پیت و یتە ٥ یە ش ل مێو و ھە و زە یغو یە ھەموو پۆژێکی ھە تا وە ر بگری قیسا میناکی و پەو ھتە. یغو ھە ندیک مۆز و ھریال لە بیانیان و ھتێ وە کو دە نە تیکێ ھووک لە دوای نیوہ پۆز و ھە وە ھا گێزە ریا کە رە و ز ل کە ل دە تە ی نیوہ پۆز و ھریال و ھە لادە ل کە ل ھتێ.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

٥- یغو ٦ ھە تا ١١ یە ھە یغو کە ل ھواردنە کە نە ی نوۆر پتەو ھتە یۆ تە ندور ھتە و ھتێز. تە وە ھتە وە ھو ناھە کە نە م و ھریال ھاوھەری.

6. See your doctor early in your pregnancy.

٦- ھە ر دانی پزیشکە کە تە (دختۆر) ی کە لە کانی دوو ھتێز (کە ل).

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

٧- ناگا داری یە کە ھتێز تە و ھە و یا ھتە لە کانی دوو ھتێز. تە وە ھتە تە بیت ٢٥ تا ٣٥ پاون. داوای یارمەتە کە ل دکتۆرە کە تە ی کە.

Kurdish Language: Sorani, or Swrany, Dialect

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Department of Anthropology and Geography at Georgia State University

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The Food Pyramid

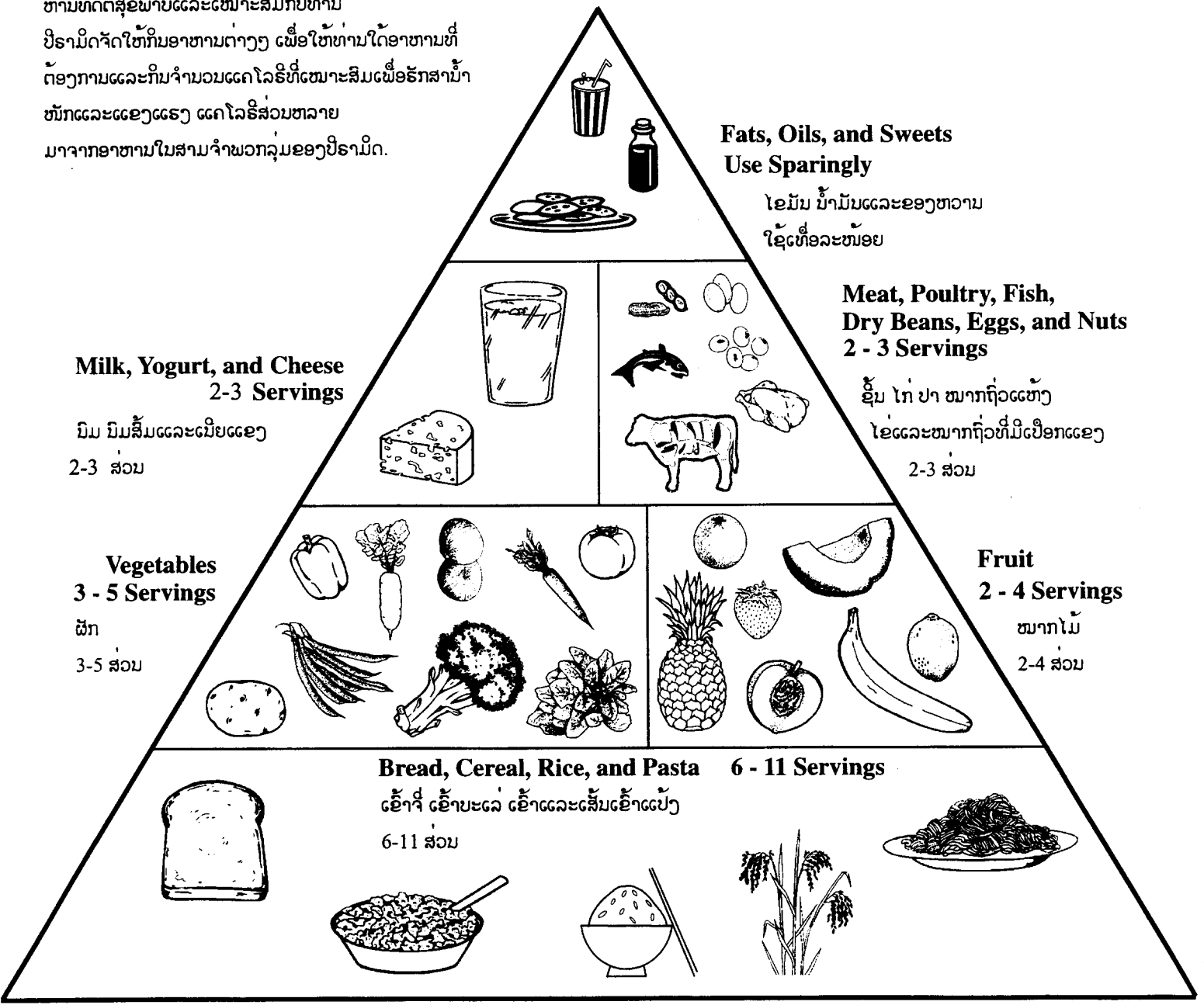
ລາຍການອາຫານປີຣາມິດ

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

ໜຶ່ງສີເນະນໍາລາຍການອາຫານປີຣາມິດເປັນໜຶ່ງສີເນະນໍາທີ່ວ່າ
ໄປເພື່ອໃຫ້ທ່ານເລືອກເອົາລາຍການອາ
ຫານທີ່ດີສຸຂພາບແລະເໝາະສົມກັບທ່ານ
ປີຣາມິດຈັດໃຫ້ກິນອາຫານຕ່າງໆ ເພື່ອໃຫ້ທ່ານໄດ້ອາຫານທີ່
ຕ້ອງການແລະກິນຈໍານວນແດດໂລຣີທີ່ເໝາະສົມເພື່ອຮັກສານໍ້າ
ໜັກແລະແຂງແຮງ ແດດໂລຣີສ່ວນຫລາຍ
ມາຈາກອາຫານໃນສາມຈໍາພວກລຸ່ມຂອງປີຣາມິດ.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

ແຕ່ລະກຸ່ມນີ້ໄດ້ແກ່ອາຫານທີ່ບໍ່ຮຸ່ງຮາງກາຍບາງແນວ
ແຕ່ວ່າບໍ່ແມ່ນທີ່ທ່ານຕ້ອງການທັງໝົດ ອາຫານ
ທີ່ຢູ່ໃນກຸ່ມນຶ່ງຈະແທນອາຫານທີ່ຢູ່ໃນກຸ່ມອື່ນບໍ່ໄດ້
ບໍ່ມີອາຫານກຸ່ມໃດຈະສໍາຄັນກວ່າກຸ່ມອື່ນ ເພື່ອໃຫ້ມີ
ສຸຂພາບທີ່ດີທ່ານຕ້ອງການອາຫານທຸກແນວ.



Milk, Yogurt, and Cheese
2-3 Servings

ນົມ ນົມສື້ມແລະເນີຍແຂງ
2-3 ສ່ວນ

Fats, Oils, and Sweets
Use Sparingly

ໂຂມັນ ບໍ່າມັນແລະຂອງຫວານ
ໃຊ້ເທື່ອລະໜ້ອຍ

**Meat, Poultry, Fish,
Dry Beans, Eggs, and Nuts**
2 - 3 Servings

ຊີ້ນ ໄກ່ ປາ ໝາກຖົ່ວແຫ້ງ
ໂຂ່ແລະໝາກຖົ່ວທີ່ມີເປືອກແຂງ
2-3 ສ່ວນ

Vegetables
3 - 5 Servings

ຜັກ
3-5 ສ່ວນ

Fruit
2 - 4 Servings

ໝາກໄມ້
2-4 ສ່ວນ

Bread, Cereal, Rice, and Pasta 6 - 11 Servings

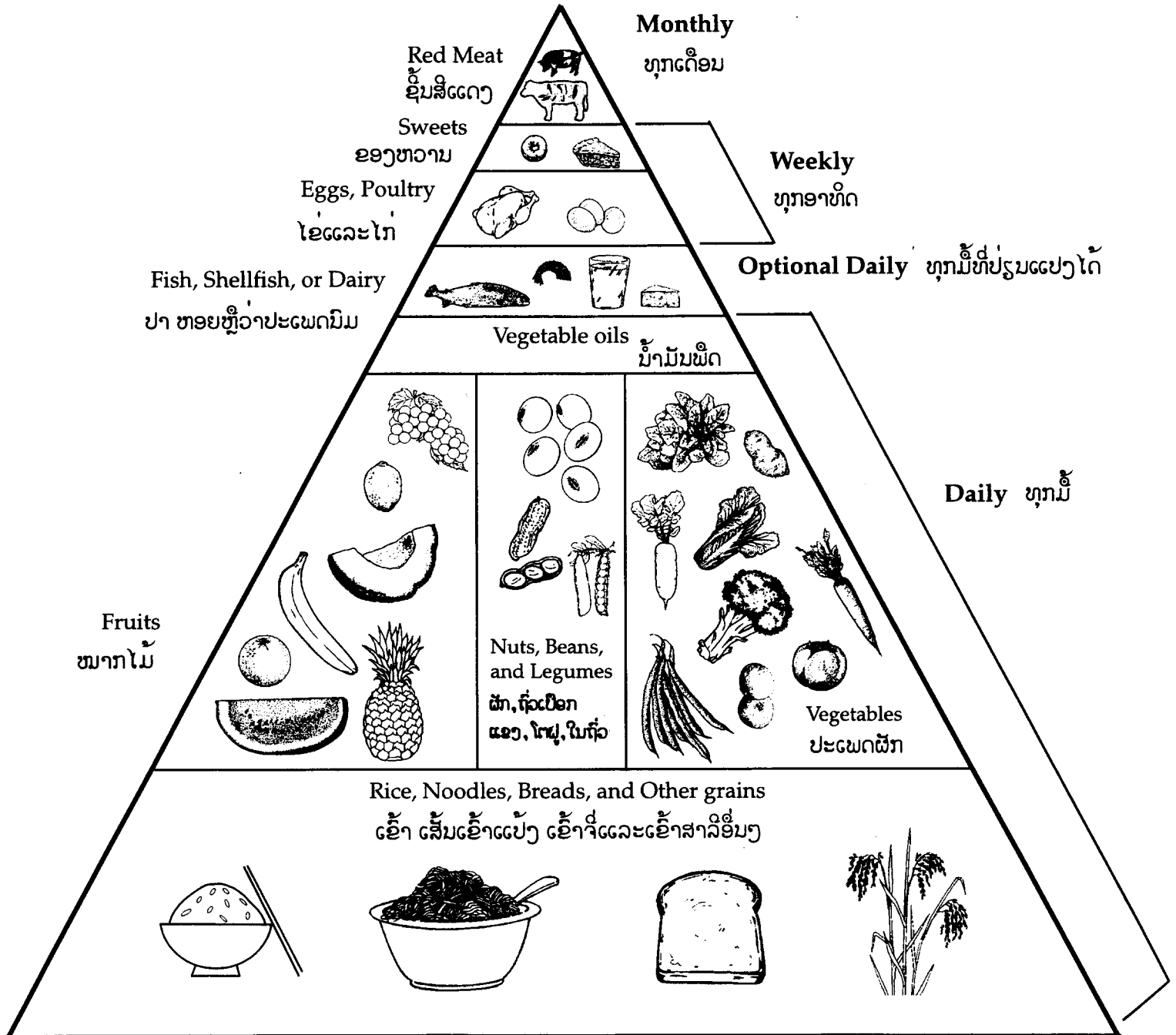
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6-11 ສ່ວນ

Asian Food Pyramid

ລາຍການອາຫານເອຊຽນປີຣາມິດ

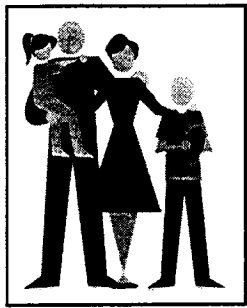
The Food Pyramid is a general guide that lets you choose a healthy diet that's right for you. Each of these food groups provide some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

ຫນຶ່ງສີເນະນໍາລາຍການອາຫານປີຣາມິດເປັນຫນຶ່ງສີເນະນໍາທົ່ວໄປເພື່ອໃຫ້ທ່ານເລືອກເອົາລາຍການອາຫານທີ່ດີທີ່ສຸດຂາຍແລະເໝາະສົມກັບທ່ານ ອາຫານແຕ່ລະກຸ່ມນີ້ໄດ້ແກ່ອາຫານທີ່ບໍາຮຸງຮ່າງກາຍບາງແນວ ແຕ່ວ່າບໍ່ແມ່ນອາຫານທີ່ທ່ານຕ້ອງການທັງໝົດ ອາຫານທີ່ຢູ່ໃນກຸ່ມນຶ່ງຈະແທນອາຫານທີ່ຢູ່ໃນກຸ່ມອື່ນບໍ່ໄດ້ ບໍ່ມີອາຫານກຸ່ມໃດຈະສໍາຄັນກ່ວາກຸ່ມອື່ນ ເພື່ອໃຫ້ມີສຸຂະພາບທີ່ດີທ່ານຕ້ອງການອາຫານທຸກແນວ.



Laotian Language Version

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. For more information call (404) 651-2542



Better Health Begins With You!

ທ່ານສາມາດທີ່ຈະມີສຸຂພາບດີໄດ້ !

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

ກິນອາຫານທີ່ມີໂຂມັນໜ້ອຍເຊັ່ນ ເຂົ້າຈີ່ ເຂົ້າບະລ່ ເຂົ້າຫຼືວ່າເສັ້ນເຂົ້າແປ້ງ 6 ຫາ 11 ສ່ວນໜ້ອຍ ທຸກມື້ ເປັນຕົ້ນວ່າ ເລືອກກິນເຂົ້າໂອດຕອນເຊົ້າ ແຊນວິດຕອນທ່ຽງ ແລະເຂົ້າຕອນແລງ.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

ກິນໝາກໂມ້ຫຼືວ່າປະເພດຜັກ 5 ສ່ວນທຸກມື້ ເປັນຕົ້ນວ່າ ທ່ານອາດຈະດື່ມນ້ຳໝາກກ້ຽງໃນຕອນເຊົ້າ ກິນສະລັດໃນຕອນທ່ຽງ ກິນໝາກຖົ່ວຂຽວແລະມັນຝຣັ່ງຕົ້ມໃນຕອນແລງ ແລະໝາກແລດແຊງ ໃນຕອນແລງ.

3. Drink at least 8 glasses of pure, fresh water every day.

ດື່ມນ້ຳສະອາດຢ່າງຕໍ່າ 8 ຈອກທຸກມື້.

4. Eat lean, low-fat meats, such as chicken or fish.

ກິນຊີ້ນປະເພດທີ່ມີໂຂມັນໜ້ອຍ ເຊັ່ນ ຊີ້ນໂກ່ຫຼືວ່າຊີ້ນປາ.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ເລືອກອາຫານປະເພດນົມທີ່ມີໂຂມັນໜ້ອຍຫຼືວ່າບໍ່ມີໂຂມັນເລີຍເຊັ່ນ ນົມສະກິມແລະນົມສີ່ມແຊ່ເຢັນ.

6. Limit your intake of sweets and alcoholic beverages.

ກິນຂອງຫວານແລະດື່ມເຫລົ້າໃຫ້ມີຂອບເຂດຈຳກັດ.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ເຂົ້າຮ່ວມໃນລາຍການອອກກຳລັງກາຍບາງແນວທຸກມື້ ໄປຢ່າງຫຼີ້ນ ເຕັ້ນລຳຫຼືວ່າອອກໄປທ່ຽວ.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ໃຊ້ນ້ຳມັນພືດຫຼືວ່ານ້ຳມັນແຄນໂນລາມາແຕ່ງອາຫານແທນນ້ຳມັນໝູຫຼືວ່ານ້ຳມັນສັດ ນ້ຳມັນພືດດີສຳລັບ ທ່ານເພາະວ່າມັນບໍ່ມີຄໍເລັດສະເທີຣ໌.

Laotian Language Version

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Better Health for Mother and Baby

ສຸຂພາບທີ່ແຂງແຮງສໍາລັບຜູ້ເປັນແມ່ແລະແອນ້ອຍ

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

ຫຼີກເວັ້ນຈາກການດື່ມເຫລົ້າ ແລະເຄື່ອງດື່ມທີ່ມີກາເຟອິນ ເຊັ່ນກາເຟແລະນໍ້າອັດລົມ.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

ກິນອາຫານທີ່ມີແຄລຊັມທຸກມື້ ອັນນີ້ຮວມທັງນົມ ເນີຍແຂງ ນົມສີ້ມ ປາທີ່ມີກ້າງແລະປະເພດຜັກສີຂຽວແກ່.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

ກິນຊີ້ນ ປາ ໂຂ່ຫຼືວ່າໝາກຖົ່ວແຫ້ງ 2 ຫາ 3 ສ່ວນທຸກມື້ເພື່ອໃຫ້ມີໂປຣຕິນ.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

ກິນໝາກໄມ້ແລະຜັກຢ່າງຕໍ່າ 5 ສ່ວນທຸກມື້ເພື່ອເອົາໄວຕາມິນແລະທາດເຫຼັກເຊັ່ນ ຊອຍໝາກກ້ວຍໃສ່ຊີຣີໂອ (cereal) ໃນຕອນເຊົ້າ ແລະເລືອກເອົາໝາກແອບເປັນສໍາລັບອາຫານຫວ່າງໃນຕອນແລງ ອີກຢ່າງກິນຫົວກາຣົດຫຼືວ່າຜັກເຊເລີຣີໃນຍາມເຂົ້າທ່ຽງ ຜັກກະຫລໍ່າປີແລະຜັກສະລັດໃນຍາມເຂົ້າແລງ.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

ກິນເຂົ້າສາລີທີ່ສໍາຄັນຕໍ່ສຸຂພາບແລະກໍາລັງກາຍ 6 ຫາ 11 ສ່ວນໜ້ອຍ ອັນນີ້ຮວມທັງເຂົ້າຈີ່ປະເລ່ແລະເຂົ້າສີນໍ້າຕານ.

6. See your doctor early in your pregnancy.

ໄປຫາໝໍຕັ້ງແຕ່ທ່ານເລີ້ມຖືພາ.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

ໃຫ້ແມ່ໃຈວ່າທ່ານໄດ້ຕື່ມນ້ຳໜັກທີ່ຖືກຕ້ອງໃນລະຍະຖືພາ ສໍາລັບຜູ້ຍິງທົ່ວ ໄປແລ້ວຈະໜັກຕື່ມຂຶ້ນ 25-35 ປອນ ໃຫ້ຂໍຄໍາແນະນໍາຈາກໝໍຂອງທ່ານເອງ.

Laotian Language Version

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Good Food for Kids

ອາຫານທີ່ໝາະສົມສໍາລັບເດັກນ້ອຍ

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

ແຄລຊັຽມເປັນສິ່ງທີ່ຈໍາເປັນເພື່ອຄວາມຂະຍາຍແລະການເຕີບໂຕຂອງກະດູກ ສິ່ງນີ້ຈະຫາໄດ້ຢູ່ໃນນົມ ນົມສົ້ມ ປາທີ່ມີກ້າງແລະຜັກສີຂຽວແກ່ບາງຢ່າງເຊັ່ນ ຜັກກະຫລໍ່າປີ.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

ທາດເຫລັກຈະຕ້ມພະລັງໃນຮ່າງກາຍຂອງຄົນ ສິ່ງນີ້ຈະຫາໄດ້ໃນຊີ້ນສີແດງ ຊີ້ນໄກ່ ຊີ້ນປາແລະໝາກຖົ່ວແຫ້ງ.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

ຫົວກາຣົດ ຜັກຊະປິແມດ ໝາກໄມ້ ແລະຜັກອື່ນໆມີໄວຕາມິນ A ແລະໄວຕາມິນ C ສູງ ໄວຕາມິນ A ເປັນສິ່ງທີ່ສໍາຄັນທີ່ເຮັດໃຫ້ສາຍຕາແລະຜິວໜັງດີ ໄວຕາມິນ C ຮັກສາຊີ້ນແຂ້ວໃຫ້ແຂງແຮງແລະຫລີກລ້ຽງຈາກພະຍາດຕິດຕໍ່.

4. Energy is important and comes from breads, rice, cereal, and pasta.

ພະລັງງານເປັນສິ່ງທີ່ສໍາຄັນແລະໄດ້ມາຈາກເຂົ້າຈີ່ ເຂົ້າ ຊີຣີໂອແລະເສັ້ນເຂົ້າແປ້ງ.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

ເລືອກກິນແຕ່ຂອງຫວ່າງທີ່ດີຕໍ່ສຸກກະພາບ ເຊັ່ນໝາກໄມ້ ຜັກ ນົມແລະໝາກຖົ່ວ ພວກນີ້ເປັນອາຫານທີ່ບໍາຮຸງຮ່າງກາຍແລະດີຕໍ່ແຂ້ວເດັກນ້ອຍ ດີກ່ອນນໍ້າອັດລົມ ມັນທອດແລະເຂົ້າໜົມຫວານ.

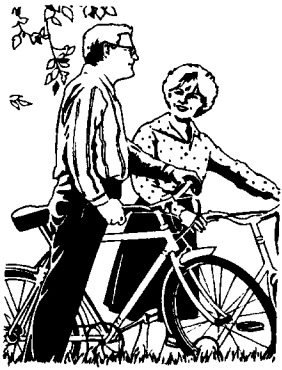
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

ການອອກກໍາລັງທຸກມື້ເປັນສິ່ງສໍາຄັນສໍາລັບເດັກນ້ອຍ ແລະຈະເຮັດໃຫ້ຮ່າງກາຍຂອງພວກເຂົາເຕີບໃຫຍ່ແບບແຂງແຮງແລະມີສຸຂະພາບທີ່ດີ.



Laotian Language Version

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Better Nutrition for Mature Adults

ອາຫານບໍາຮຽງຮ່າງກາຍສໍາລັບຜູ້ໃຫຍ່

1. Drink 6 - 8 glasses of water every day.

ດື່ມນໍ້າ 6 ຫາ 8 ຈອກທຸກມື້.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

ກິນອາຫານທີ່ມີແຄລຊຽມຫລາຍເຊັ່ນ ນົມ ເນີຍແຂອງ ນົມສີ້ມ ປາທີ່ມີກ້າງແລະຜັກສີຂຽວແກ່ບາງຢ່າງ ເຊັ່ນຜັກກະຫລໍ່າປີ ແຄລຊຽມເປັນສິ່ງສໍາຄັນທີ່ເຮັດໃຫ້ກະດູກແຂງແຮງ.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

ໄວຕາມິນ A ແລະ ໄວຕາມິນ C ຈະໄດ້ຈາກການກິນໝາກໄມ້ແລະຜັກເຊັ່ນ ຫົວກາຣົດແລະໝາກກ້ຽງ ໄວຕາມິນ A ມີດິດຕາແລະຜິວຂອງທ່ານ ໄວຕາມິນ C ຈະຮັກສາຊີ້ນເຂັ້ວຂອງທ່ານໃຫ້ແຂງແຮງ ແລະຫຼີກລ້ຽງຈາກພະຍາດຕິດຕໍ່.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

ກິນອາຫານທີ່ມີທາດເຫຼັກສູງເພື່ອຊ່ອຍໃຫ້ຮ່າງກາຍແຂງແຮງ ທາດເຫຼັກຈະຫາໄດ້ຫລາຍຢູ່ໃນຊີ້ນ ສີເດງ ຊີ້ນໄກ່ ຊີ້ນປາແລະໝາກຖົ່ວເຫຼັງ.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

ຮ່ວມທັງປະເພດຊີ້ນ ອາຫານທະເລແລະຊີ້ນໄກ່ຢູ່ໃນລາຍການອາຫານຂອງທ່ານເພື່ອປ້ອງກັນຄວາມຂາດເຂີນຈາກແຮ່ທາດຊິງ (zinc) ແຮ່ທາດອັນນີ້ຈະຊ່ອຍໃຫ້ບາດແຜເຊົາໄວຂຶ້ນ.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

ຝຶກການອອກກຳລັງກາຍຕາມປົກກະຕິ ການອອກກຳລັງຢູ່ນອກເຮືອນຈະດີກ່ອນໝູ່ເພາະວ່າຮ່າງກາຍຂອງທ່ານສາມາດສ້າງໄວຕາມິນ D ຈາກຕາເວັນ.



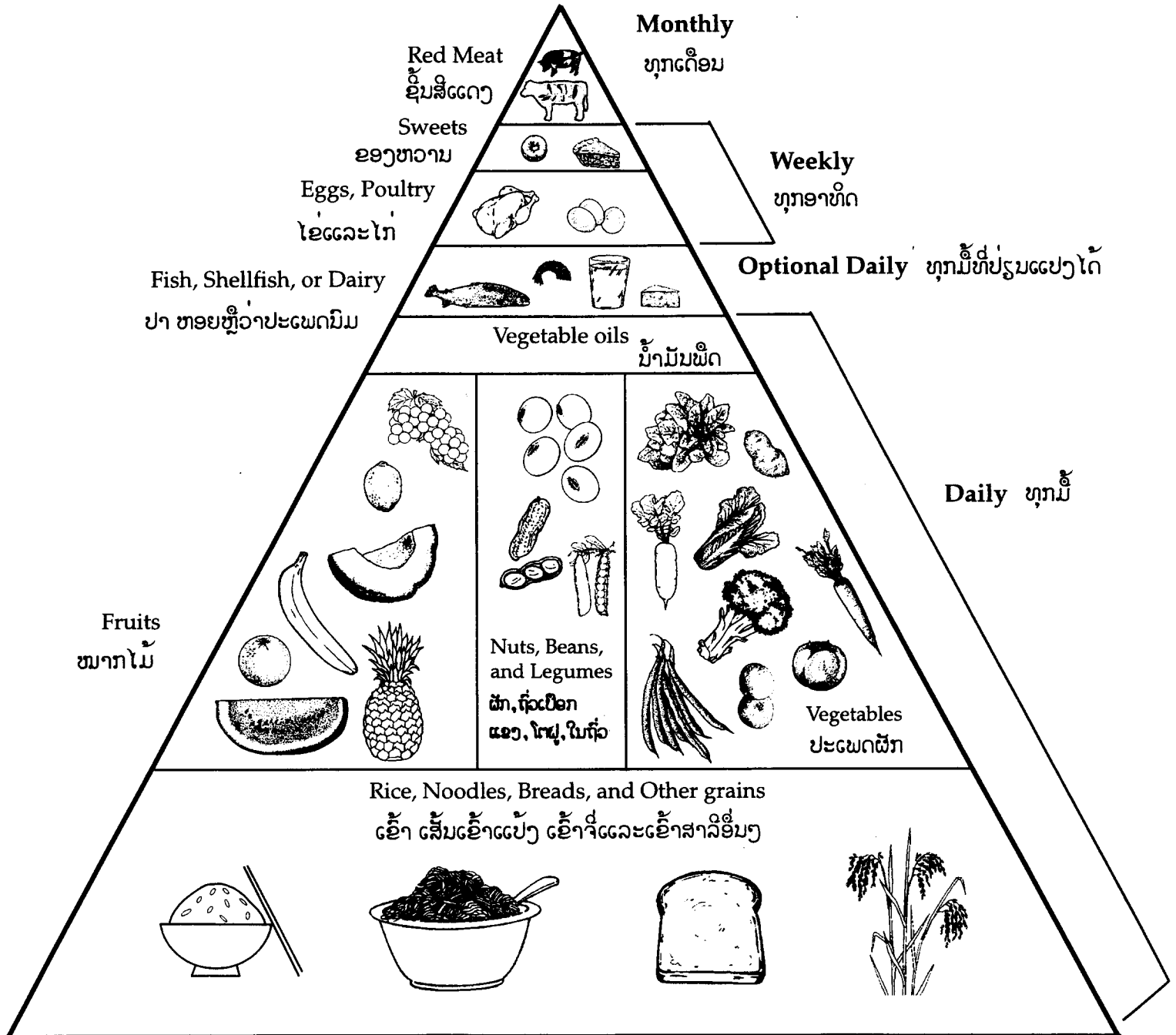
Laotian Language Version
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Asian Food Pyramid

ລາຍການອາຫານເອຊຽນປີຣາມິດ

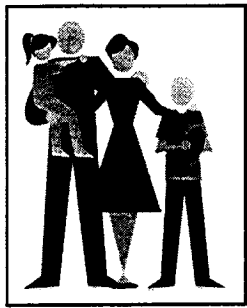
The Food Pyramid is a general guide that lets you choose a healthy diet that's right for you. Each of these food groups provide some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

ຫ້ງສີເນະນໍາລາຍການອາຫານປີຣາມິດເປັນຫ້ງສີເນະນໍາທົ່ວໄປເພື່ອໃຫ້ທ່ານເລືອກເອົາລາຍການອາຫານທີ່ດີຕໍ່ສຸຂະພາບແລະເໝາະສົມກັບທ່ານ ອາຫານແຕ່ລະກຸ່ມນີ້ໄດ້ແກ່ອາຫານທີ່ບໍາຮຸງຮ່າງກາຍບາງແນວ ແຕ່ວ່າບໍ່ແມ່ນອາຫານທີ່ທ່ານຕ້ອງການທັງໝົດ ອາຫານທີ່ຢູ່ໃນກຸ່ມນຶ່ງຈະແທນອາຫານທີ່ຢູ່ໃນກຸ່ມອື່ນບໍ່ໄດ້ ບໍ່ມີອາຫານກຸ່ມໃດຈະສໍາຄັນກ່ວາກຸ່ມອື່ນ ເພື່ອໃຫ້ມີສຸຂະພາບທີ່ດີທ່ານຕ້ອງການອາຫານທຸກແນວ.



Laotian Language Version

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Better Health Begins With You!

ທ່ານສາມາດທີ່ຈະມີສຸຂພາບດີໄດ້ !

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

ກິນອາຫານທີ່ມີໂຂມັນໜ້ອຍເຊັ່ນ ເຂົ້າຈີ່ ເຂົ້າບະລະ ເຂົ້າຫຼືວ່າເສັ້ນເຂົ້າແປ້ງ 6 ຫາ 11 ສ່ວນໜ້ອຍ ທຸກມື້ ເປັນຕົ້ນວ່າ ເລືອກກິນເຂົ້າໂອດຕອນເຊົ້າ ແຊນວິດຕອນທ່ຽງ ແລະເຂົ້າຕອນແລງ.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

ກິນໝາກໂມ້ຫຼືວ່າປະເພດຜັກ 5 ສ່ວນທຸກມື້ ເປັນຕົ້ນວ່າ ທ່ານອາດຈະດື່ມນ້ຳໝາກກ້ຽງໃນຕອນເຊົ້າ ກິນສະລັດໃນຕອນທ່ຽງ ກິນໝາກຖົ່ວຂຽວແລະມັນຝຣັ່ງຕົ້ມໃນຕອນແລງ ແລະໝາກແລດແຊງ ໃນຕອນແລງ.

3. Drink at least 8 glasses of pure, fresh water every day.

ດື່ມນ້ຳສະອາດຢ່າງຕໍ່າ 8 ຈອກທຸກມື້.

4. Eat lean, low-fat meats, such as chicken or fish.

ກິນຊີ້ນປະເພດທີ່ມີໂຂມັນໜ້ອຍ ເຊັ່ນ ຊີ້ນໄກ່ຫຼືວ່າຊີ້ນປາ.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ເລືອກອາຫານປະເພດນົມທີ່ມີໂຂມັນໜ້ອຍຫຼືວ່າບໍ່ມີໂຂມັນເລີຍເຊັ່ນ ນົມສະກົມແລະນົມສື່ມແຊ່ເຢັນ.

6. Limit your intake of sweets and alcoholic beverages.

ກິນຂອງຫວານແລະດື່ມເຫລົ້າໃຫ້ມີຂອບເຂດຈຳກັດ.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ເຂົ້າຮ່ວມໃນລາຍການອອກກຳລັງກາຍບາງແນວທຸກມື້ ໄປຢ່າງຫຼີ້ນ ເຕັ້ນລຳຫຼືວ່າອອກໄປທ່ຽວ.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ໃຊ້ນ້ຳມັນພືດຫຼືວ່ານ້ຳມັນແຄນໂນລາມາແຕ່ງອາຫານແທນນ້ຳມັນໝູຫຼືວ່ານ້ຳມັນສັດ ນ້ຳມັນພືດດີສຳລັບ ທ່ານເພາະວ່າມັນບໍ່ມີຄໍເລັດສະເທີຣ໌.

Laotian Language Version

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The Food Pyramid

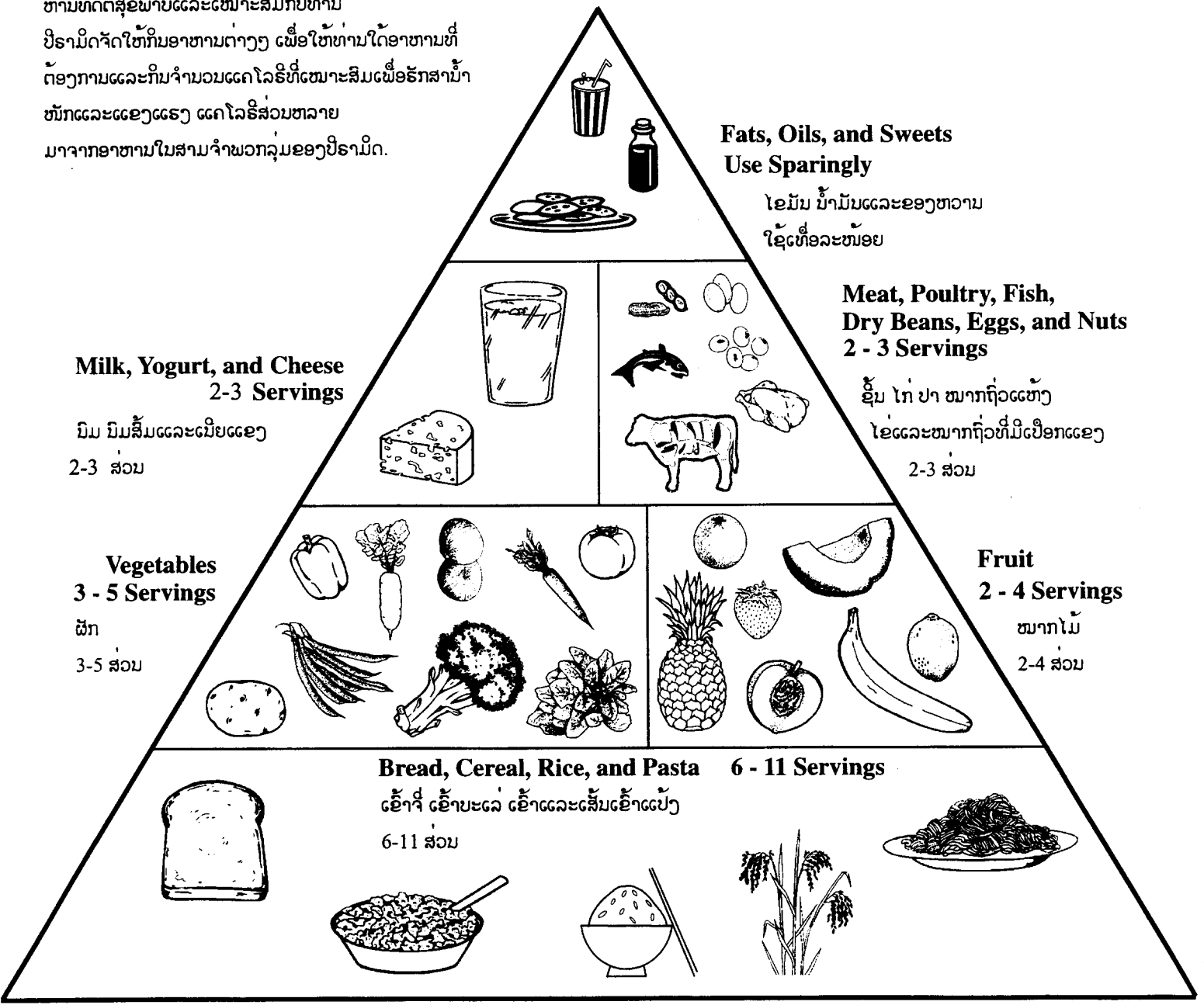
ລາຍການອາຫານປີຣາມິດ

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

ໜຶ່ງສີເນະນໍາລາຍການອາຫານປີຣາມິດເປັນໜຶ່ງສີເນະນໍາທີ່ວ່າ
ໄປເພື່ອໃຫ້ທ່ານເລືອກເອົາລາຍການອາ
ຫານທີ່ດີສຸຂພາບແລະເໝາະສົມກັບທ່ານ
ປີຣາມິດຈັດໃຫ້ກິນອາຫານຕ່າງໆ ເພື່ອໃຫ້ທ່ານໄດ້ອາຫານທີ່
ຕ້ອງການແລະກິນຈໍານວນແດດໂລຣີທີ່ເໝາະສົມເພື່ອຮັກສານໍ້າ
ໜັກແລະແຂງແຮງ ແດດໂລຣີສ່ວນຫລາຍ
ມາຈາກອາຫານໃນສາມຈໍາພວກລຸ່ມຂອງປີຣາມິດ.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

ແຕ່ລະກຸ່ມນີ້ໄດ້ແກ່ອາຫານທີ່ບໍ່ຮຸ່ງຮາງກາຍບາງແນວ
ແຕ່ວ່າບໍ່ແມ່ນທີ່ທ່ານຕ້ອງການທັງໝົດ ອາຫານ
ທີ່ຢູ່ໃນກຸ່ມນຶ່ງຈະແທນອາຫານທີ່ຢູ່ໃນກຸ່ມອື່ນບໍ່ໄດ້
ບໍ່ມີອາຫານກຸ່ມໃດຈະສໍາຄັນກວ່າກຸ່ມອື່ນ ເພື່ອໃຫ້ມີ
ສຸຂພາບທີ່ດີທ່ານຕ້ອງການອາຫານທຸກແນວ.



Milk, Yogurt, and Cheese
2-3 Servings
ນົມ ນົມສື້ມແລະເນີຍແຂງ
2-3 ສ່ວນ

Fats, Oils, and Sweets
Use Sparingly
ໂຂມັນ ບໍ່າມັນແລະຂອງຫວານ
ໃຊ້ເທື່ອລະໜ້ອຍ

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts
2 - 3 Servings
ຊີ້ນ ໄກ່ ປາ ໝາກຖົ່ວແຂ້ງ
ໂຂ່ແລະໝາກຖົ່ວທີ່ມີເປືອກແຂງ
2-3 ສ່ວນ

Vegetables
3 - 5 Servings
ຜັກ
3-5 ສ່ວນ

Fruit
2 - 4 Servings
ໝາກໄມ້
2-4 ສ່ວນ

Bread, Cereal, Rice, and Pasta 6 - 11 Servings
ເຂົ້າຈີ່ ເຂົ້າບະແລ່ ເຂົ້າແລະເສັ້ນເຂົ້າແປ້ງ
6-11 ສ່ວນ

Laotian Language Version

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Good Food for Kids

ອາຫານທີ່ໝາະສົມສໍາລັບເດັກນ້ອຍ

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

ແຄລຊັຽມເປັນສິ່ງທີ່ຈໍາເປັນເພື່ອຄວາມຂະຍາຍແລະການເຕີບໂຕຂອງກະດູກ ສິ່ງນີ້ຈະຫາໄດ້ຢູ່ໃນນົມ ນົມສົ້ມ ປາທີ່ມີກ້າງແລະຜັກສີຂຽວແກ່ບາງຢ່າງເຊັ່ນ ຜັກກະຫລໍ່າປີ.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

ທາດເຫລັກຈະຕ້ມພະລັງໃນຮ່າງກາຍຂອງຄົນ ສິ່ງນີ້ຈະຫາໄດ້ໃນຊີ້ນສີແດງ ຊີ້ນໄກ່ ຊີ້ນປາແລະໝາກຖົ່ວແຫ້ງ.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

ຫົວກາຣົດ ຜັກຊະປິແມດ ໝາກໄມ້ ແລະຜັກອື່ນໆມີໄວຕາມິນ A ແລະໄວຕາມິນ C ສູງ ໄວຕາມິນ A ເປັນສິ່ງທີ່ສໍາຄັນທີ່ເຮັດໃຫ້ສາຍຕາແລະຜິວໜັງດີ ໄວຕາມິນ C ຮັກສາຊີ້ນແຂ້ວໃຫ້ແຂງແຮງແລະຫລີກລ້ຽງຈາກພະຍາດຕິດຕໍ່.

4. Energy is important and comes from breads, rice, cereal, and pasta.

ພະລັງງານເປັນສິ່ງທີ່ສໍາຄັນແລະໄດ້ມາຈາກເຂົ້າຈີ່ ເຂົ້າ ຊີຣີໂອແລະເສັ້ນເຂົ້າແປ້ງ.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

ເລືອກກິນແຕ່ຂອງຫວ່າງທີ່ດີຕໍ່ສຸກກະພາບ ເຊັ່ນໝາກໄມ້ ຜັກ ນົມແລະໝາກຖົ່ວ ພວກນີ້ເປັນອາຫານທີ່ບໍາຮຸງຮ່າງກາຍແລະດີຕໍ່ແຂ້ວເດັກນ້ອຍ ດີກ່ອນນໍ້າອັດລົມ ມັນທອດແລະເຂົ້າໜົມຫວານ.

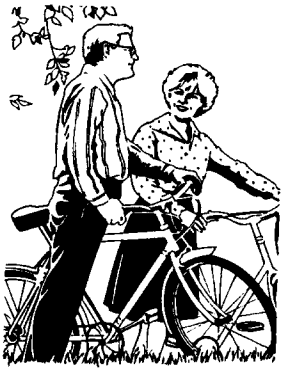
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

ການອອກກໍາລັງທຸກມື້ເປັນສິ່ງສໍາຄັນສໍາລັບເດັກນ້ອຍ ແລະຈະເຮັດໃຫ້ຮ່າງກາຍຂອງພວກເຂົາເຕີບໃຫຍ່ແບບແຂງແຮງແລະມີສຸຂະພາບທີ່ດີ.



Laotian Language Version

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Better Nutrition for Mature Adults

ອາຫານບໍາຮຸງຮ່າງກາຍສໍາລັບຜູ້ໃຫຍ່

1. Drink 6 - 8 glasses of water every day.

ດື່ມນໍ້າ 6 ຫາ 8 ຈອກທຸກມື້.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

ກິນອາຫານທີ່ມີແຄລຊຽມຫລາຍເຊັ່ນ ນົມ ເນີຍແຂງ ນົມສີ່ມ ປາທີ່ມີກ້າງແລະຜັກສີຂຽວແກ່ບາງຢ່າງ ເຊັ່ນຜັກກະຫລໍ່າປີ ແຄລຊຽມເປັນສິ່ງສໍາຄັນທີ່ເຮັດໃຫ້ກະດູກແຂງແຮງ.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

ໄວຕາມິນ A ແລະ ໄວຕາມິນ C ຈະໄດ້ຈາກການກິນໝາກໄມ້ແລະຜັກເຊັ່ນ ຫົວກາຣົດແລະໝາກກ້ຽງ ໄວຕາມິນ A ມີດິດຕາແລະຜິວຂອງທ່ານ ໄວຕາມິນ C ຈະຮັກສາຊິ້ນເຂັ້ວຂອງທ່ານໃຫ້ແຂງແຮງ ແລະຫຼີກລ້ຽງຈາກພະຍາດຕິດຕໍ່.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

ກິນອາຫານທີ່ມີທາດເຫຼັກສູງເພື່ອຊ່ອຍໃຫ້ຮ່າງກາຍແຂງແຮງ ທາດເຫຼັກຈະຫາໄດ້ຫລາຍຢູ່ໃນຊີ້ນ ສີເດງ ຊີ້ນໄກ່ ຊີ້ນປາແລະໝາກຖົ່ວເຫ້ງ.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

ຮ່ວມທັງປະເພດຊີ້ນ ອາຫານທະເລແລະຊີ້ນໄກ່ຢູ່ໃນລາຍການອາຫານຂອງທ່ານເພື່ອປ້ອງກັນຄວາມຂາດເຂີນຈາກແຮ່ທາດຊິ້ງ (zinc) ແຮ່ທາດອັນນີ້ຈະຊ່ອຍໃຫ້ບາດແຜເຊົາໄວຂຶ້ນ.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

ຝຶກກາຍອອກກໍາລັງກາຍຕາມປົກກະຕິ ກາຍອອກກໍາລັງຢູ່ນອກເຮືອນຈະດີກ່ອນໝູ່ເພາະວ່າຮ່າງກາຍຂອງທ່ານສາມາດສ້າງໄວຕາມິນ D ຈາກຕາເວັນ.



Laotian Language Version
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Better Health for Mother and Baby

ສຸຂພາບທີ່ແຂງແຮງສໍາລັບຜູ້ເປັນແມ່ແລະແອນ້ອຍ

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

ຫຼີກເວັ້ນຈາກການດື່ມເຫລົ້າ ແລະເຄື່ອງດື່ມທີ່ມີກາເຟອິນ ເຊັ່ນກາເຟແລະນໍ້າອັດລົມ.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

ກິນອາຫານທີ່ມີແຄລຊັມທຸກມື້ ອັນນີ້ຮວມທັງນົມ ເນີຍແຂງ ນົມສີ້ມ ປາທີ່ມີກ້າງແລະປະເພດຜັກສີຂຽວແກ່.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

ກິນຊີ້ນ ປາ ໂຂ່ຫຼືວ່າໝາກຖົ່ວແຫ້ງ 2 ຫາ 3 ສ່ວນທຸກມື້ເພື່ອໃຫ້ມີໂປຣຕິນ.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

ກິນໝາກໄມ້ແລະຜັກຢ່າງຕໍ່າ 5 ສ່ວນທຸກມື້ເພື່ອເອົາໄວຕາມິນແລະທາດເຫຼັກເຊັ່ນ ຊອຍໝາກກ້ວຍໃສ່ຊີຣີໂອ (cereal) ໃນຕອນເຊົ້າ ແລະເລືອກເອົາໝາກແອບເປັນສໍາລັບອາຫານຫວ່າງໃນຕອນແລງ ອີກຢ່າງກິນຫົວກາຣົດຫຼືວ່າຜັກເຊເລີຣີໃນຍາມເຂົ້າທ່ຽງ ຜັກກະຫລໍ່າປີແລະຜັກສະລັດໃນຍາມເຂົ້າແລງ.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

ກິນເຂົ້າສາລີທີ່ສໍາຄັນຕໍ່ສຸຂພາບແລະກໍາລັງກາຍ 6 ຫາ 11 ສ່ວນໜ້ອຍ ອັນນີ້ຮວມທັງເຂົ້າຈີ່ປະເລ່ແລະເຂົ້າສີນໍ້າຕານ.

6. See your doctor early in your pregnancy.

ໄປຫາໝໍຕັ້ງແຕ່ທ່ານເລີ້ມຖືພາ.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

ໃຫ້ແມ່ໃຈວ່າທ່ານໄດ້ຕື່ມນ້ຳໜັກທີ່ຖືກຕ້ອງໃນລະຍະຖືພາ ສໍາລັບຜູ້ຍິງທົ່ວໄປແລ້ວຈະໜັກຕື່ມຂຶ້ນ 25-35 ປອນ ໃຫ້ຂໍຄໍາແນະນໍາຈາກໝໍຂອງທ່ານເອງ.

Laotian Language Version

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The Food Pyramid

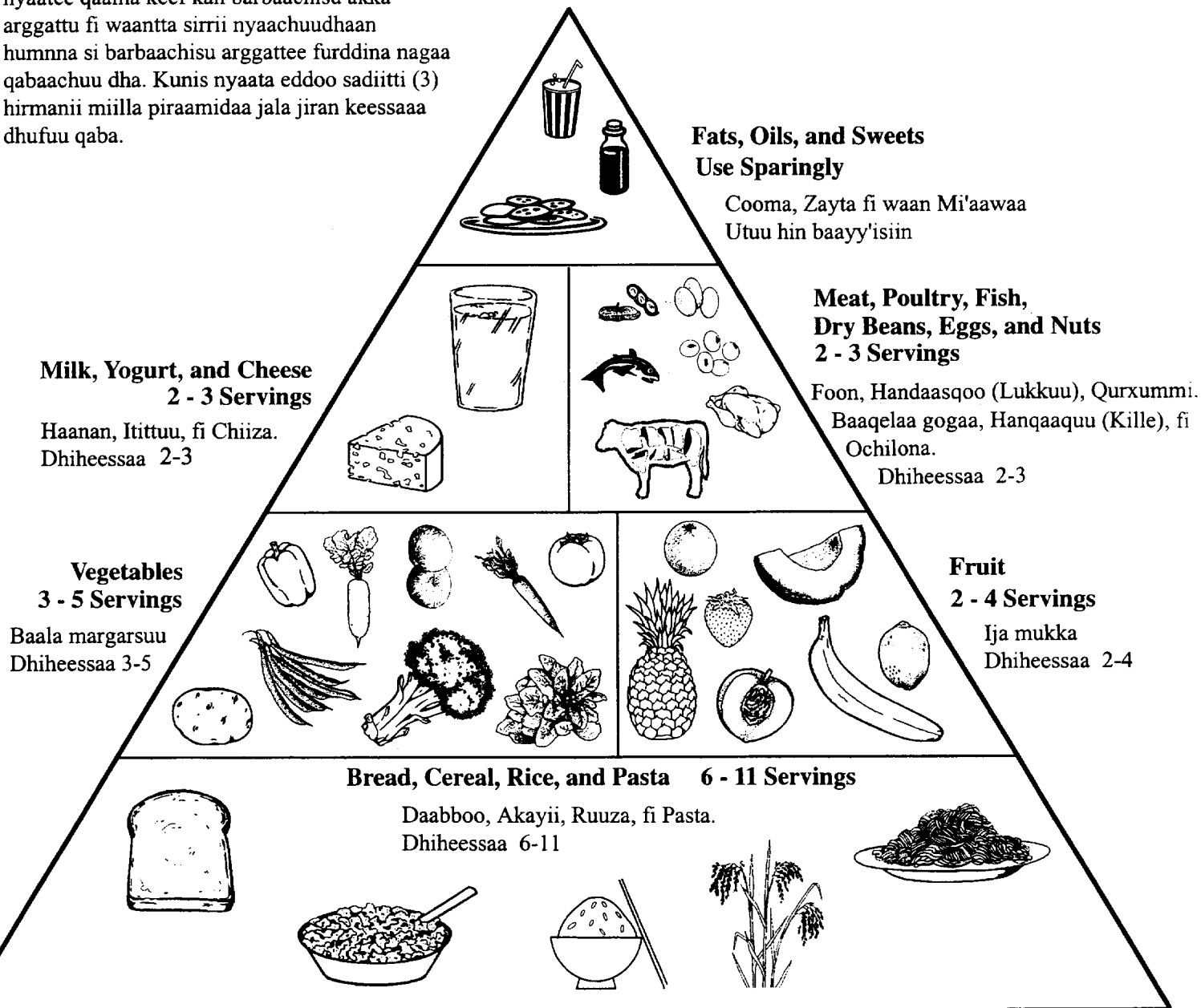
Piraamidaa Nyaata

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Agarsiifani nyaata piraamidaa nyaata akkamii fayaina keetiif akka filachuun siif ta'u kan himu dha. Piraamida jachuun nyaata addaa addaa nyaatee qaama keef kan barbaachisu akka arggattu fi waantta sirrii nyaachuudhaan humnna si barbaachisu arggatee furddina nagaa qabaachuu dha. Kunis nyaata eddoo sadiitti (3) hirmanii miilla piraamidaa jala jiran keessaaa dhufuu qaba.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Tokkoon tokkoon nyaatoliin kun amma ta'e nama gargaaru malee cufa (hudda) miti. Nyaanni inni isa tokko kessaa isa kaan eddoo bu'uu hihndanda'u. Nyaanni tokko iisa kaan irra caaluu hin danda'u. Fayina gaarii qabaachuuf hundumtti isaanii si barbaachisu. Isaanis:



Oromo Language Version



Better Health Begins With You!

Fayinni gaarin si irra jalqaba

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Guyyuma Guyya ti Daabboo waan dha'dha hedddu hin qabne; Akayi, Ruzza yokkin Pasta dhiheessaa 6-11 nyaadhu. Fakkeenyaaf, ganama matajaboo, guyya sandwich galgala immoo Ruzza duwwa nyaadhu.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Ija Mukkatifi Balla Margarsuu (Vegetable) dhiheessaa 5 nyaadhu. Fakkenyaafi, cuuffa Burtukaana dhugi. Balla Margarsuu (Salaaxa) nyaachu, galgalla immoo dineecha affelama fi Ija Wayinii nyaadhu.

3. Drink at least 8 glasses of pure, fresh water every day.

Guyya ti yoo xinnaate Bishaan Burcuqqo (Dubbuulee) 8 dhuuggi.

4. Eat lean, low-fat meats, such as chicken or fish.

Foon diimaa kaan bayy'ee cooma hin qabne issa akka Handaaqoo yookin Quxummi nyaadhu.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Waan s'aa kaan dha'dha yarrtu kaabu kaan akka Aanan raafamaa fi Itittu filadhu.

6. Limit your intake of sweets and alcoholic beverages.

Nyaata waan mi'aawaa fi dhugaattii kan nama macheessu hin baayy'isiin.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Guuyya hunda choch'a godhi. Dirree kessa deemee, yookin Sirbba bu'i, tabadhu.

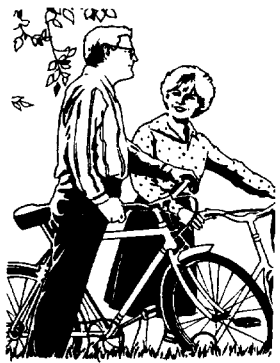
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Gaate kolestrol (cholesterol) hin qabne fi, Zayta waan Sa'a fi kan cooma horri erra hojjetmu manna zayta Baala Margarsuu (Vegetable) fillidhu.

Oromo Language Version

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Better Nutrition for Mature Adults

Nyaata Gaarii Gurguddootaaf

1. Drink 6 - 8 glasses of water every day.

Guyyatti Burcuqoo (dubbuulee) 6 amma 8 ti kan ta'u bishaan dhugi.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Kaalshemiin (calcium) kan itti bayy'ate nyaadhu, innis Aannan, Chiiza, Itituu Qurxummi, kan lafee qabu fi Baala margarssu qabu, kan akka Brokoolii dha. Kalshemiin jabina lafeef fi barbaachisaa dha.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Ija mukka, waan akka Kaarotta fi Birtukaana nyaachuu dhaan Vitaamina A fi C baayyee arggachuu yaali. Vitaamiinni A ija kee ti fi gogaa kee tiif gaarii dha. Vitaamiinni C foon ilkaan kee akka fayyaa qabaatu fi dhukkuba adda adda irra eega.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Nyaata Ayireni (iron) guddaa of keessaa qabu nyaadhu, innis qaamnni akka humna ti dhimma ba'u gargaara. Ayireni foon Diimaa, Handaanqoo, Qyrxummii fi Baaqelaa Gogaa keessa ti guddaa arggama.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Zinkii (Zinc) dhabumssa irra ooluuf nyaata kee kessa ti foon, nyaata bishaan keessaa ti argaman kan akka Quxummii fi Handaaqoo Yeroo Hundda qabaadhu. Zinkii madaan akka dafee dhinuuf gargaara.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Yeroo hundda choch'a godhi. Kesumatti immoo diida keessa deemuuf fi figuun gaarii dha. Innis qaamnnikee karaa aduu Vitaamina D akka arggatu gargaara.

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Better Health for Mother and Baby

Fayyiina Gaarii Haadhaa fi Mucaa

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

Dugaatii jabaa Buna fi waan akka kookaa ta'e irraa of qusadhu.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

Guyyaa hundda nyaata Kaalshi'ena (Calcium) qabu nyaadhu.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

Yeroo hundda foon, Qurxummii, Hanqaaquu yoo kaan immoo Baaqelaa gogaa Dhiheessaa 2-3 ti kan ga'u protinaaf.nyaadhu.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

Vitaaminaa fi Mineraala arggachuuf akka si gargaaruuf guyyaa hundda Ija mukaa fi Bala magrgarsuu (Vegetables) kan qabu dhiheessaa 5 nyaadhu. Faakeegha fi: Gaannamaa Cerealli waaghin Muuzzi nyaadhu: saa boddee apple, guuyyaa Carrot fi Celery, gaalegalla mo broccoli fi salad nyaadhu.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

Fayyinaaf barbaachissaa, humnaafis kan ta'e Daabboo Qamadii fi Ruuza Diimaa dhiheessaa amma 6-11 kan ta'u xiqqoo xiqqoo tiin nyaadhu.

6. See your doctor early in your pregnancy.

Jalqqaba ulfa kee ti doktora kee qunnami.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

Yeroo ulfoofttee jirttu ulfinni qaama kee akka sritti jiru of eegadhu. Dubartoonni tokko tokko amma powunddi 25-35 ti dabaluu. Gargaarssaaf doktora kee gaaffu.

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Good Food for Kids

Nyaata Gaarii Ijoolee dhaaf Ta'u

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Kaaksheemiin jabinna fi guddina lafeef gargaara. Innis Annan, Itittuu, Qurxummii lafee qabu fi waan akka margarsuu qabuu (Brokoolii) dha.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Ayireeniin qaamni akka humna hijetu gargaara. Innis Foon Diimaa, Handaanqoo, Qurxummii fi Baaqeelaa gogaa keessa ti argama.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Kaarotii, Raafuu fi Ija Mukaa fi Maargarsuun Vitaamina A, fi C gudda of keessa qabu. Vitaaminni A, argatuu dha fi gogaaqaamaa ijoolleef guddaa barbaachisaa dha. Vitamini C fayina foon ilkaanii fi dhukaba adda adda irraa eeguuf gargaara.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Humni baay'ee barbaachisaa dha, Innis Daabbpp, Ruuza, Akayyi fi Pasta kessaa dhufa.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Geediisoo (snack) gaarii ijoolleedhaa filiif (dhiheesiif), Innis Ija Mukkaa, margarsuu baala, waan loonii fi Ocholona. Isaanis nyaata gaarii fi ilkaan ijoolleefis fayyihna kennu. Kunis waana mi'ayaa fi akayyi, dinichaa (chips) irra wayya.

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Chocho'uniss guyyuma guyyaa ti ijoolleef baay'ee barbaachisaa dha. Kanaaf qaama jabaataa ta'e fi fayyaa qabooto in ta'u.

Oromo Language Version

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Better Health Begins With You!

Fayinni gaarin si irra jalqaba

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Guyyuma Guyya ti Daabboo waan dha'dha hedddu hin qabne; Akayi, Ruzza yokkin Pasta dhiheessaa 6-11 nyaadhu. Fakkeenyaaf, ganama matajaboo, guyya sandwich galgala immoo Ruzza duwwa nyaadhu.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Ija Mukkatifi Balla Margarsuu (Vegetable) dhiheessaa 5 nyaadhu. Fakkenyaafi, cuuffa Burtukaana dhugi. Balla Margarsuu (Salaaxa) nyaachu, galgalla immoo dineecha affelama fi Ija Wayinii nyaadhu.

3. Drink at least 8 glasses of pure, fresh water every day.

Guyya ti yoo xinnaate Bishaan Burcuqqo (Dubbuulee) 8 dhuuggi.

4. Eat lean, low-fat meats, such as chicken or fish.

Foon diimaa kaan bayy'ee cooma hin qabne issa akka Handaaqoo yookin Quxummi nyaadhu.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Waan s'aa kaan dha'dha yarrtu kaabu kaan akka Aanan raafamaa fi Itittu filadhu.

6. Limit your intake of sweets and alcoholic beverages.

Nyaata waan mi'aawaa fi dhugaattii kan nama macheessu hin baayy'isiin.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Guuyya hunda choch'a godhi. Dirree kessa deemee, yookin Sirbba bu'i, tabadhu.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Gaate kolestrol (cholesterol) hin qabne fi, Zayta waan Sa'a fi kan cooma horri erra hojjetmu manna zayta Baala Margarsuu (Vegetable) fillidhu.

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The Food Pyramid

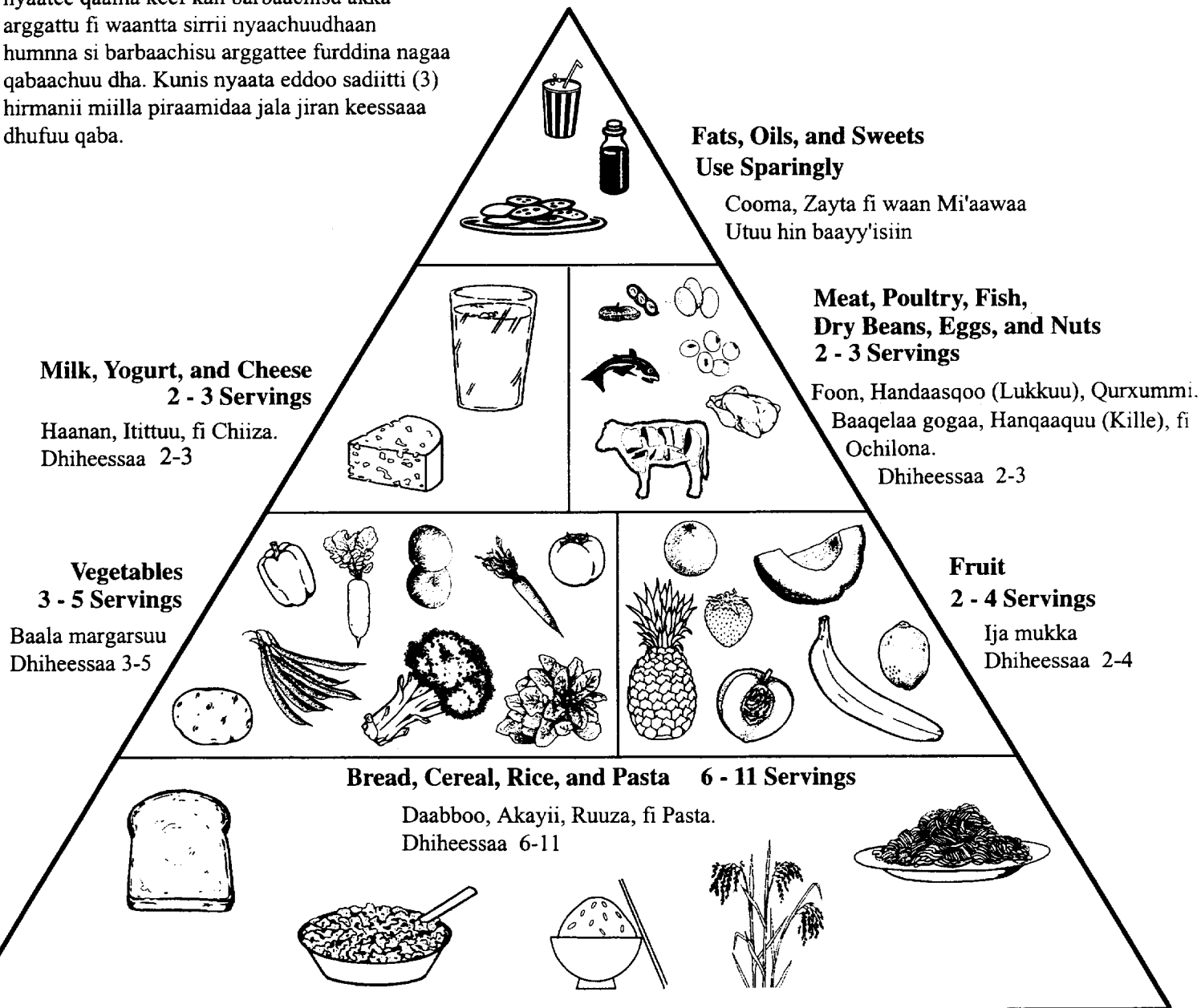
Piraamidaa Nyaata

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

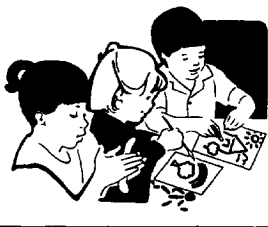
Agarsiifani nyaata piraamidaa nyaata akkamii fayaina keetiif akka filachuun siif ta'u kan himu dha. Piraamida jachuun nyaata addaa addaa nyaatee qaama keef kan barbaachisu akka arggattu fi waantta sirrii nyaachuudhaan humnna si barbaachisu arggatee furddina nagaa qabaachuu dha. Kunis nyaata eddoo sadiitti (3) hirmanii miilla piraamidaa jala jiran keessaaa dhufuu qaba.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Tokkoon tokkoon nyaatoliin kun amma ta'e nama gargaaru malee cufa (hudda) miti. Nyaanni inni isa tokko kessaa isa kaan eddoo bu'uu hihndanda'u. Nyaanni tokko iisa kaan irra caaluu hin danda'u. Fayina gaarii qabaachuuf hundumtti isaanii si barbaachisu. Isaanis:



Oromo Language Version



Good Food for Kids

Nyaata Gaarii Ijoolee dhaaf Ta'u

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Kaaksheemiin jabinna fi guddina lafeef gargaara. Innis Annan, Itittuu, Qurxummii lafee qabu fi waan akka margarsuu qabuu (Brokoolii) dha.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Ayireeniin qaamni akka humna hijetu gargaara. Innis Foon Diimaa, Handaanqoo, Qurxummii fi Baaqeelaa gogaa keessa ti argama.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Kaarotii, Raafuu fi Ija Mukaa fi Maargarsuun Vitaamina A, fi C gudda of keessa qabu. Vitaaminni A, argatuu dha fi gogaaqaamaa ijoolleef gudda barbaachisaa dha. Vitamini C fayina foon ilkaanii fi dhukaba adda adda irraa eeguuf gargaara.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Humni baay'ee barbaachisaa dha, Innis Daabbpp, Ruuza, Akayyi fi Pasta kessaa dhufa.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Geediisoo (snack) gaarii ijoolleedhaa filiif (dhiheesiif), Innis Ija Mukkaa, margarsuu baala, waan loonii fi Ocholona. Isaanis nyaata gaarii fi ilkaan ijoolleefis fayyihna kennu. Kunis waana mi'ayaa fi akayyi, dinichaa (chips) irra wayya.

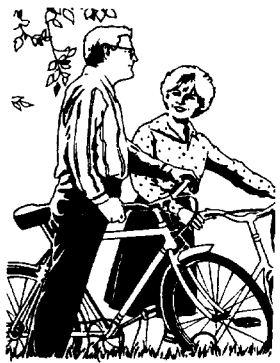
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Chocho'uniss guyyuma guyyaa ti ijoolleef baay'ee barbaachisaa dha. Kanaaf qaama jabaataa ta'e fi fayyaa qabooto in ta'u.

Oromo Language Version

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Better Nutrition for Mature Adults

Nyaata Gaarii Gurguddootaaf

1. Drink 6 - 8 glasses of water every day.

Guyyatti Burcuqoo (dubbuulee) 6 amma 8 ti kan ta'u bishaan dhugi.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Kaalshemiin (calcium) kan itti bayy'ate nyaadhu, innis Aannan, Chiiza, Itituu Qurxummi, kan lafee qabu fi Baala margarssu qabu, kan akka Brokoolii dha. Kalshemiin jabina lafeef fi barbaachisaa dha.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Ija mukka, waan akka Kaarotta fi Birtukaana nyaachuu dhaan Vitaamina A fi C baayyee arggachuu yaali. Vitaamiinni A ija kee ti fi gogaa kee tiif gaarii dha. Vitaamiinni C foon ilkaan kee akka fayyaa qabaatu fi dhukkuba adda adda irra eega.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Nyaata Ayireni (iron) guddaa of keessaa qabu nyaadhu, innis qaamnni akka humna ti dhimma ba'u gargaara. Ayireni foon Diimaa, Handaanqoo, Qyrxummii fi Baaqelaa Gogaa keessa ti guddaa arggama.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Zinkii (Zinc) dhabumssa irra ooluuf nyaata kee kessa ti foon, nyaata bishaan keessaa ti argaman kan akka Quxummii fi Handaaqoo Yeroo Hundda qabaadhu. Zinkii madaan akka dafee dhinuuf gargaara.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Yeroo hundda choch'a godhi. Kesumatti immoo diida keessa deemuuf fi figuun gaarii dha. Innis qaamnnikee karaa aduu Vitaamina D akka arggatu gargaara.

Oromo Language Version

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Better Health for Mother and Baby

Fayyiina Gaarii Haadhaa fi Mucaa

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

Dugaatii jabaa Buna fi waan akka kookaa ta'e irraa of qusadhu.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

Guyyaa hundda nyaata Kaalshi'ena (Calcium) qabu nyaadhu.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

Yeroo hundda foon, Qurxummii, Hanqaaquu yoo kaan immoo Baaqelaa gogaa Dhiheessaa 2-3 ti kan ga'u protinaaf.nyaadhu.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

Vitaaminaa fi Mineraala arggachuuf akka si gargaaruuf guyyaa hundda Ija mukaa fi Bala magrgarsuu (Vegetables) kan qabu dhiheessaa 5 nyaadhu. Faakeegha fi: Gaannamaa Cerealli waaghin Muuzzi nyaadhu: saa boddee apple, guuyyaa Carrot fi Celery, gaalegalla mo broccoli fi salad nyaadhu.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

Fayyiinaaf barbaachissaa, humnaafis kan ta'e Daabboo Qamadii fi Ruuza Diimaa dhiheessaa amma 6-11 kan ta'u xiqqoo xiqqoo tiin nyaadhu.

6. See your doctor early in your pregnancy.

Jalqqaba ulfa kee ti doktora kee qunnami.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

Yeroo ulfoofttee jirttu ulfinni qaama kee akka sritti jiru of eegadhu. Dubartoonni tokko tokko amma powunddi 25-35 ti dabaluu. Gargaarssaaf doktora kee gaaffu.

Oromo Language Version

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Diabetes

Cukrzyca

Polish

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Diabetes

Cukrzyca

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

Co to jest cukrzyca? Cukrzyca jest chorobą, podczas której ciało nie wytwarza lub nie właściwie przetwarza insulinę.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

Insulina jest hormonem, który przetwarza cukier, skrobię i inne pożywienie na energię potrzebną do codziennego życia.

How is diabetes managed?

Jak należy zapanować nad cukrzycą?

The management of diabetes has three parts:

Zapanowanie nad cukrzycą składa się z trzech części:

- ◆ Healthy Eating
Zdrowe jedzenie
- ◆ Physical Activity
Ruch
- ◆ Medication (if needed)
Lekarstwa (jeżeli potrzebne)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

Jak mogę zapanować nad moją cukrzycą? Możesz dopomóc zapanować nad zawartością cukru we krwi (też zwanym glukozą we krwi) i cukrzycą przez zdrowe odżywianie, wystarczającą ilość ruchu i utrzymanie zdrowej wagi.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Zdrowa waga pomoże ci także zapanować nad tłuszczami we krwi (cholesterol) i obniży twoje ciśnienie krwi.

Many people with diabetes also need to take medicine to help control their blood sugar.

Wiele ludzi cierpiących na cukrzycę potrzebuje także zażywać leki, żeby zapanować nad cukrem we krwi.



Eat Healthy

Jeść zdrowo

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

Zastosowanie Piramidy Odżywiania pomaga ci jeść różnorodność zdrowych posiłków. Różnorodność znaczy przyjmowanie pokarmów każdej grupy żywnościowej codziennie. Jeżeli jesz zróżnicowane jedzenie codziennie, otrzymujesz witaminy i minerały tobie potrzebne.

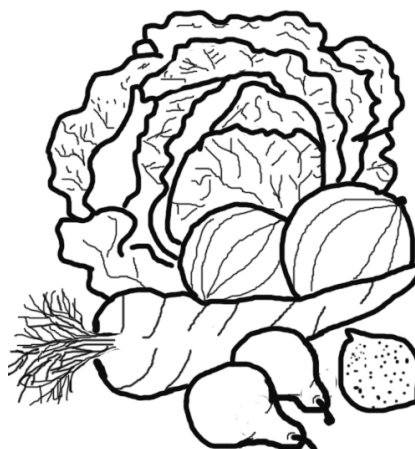
Here is an example of getting a variety of foods each day.
Poniższy przykład pokazuje zróżnicowane jedzenie na codzień.



	Day 1 Dzień 1	Day 2 Dzień 2
Grains:	tortilla	brown rice
Ziarna:	tortilla	brązowy ryż
Fruit:	apple	mango
Owoce:	jabłko	mango
Vegetable:	broccoli	tomatoes
Warzywa:	brokuła	pomidory
Dairy:	milk	yogurt
Mleczarskie:	mleko	jogurt
Protein:	chicken	beans
Proteina:	kurczak	łupinowe

Eat From all the Food Groups

Jedzenia ze wszystkich grup żywnościowych



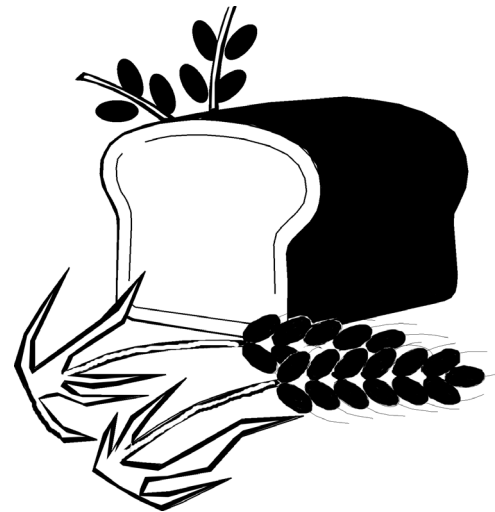
- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Kupuj pełnoziarniste pieczywo i płatki. Niektóre przykłady to pełnoziarniste pieczywo, płatki owsiane, brązowy ryż, pełnomączne kluski, bulgur and amarant.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Jedz mniej smażonych potraw i skrobiowych wypieków o wysokiej zawartości tłuszczu w rodzaju ciastek, biszkoptów i pączków rodzaju muffin.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Świeże owoce to twój najlepszy wybór. Jeżeli kupujesz owoce w puszkach, zwracaj uwagę na określenie „zakonserwowane we własnym soku”.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Kupuj mniejsze kawałki owoców i pij soki owocowe w małych ilościach.
- ◆ Eat raw and cooked vegetables with very little fat.
Jedz świeże i gotowane warzywa z małą ilością tłuszczu.
- ◆ Use mustard instead of mayonnaise on a sandwich.
Na kanapkach stosuj musztardę zamiast majonezu.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Przy gotowaniu stosuj roślinnego sprayu olejowego zamiast oleju, proszku do pieczenia, masła lub margaryny, względnie smalcu.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
Metody przygotowywania posiłków dobre dla twego zdrowia: pieczenie, opiekanie, gotowanie, podsmażanie, (pieczenie) w piekarniku, duszenie, na parze i grylowanie. Wystrzegaj się przygotowywania jedzenia w dużej ilości tłuszczu.

Eat From All the Food Groups (continued)
Jedzenia ze wszystkich grup żywnościowych

- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Wybieraj mięso z mniejszą ilością tłuszczu, jak n.p. kurczak lub indyk. Jeżeli kupujesz wieprzowinę, wołowinę i szynkę, odetnij nadwyżkę tłuszczu.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Wybieraj beztłuszczowe (chude) lub niskotłuszczowe (1%) mleko, lub wyroby mleczarskie.

Grains, Beans and Starchy Vegetables

Zboża, warzywa łupinowe i skrobiowe



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

Co to są skrobie i węglowodany?

Skrobie to pieczywo, zboża, korn flakes, kluski, oraz warzywa łupinowe lub skrobiowe. Należy spożyć pewną ilość skrobii/ węglowodanów przy każdym posiłku. Niektórzy ludzie powiedzą, żeby nie jeść wiele skrobii/ węglowodanów, ale to już nie jest aktualną poradą. Spożywanie skrobii/ węglowodanów jest zdrowe dla wszystkich włącznie z cukrzykami.

How many starches/carbohydrates do I need each day? 6–11 servings each day Ile porzebiję skrobii i węglowodanów na codzień? 6-11 porcji codziennie

The number of servings you should eat each day depends on:
Ilość porcji, które należy spożyć zależy od:

- ◆ The calories you need
Twojego zapotrzebowania na kalorie
- ◆ Your diabetes plan
Planu leczenia twojej cukrzycy

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

Co czynią skrobie i węglowodany dla mojego ciała? Skrobie dają twojemu ciału energię, witaminy B, minerały i włókno. Całe zboża są lepsze ponieważ zawierają więcej witamin, minerałów i włókna. Włókno pomaga w regularnej przemianie materii i także pomaga zapanować nad cukrem we krwi.

Grains, Beans and Starchy Vegetables (continued) Zboża, warzywa łupinowe i skrobiowe

How much is one serving of starch/carbohydrate?

Ile wynosi porcja skrobii i węglowodanów?

- ◆ 1 slice of bread
1 kromka chleba
- ◆ 1 small potato, casaba or plantain
1 mały ziemniak, casaba lub platan
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ filiżanka ugotowanego cereal w rodzaju płatków owsianych lub potrawy z pszenicy
- ◆ ¾ cup dry cereal such as corn flakes
¾ filiżanki suchego cereal jak n.p. korn flakes
- ◆ ⅓ cup of cooked rice
⅓ filiżanki ugotowanego ryżu
- ◆ 1 small tortilla, roti bread or enjira bread
1 mała tortilla, chleb roti lub chleb enjira

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:
Może się okazać, że potrzebujesz jedną, dwie, lub trzy porcje skrobii i węglowodanów dziennie. Jeżeli potrzebna jest więcej niż jedna porcja na posiłek, wybierz różne rodzaje pożywienia z tej grupy. Na przykład:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Śniadanie: ¾ filiżanki suchego cereal 1 kromka chleba—2 porcje

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Obiad: ⅓ filiżanki ugotowanego ryżu i ½ filiżanki ugotowanego platanu—2 porcje

Dinner: ½ cup of pasta and one bread stick—2 servings

Kolacja: ½ filiżanki klusek i jedna kromka chleba—2 porcje

Snack: 6 crackers—1 serving

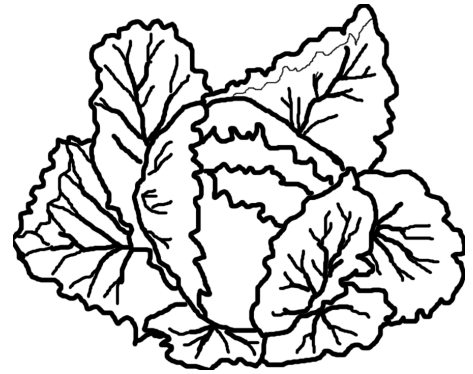
Podwieczorek: 6 crackers—1 porcja

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Liczba całodzienna: 7 porcji. Zwróć uwagę, że węglowodany są wyważone podczas posiłków. To ci pomoże zapanować nad cukrem we krwi.

Vegetables

Warzywa



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Warzywa są zdrowe dla wszystkich, a szczególnie dla ludzi z cukrzycą. Jedz świeże i gotowane warzywa codziennie. Warzywa dają ci witaminy, minerały i włókno, a zawierają znikome ilości kalorii. Wybierz warzywa o żywych kolorach; na przykład: marchew, papryka, oberżyna, brokuły, pomidory i szpinak.

You should have 3 to 5 servings every day.
Powinno się jeść 3 do 5 porcji dziennie.

How much is a serving of vegetables? Ile wynosi porcja warzyw?

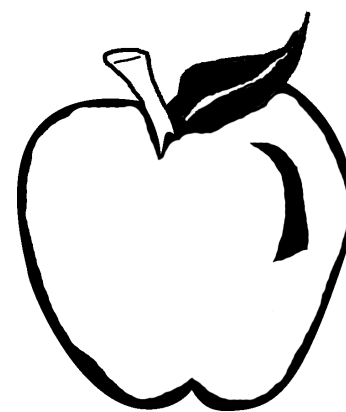
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
½ filiżanki gotowanych warzyw n.p. zielona fasola, oberżyna i szpinak
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
1 filiżanka świeżych warzyw n.p. sałata, kawałki marchwii lub posiekane ogorki
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
½ filiżanki soku warzywnego n.p. soku pomidorowego lub soku z marchwii

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

Może się okazać, że potrzebujesz jedną, dwie, lub trzy porcje warzyw dziennie. Jeżeli potrzebna jest więcej niż jedna porcja na posiłek, wybierz różne rodzaje warzyw, lub spożyj dwie lub trzy porcje jednego warzywa.

Fruits

Owoce



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

Spożywanie owoców jest zdrowe dla wszystkich włącznie z cukrzykami. Owoce dają twojemu ciału energię, witaminy, minerały i włókno.

How many servings of fruit do I need?

Ile porcji owoców potrzebuję?

2 to 4 servings

2 do 4 porcji

What is a serving of fruit?

Co jest porcją owoców?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 jabłko lub gruszka (mniej więcej wielkości kobiecej pięści)
- ◆ ½ cup of apple or orange juice
½ filiżanki soku jabłkowego lub pomarańczowego
- ◆ ½ of a grapefruit
½ grapefruita
- ◆ 1 small banana or ½ of a large banana
1 mały banan lub ½ dużego banana
- ◆ ½ cup of chopped fruit
½ filiżanki kawałków owoców
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ filiżanki rodzynków lub suszonych owoców (mniej więcej tyle co się mieści na dłoni)

You might need to eat one or two servings of fruit at a meal.

Może się okazać, że potrzebujesz jedną lub dwie porcje owoców na posiłek.

How should I eat fruit?

Jak się powinno jeść owoce?

- ◆ Eat fruits raw, or as juice with no sugar added.
Jedz owoce świeże, lub w formie soku bez dodatku cukru.
- ◆ Buy smaller pieces of fruit.
Kupuj małe kawałki owoców.

Milk and Yogurt Foods

Potrawy mleczne i jogurtowe

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Spożywanie nietłustego i chudego mleka lub jogurtu jest zdrowe dla wszystkich włącznie z cukrzykami. Mleko i jogurt dają twojemu ciału energię, białko, wapno, witaminę A, jak i inne witaminy i minerały.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Pij nietłuste lub chude (1%) mleko codziennie. Jedz chudy lub nietłusty jogurt. Mają one ogólnie mniej tłuszczu, nasyconego tłuszczu i cholesterolu.



How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

Ile porcji potrzebuję codziennie? 2 do 3 porcji co dzień. *Uwaga: jeżeli jesteś w ciąży lub karmisz piersią, jedz cztery do pięciu porcji mleka i jogurtu codziennie.*

How much is a serving of milk and yogurt?

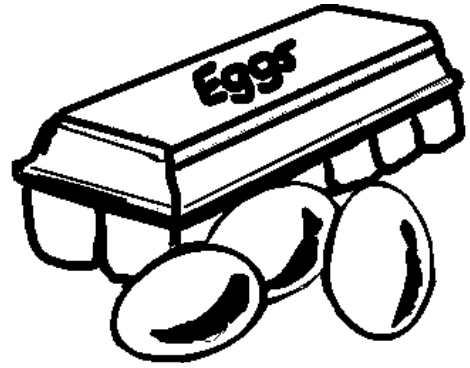
Ile wynosi porcja mleka i jogurtu?

- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 filiżankę beztłuszczowego zwykłego jogurtu (postaraj się o jogurt o smaku aspartame)
- ◆ 1 cup skim or low-fat milk
1 filiżanka nietłustego lub chudego mleka

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.
Uwaga: wystrzegaj się jogurtów w napisem "owoce na dnie". Są one mocno docukrzane.

Meat, Poultry, Fish, Eggs and Nuts

Mięso, drob, ryby, jaja i orzechy



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Ta grupa żywnościowa zawiera mięso (wołowe, wieprzowe i baranie), kurczę, indyka, jaja, ryby, orzechy oraz produkty tofu i sojowe. Spożywaj małą ilość tego jedzenia codziennie. Wszystkie te produkty dają naszemu ciału proteinę.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Potrawy proteinowe pomagają naszemu ciału w budowaniu włókna i mięśni oraz dają nam witaminy i minerały.

How many protein foods do I need each day? 2 to 3 servings

Ile potraw proteinowych potrzebuję na codzień? 2 do 3 porcji

How much is a serving of meat, poultry, fish, eggs and nuts?

Ile wynosi porcja mięsa, drobiu, ryb, jaj i orzechow?

- ◆ 2 to 3 ounces of cooked fish
2 do 3 uncji gotowanej ryby
- ◆ 2 to 3 ounces cooked chicken
2 do 3 uncji gotowanego kurczaka
- ◆ 3 to 4 ounces tofu ($\frac{1}{2}$ cup)
3 do 4 uncji tofu ($\frac{1}{2}$ filiżanki)
- ◆ 1 egg (equals one ounce of protein)
1 jajko (rowna się jednej uncji proteiny)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
1 plasterek sera lub jedna uncja sera (mniej więcej tyle co baterijka D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 łyżki stołowe masy z fistaszkow (rowna się jednej uncji)

Meat, Poultry, Fish, Eggs and Nuts (continued)

Mięso, drob, ryby, jaja i orzechy

Helpful Tips:

Przydatne wskazówki:

- ◆ The serving size you eat now may be too big.
Twoja obecna wielkość porcji może być za duża.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Popatrz na talję kart. Ta wielkość odpowiada 2 do 3 uncjom.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Kupuj takie kawałki mięsa wołowego, wieprzowego, szynki i baraniny, które mają małą ilość tłuszczu.
- ◆ Eat chicken or turkey without the skin.
Jedz kurczaka lub indyka bez skóry.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Gotuj jedzenie proteinowe na mało tłusty sposób: duś, grilluj, podsmażaj, piecz w piekarniku, nad parą, gotuj lub opiekaj
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Używaj niewielkiej ilości oleju przy przygotowywaniu mięsa, lub używaj sprayu zamiast oleju.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Zjedz posiłek bez mięsa. Wypróbuj fasolę lub tofu jako źródło potrzebnej proteiny.

Fats, Oils and Sweets

Tłuszcze, oleje i słodcyce



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Do tłuszczu zalicza się masło, margarynę, smalec i oleje, które dodajemy do jedzenia i używamy do przygotowywania posiłków. Niektóre z oleji to canola, oliwa i olej roślinny. Tłuszcze znajdują się także w mięsach, produktach mleczarskich, przekąskach i w niektórych słodczych. Żeby zapanować nad cukrzycą, najlepiej jest jeść pożywienie z małą ilością tłuszczu i małą ilością tłuszczu nasyconego (tłuszcz, który przyjmujemy z mięsa i produktów zwierzęcych).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Słodcyce to pożywienie o smaku słodkim, które zawiera kalorie, ale nie wiele witamin i minerałów. Niektóre słodcyce posiadają wysoką zawartość tłuszczu – jak n.p. ciasta, torty i ciastka.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Spożywanie za wielkiej ilości jedzenia cukrowego i tłustego utrudnia zapanowanie nad twoim cukrem we krwi i wagą ciała.

How much is a serving of fats, oils and sweets?

Ile wynosi porcja tłuszczu, oleju i słodczych?

- ◆ 1 teaspoon oil
1 łyżeczkę oleju
- ◆ 1 tablespoon regular salad dressing
1 łyżkę stołową normalnego dressing do sałatki
- ◆ 2 teaspoons light mayonnaise
2 łyżeczki majonezu dietetycznego
- ◆ 1 strip of bacon
1 plasterek boczku
- ◆ 1 cookie
1 ciastko
- ◆ 1 plain doughnut
1 pączek bez nadzienia
- ◆ 1 tablespoon syrup
1 łyżkę stołową syropu
- ◆ 10–15 chips
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Polish

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Materiały te zostały stworzone przez projekt „Nauka Odżywiania dla Nowych Amerykanów”, katedry Antropologii i Geografii Stanowego Uniwersytetu Georgii w Atlancie, Georgia. Finansowanie ze środków Ministerstwa Gospodarki Rolnej Stanów Zjednoczonych, Służba Żywnienia i Konsumenta dla rodzin podlegającym programowi znaczków żywnościowych. Zgodnie z prawem federalnym i wytycznymi U. S. Ministerstwa Gospodarki Rolnej, tej instytucji jest zakazane dyskryminować ludzi z powodu rasy, koloru skóry, pochodzenia narodowego, płci, wieku, religii, przekonań politycznych lub inwalidztwa. Po dodatkowe informacje zadzwoń pod (404)651-2542.



The Food Pyramid

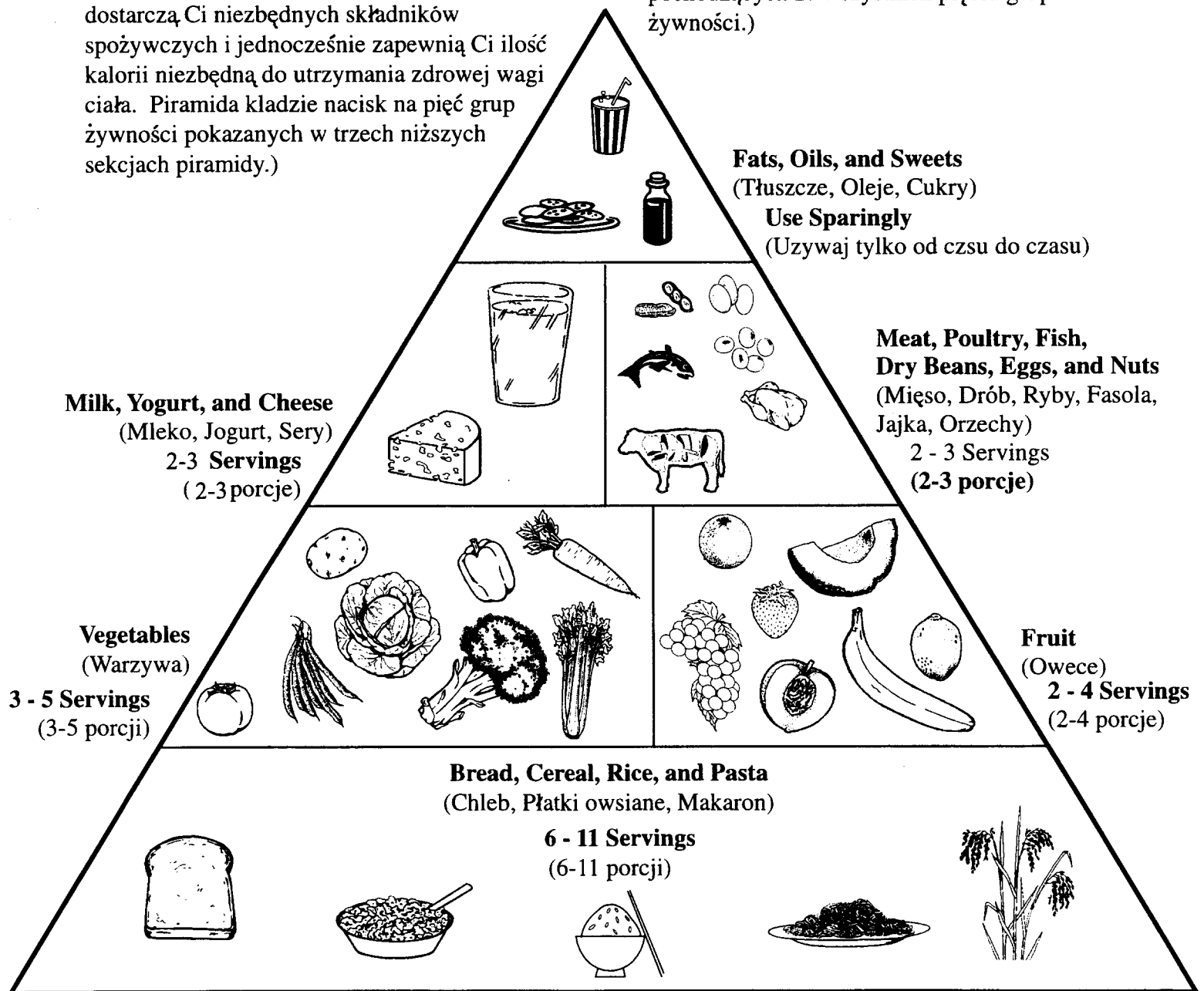
(Piramida Żywności Amerykańskiej)

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(Piramida Żywności jest ogólna wskazówką, która pomoże Ci wybrać najzdrowsza dla Ciebie dietę. Piramida zaleca spożywanie zróżnicowanych posiłków, które dostarczą Ci niezbędnych składników spożywczych i jednocześnie zapewnią Ci ilość kalorii niezbędną do utrzymania zdrowej wagi ciała. Piramida kładzie nacisk na pięć grup żywności pokazanych w trzech niższych sekcjach piramidy.)

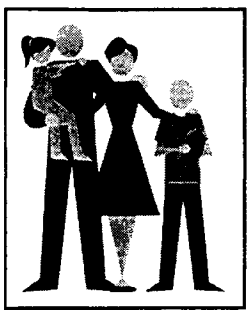
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(Każda z tych grup zawiera tylko część niezbędnych składników spożywczych. Żywność z jednej grupy nie może zastąpić żywności z innych grup. Żadna z grup nie jest ważniejsza od drugiej. Dla zachowania zdrowia niezbędne jest spożywanie produktów pochodzących ze wszystkich pięciu grup żywności.)



Polish Language Version * 1 porcja objętościowo odpowiada połowie szklanki

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Better Health Begins With You!

Lepszy stan zdrowia zależy od nas!

- 1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Należy spożywać 6 do 11 małych porcji chleba z niską zawartością tłuszczu, kasz, ryżu lub makaronu dziennie. Na przykład, wybierzmy płatki owsiane na śniadanie, kanapkę na lunch, a zwykły ryż na obiad.

- 2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Należy spożywać 5 porcji owoców i warzyw codziennie. Na przykład, można napić się soku pomarańczowego na śniadanie, zjeść sałatę na lunch, spożyć fasolę zieloną i gotowane ziemniaki przy obiedzie oraz winogrona na obiad.

- 3. Drink at least 8 glasses of pure, fresh water every day.**

Należy pić co najmniej 8 szklanek czystej, świeżej wody codziennie.

- 4. Eat lean, low-fat meats, such as chicken or fish.**

Należy jeść chude mięsa z niską zawartością tłuszczu, np. kurę lub rybę.

- 5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Wybierzmy produkty mleczne z niską zawartością tłuszczu lub bez tłuszczu, np. odtłuszczone mleko i mrożony jogurt.

- 6. Limit your intake of sweets and alcoholic beverages.**

Należy ograniczyć spożycie słodyczy i napojów alkoholowych.

- 7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

Należy codziennie uprawiać aktywność fizyczną w jakiejś postaci, np. spacer, taniec lub grę sportową.

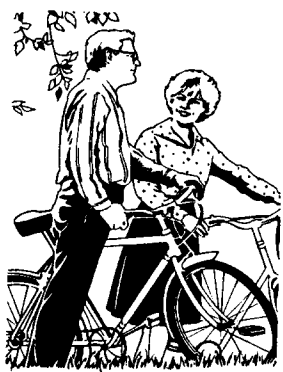
- 8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Należy stosować olej roślinny lub olej z kanoli do gotowania zamiast smalcu czy tłuszczu zwierzęcego. Oleje roślinne są zdrowsze, ponieważ nie zawierają cholesterolu.

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Better Nutrition for Mature Adults

Lepsze żywienie dla dorosłych

1. Drink 6 - 8 glasses of water every day.

Należy pić 6 do 8 szklanek wody codziennie.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Należy spożywać pożywienie bogate w wapń, np. mleko, ser, jogurt, rybę zawierającą ości oraz niektóre warzywa ciemnozielone, takie jak brokuły. Wapń jest istotny w budowaniu mocnych kości.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Należy spożywać dużo witamin A i C, jedząc owoce i warzywa, np. marchew i pomarańcze. Witamina A wpływa korzystnie na oczy i skórę. Witamina C utrzymuje zdrowy stan dziąseł i chroni przed infekcją.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Należy spożywać pożywienie bogate w żelazo, które ułatwia organizmowi korzystanie z energii. Żelazo znajduje się w dużych ilościach w czerwonych mięsach, drobiu, rybie i suszonym grochu.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Aby uchronić organizm przed niedoborem cynku, należy włączyć mięsa, rybę oraz drób do diety. Cynk sprzyja szybkiemu gojeniu ran.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Należy regularnie uprawiać aktywność fizyczną, najlepiej na dworze, ponieważ organizm wytwarza witaminę D za pomocą słońca.

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Better Health for Mother and Baby

Lepszy stan zdrowia dla matki i dziecka

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

Należy unikać picia napojów alkoholowych oraz zawierających kofeiny, np. kawy i niektórych napojów orzeźwiających.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

Należy codziennie spożywać pożywienie zawierające wapń, np. mleko, ser, jogurt, rybę zawierającą ości oraz niektóre warzywa ciemnozielone.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

W celu zapewnienia organizmowi białka, należy spożywać 2 do 3 porcji mięsa, ryby, jaj lub grochu suszonego.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

W celu zapewnienia organizmowi witamin i składników mineralnych, należy spożywać co najmniej 5 porcji owoców i warzyw codziennie. Na przykład, ułóżmy pokrojonego banana na swoich płatkach śniadaniowych i wybierzmy jabłko jako popołudniową przekąskę. Spożyczymy również pałeczki z marchwi lub selera z lunchem oraz brokuły i sałatę z obiadem.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

Należy spożywać 6 do 11 małych porcji zbóż razowych, które są istotne dla utrzymania zdrowia i energii. Obejmują one m.in. razowy chleb pszenny i brązowy ryż.

6. See your doctor early in your pregnancy.

Należy odbyć wizytę u lekarza we wczesnej fazie ciąży.

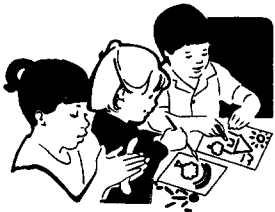
7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

Należy upewnić się, że waga przybyta podczas ciąży jest właściwa. Dla większości kobiet, wynosi ona 25-35 funtów. Należy prosić swojego lekarza o radę.

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Good Food for Kids

Właściwe żywienie dla dzieci

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Wapń jest niezbędny w budowaniu i rozwoju kości. Znajduje się on w mleku, jogurcie, rybie zawierającej ości oraz niektórych warzywach ciemnozielonych, takich jak brokuły.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Żelazo ułatwia organizmowi produkcję energii. Znajduje się ono w czerwonym mięsie, drobiu, rybie i suszonym grochu.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Marchew, szpinak oraz inne owoce i warzywa są bogate w witaminy A i C. Witamina A jest istotna dla dobrego wzroku i zdrowej skóry. Witamina C utrzymuje zdrowy stan dziąseł i chroni przed infekcją.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Energia jest ważnym elementem zdrowia i pochodzi z takich źródeł jak m.in. chleba, ryża, kasz i makaronu.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Wybermy zdrowe przekąski, np. owoce, warzywa, produkty mleczne i orzechy. Są one bardziej odżywcze i korzystniejsze dla zębów dzieci niż wody sodowe, chipsy lub słodycze.

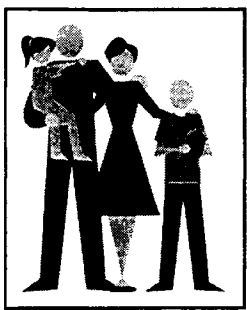
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Codzienna aktywność fizyczna jest istotna dla dzieci i zapewnia rozwój silnego i zdrowego ciała.

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Należy spożywać 6 do 11 małych porcji chleba z niską zawartością tłuszczu, kasz, ryżu lub makaronu dziennie. Na przykład, wybierzmy płatki owsiane na śniadanie, kanapkę na lunch, a zwykły ryż na obiad.

- 2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Należy spożywać 5 porcji owoców i warzyw codziennie. Na przykład, można napić się soku pomarańczowego na śniadanie, zjeść sałatę na lunch, spożyć fasolę zieloną i gotowane ziemniaki przy obiedzie oraz winogrona na obiad.

- 3. Drink at least 8 glasses of pure, fresh water every day.**

Należy pić co najmniej 8 szklanek czystej, świeżej wody codziennie.

- 4. Eat lean, low-fat meats, such as chicken or fish.**

Należy jeść chude mięsa z niską zawartością tłuszczu, np. kurę lub rybę.

- 5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Wybierzmy produkty mleczne z niską zawartością tłuszczu lub bez tłuszczu, np. odtłuszczone mleko i mrożony jogurt.

- 6. Limit your intake of sweets and alcoholic beverages.**

Należy ograniczyć spożycie słodyczy i napojów alkoholowych.

- 7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

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- 8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

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The Food Pyramid

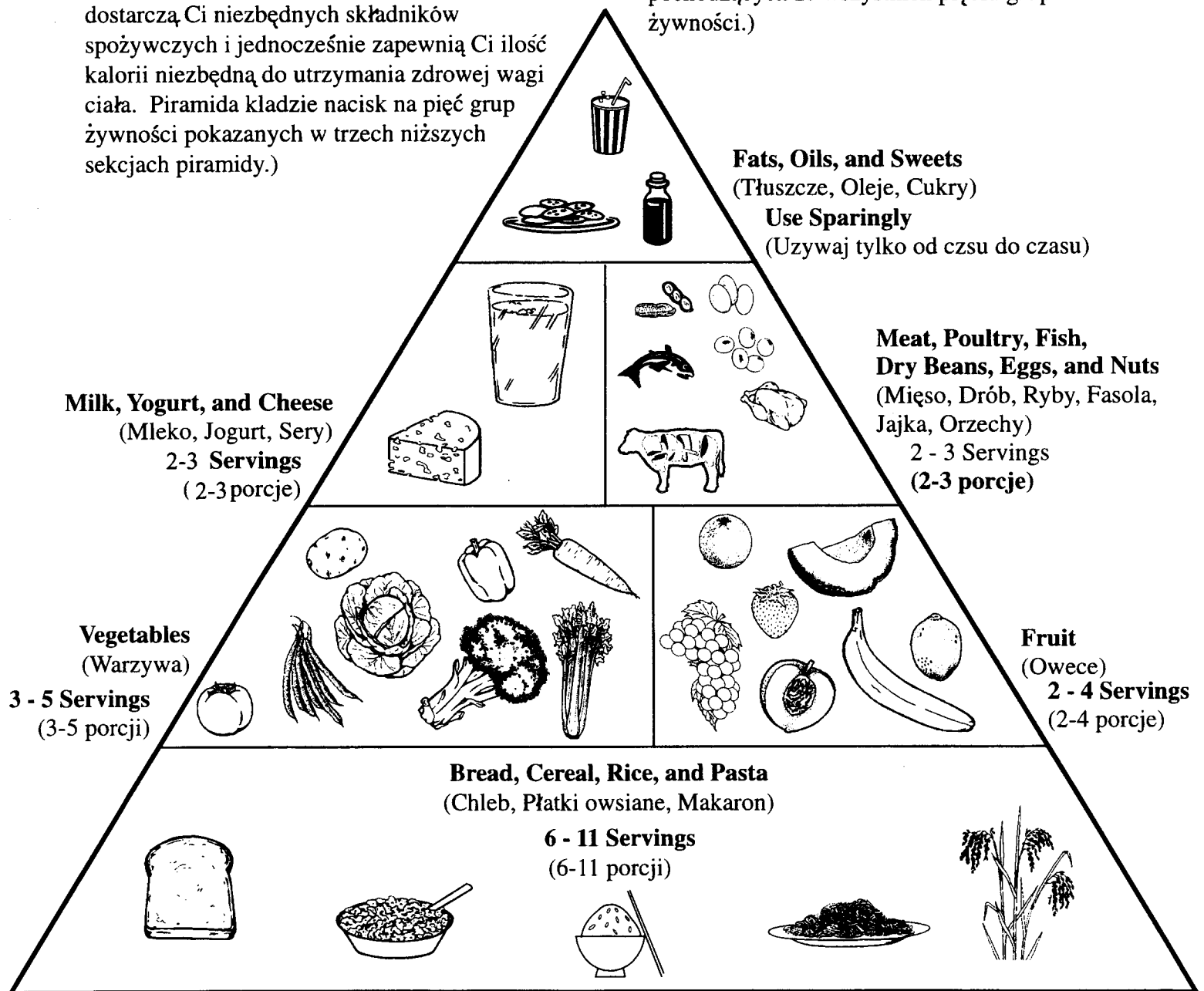
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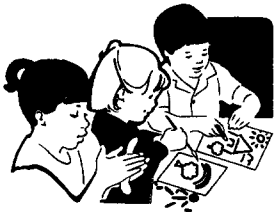
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(Każda z tych grup zawiera tylko część niezbędnych składników spożywczych. Żywność z jednej grupy nie może zastąpić żywności z innych grup. Żadna z grup nie jest ważniejsza od drugiej. Dla zachowania zdrowia niezbędne jest spożywanie produktów pochodzących ze wszystkich pięciu grup żywności.)



Polish Language Version * 1 porcja objętościowo odpowiada połowie szklanki

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Good Food for Kids

Właściwe żywienie dla dzieci

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Wapń jest niezbędny w budowaniu i rozwoju kości. Znajduje się on w mleku, jogurcie, rybie zawierającej ości oraz niektórych warzywach ciemnozielonych, takich jak brokuły.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Żelazo ułatwia organizmowi produkcję energii. Znajduje się ono w czerwonym mięsie, drobiu, rybie i suszonym grochu.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Marchew, szpinak oraz inne owoce i warzywa są bogate w witaminy A i C. Witamina A jest istotna dla dobrego wzroku i zdrowej skóry. Witamina C utrzymuje zdrowy stan dziąseł i chroni przed infekcją.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Energia jest ważnym elementem zdrowia i pochodzi z takich źródeł jak m.in. chleba, ryża, kasz i makaronu.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Wybermy zdrowe przekąski, np. owoce, warzywa, produkty mleczne i orzechy. Są one bardziej odżywcze i korzystniejsze dla zębów dzieci niż wody sodowe, chipsy lub słodycze.

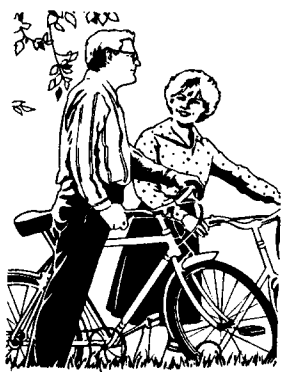
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Codzienna aktywność fizyczna jest istotna dla dzieci i zapewnia rozwój silnego i zdrowego ciała.

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Better Nutrition for Mature Adults

Lepsze żywienie dla dorosłych

1. Drink 6 - 8 glasses of water every day.

Należy pić 6 do 8 szklanek wody codziennie.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Należy spożywać pożywienie bogate w wapń, np. mleko, ser, jogurt, rybę zawierającą ości oraz niektóre warzywa ciemnozielone, takie jak brokuły. Wapń jest istotny w budowaniu mocnych kości.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Należy spożywać dużo witamin A i C, jedząc owoce i warzywa, np. marchew i pomarańcze. Witamina A wpływa korzystnie na oczy i skórę. Witamina C utrzymuje zdrowy stan dziąseł i chroni przed infekcją.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Należy spożywać pożywienie bogate w żelazo, które ułatwia organizmowi korzystanie z energii. Żelazo znajduje się w dużych ilościach w czerwonych mięsach, drobiu, rybie i suszonym grochu.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Aby uchronić organizm przed niedoborem cynku, należy włączyć mięsa, rybę oraz drób do diety. Cynk sprzyja szybkiemu gojeniu ran.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Należy regularnie uprawiać aktywność fizyczną, najlepiej na dworze, ponieważ organizm wytwarza witaminę D za pomocą słońca.

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Better Health for Mother and Baby

Lepszy stan zdrowia dla matki i dziecka

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

Należy unikać picia napojów alkoholowych oraz zawierających kofeiny, np. kawy i niektórych napojów orzeźwiających.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

Należy codziennie spożywać pożywienie zawierające wapń, np. mleko, ser, jogurt, rybę zawierającą ości oraz niektóre warzywa ciemnozielone.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

W celu zapewnienia organizmowi białka, należy spożywać 2 do 3 porcji mięsa, ryby, jaj lub grochu suszonego.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

W celu zapewnienia organizmowi witamin i składników mineralnych, należy spożywać co najmniej 5 porcji owoców i warzyw codziennie. Na przykład, ułóżmy pokrojonego banana na swoich płatkach śniadaniowych i wybierzmy jabłko jako popołudniową przekąskę. Spożyczymy również pałeczki z marchwi lub selera z lunchem oraz brokoły i sałatę z obiadem.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

Należy spożywać 6 do 11 małych porcji zbóż razowych, które są istotne dla utrzymania zdrowia i energii. Obejmują one m.in. razowy chleb pszenny i brązowy ryż.

6. See your doctor early in your pregnancy.

Należy odbyć wizytę u lekarza we wczesnej fazie ciąży.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

Należy upewnić się, że waga przybyta podczas ciąży jest właściwa. Dla większości kobiet, wynosi ona 25-35 funtów. Należy prosić swojego lekarza o radę.

Polish Language Version

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Diabetes

Diabetes

Portuguese

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Diabetes

Diabetes



What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

O que é Diabetes? Diabetes é uma doença na qual o organismo não produz ou utiliza de maneira adequada a insulina.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

Insulina é o hormônio que transforma açúcar, amido e outros alimentos em energia necessária para a vida diária.

How is diabetes managed?

Como o Diabetes é Controlado?

The management of diabetes has three parts:
O controle do diabetes tem três partes:

- ◆ Healthy Eating
Alimentação Saudável
- ◆ Physical Activity
Atividade Física
- ◆ Medication (if needed)
Medicamento (se necessário)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

Como Posso Controlar Meu Diabetes? Você pode ajudar a controlar o nível de açúcar no seu sangue (também chamado de glucose no sangue) e o diabetes com uma alimentação saudável, praticando atividades físicas e mantendo-se dentro do peso adequado.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Manter o peso adequado também o ajuda a controlar as gorduras no sangue (colesterol) e a manter a pressão arterial mais baixa.

Many people with diabetes also need to take medicine to help control their blood sugar.

Muitas pessoas com diabetes também precisam tomar medicamentos para ajudar no controle do nível de açúcar no sangue.

Eat Healthy

Alimentar-se de

Maneira Saudável



Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

A utilização da Pirâmide da Alimentação ajuda você a consumir uma variedade de alimentos saudáveis. Variedade significa consumir alimentos de cada grupo de alimentos todos os dias. Ao consumir alimentos diferentes todos os dias, você ingere as vitaminas e minerais que seu organismo precisa.

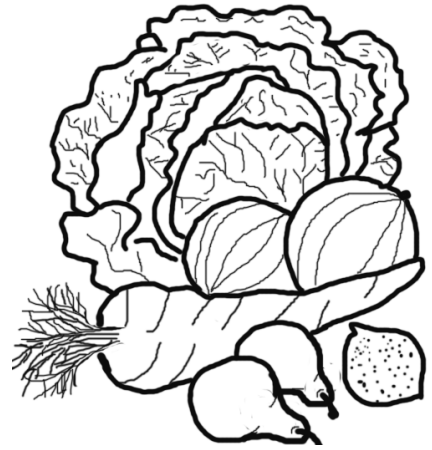
Here is an example of getting a variety of foods each day.

Aqui está um exemplo de como consumir uma variedade de alimentos a cada dia.

	Day 1 Dia 1	Day 2 Dia 2
Grains:	tortilla	brown rice
Grãos:	tortilla	arroz integral
Fruit:	apple	mango
Frutas:	maçã	manga
Vegetable:	broccoli	tomatoes
Vegetais:	brócolis	tomates
Dairy:	milk	yogurt
Laticínios:	leite	logurte
Protein:	chicken	beans
Proteína:	frango	feijão

Eat From all the Food Groups

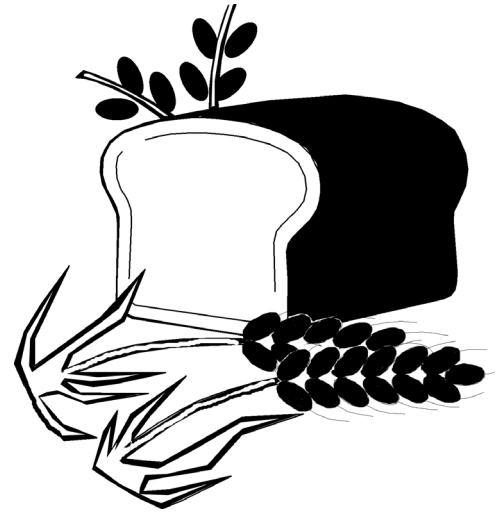
Consumir Alimentos de Todos os Grupos de Alimentos



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Compre pães integrais e cereais. Alguns exemplos são pães integrais, flocos de cereais, arroz integral, pastas de trigo integral, bulgur e amaranto.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Consuma pouca fritura e alimentos à base de amido de alta caloria como, por exemplo, massas, biscoitos e bolos.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Frutas frescas é a melhor escolha. Ao comprar frutas em conserva, procure pelas palavras, “conservada no próprio suco da fruta”.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Compre pedaços menores de frutas e consuma sucos de frutas em pequenas quantidades.
- ◆ Eat raw and cooked vegetables with very little fat.
Consuma vegetais crus e cozidos com muito pouca gordura.
- ◆ Use mustard instead of mayonnaise on a sandwich.
No sanduíche, utilize mostarda no lugar da maionese.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Utilize vapor de óleo ao cozinhar os vegetais ao invés de óleo, gordura, manteiga ou margarina, ou toucinho para cozinhar.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
As técnicas de cozimento boas são: assar, ferver, fritar rapidamente em óleo bem quente, cozinhar no vapor, ensopados e grelhados. Evite cozinhar os alimentos em grande quantidade de óleo.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Escolha cortes de carne mais magras como, por exemplo: frango, peru. Ao comprar carne de porco, de vaca e presunto, elimine o excesso de gordura.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Escolha leite sem gordura (desnatado) ou leite e laticínios com pouca gordura (1%).

Grains, Beans and Starchy Vegetables

Grãos, Feijões e Vegetais que Contêm Amido



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

O que são amidos ou carboidratos?

Amidos são os pães, grãos, cereais, massas, feijões ou vegetais que contêm amido. Consuma amidos/carboidratos em cada refeição. As pessoas podem aconselhá-lo a não consumir muito amido/carboidrato, mas esse não é um conselho correto. O consumo de amidos/carboidratos é saudável para todo mundo, incluindo as pessoas com diabetes.

How many starches/carbohydrates do I need each day? 6–11 servings each day Quanto de amido/carboidrato preciso por dia? 6-11 porções todos os dias

The number of servings you should eat each day depends on:
O número de porções que você deve comer todos os dias depende:

- ◆ The calories you need
Das calorias que você precisa
- ◆ Your diabetes plan
Do seu programa de tratamento do diabetes

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

Qual a função dos amidos e carboidratos no meu organismo? Os amidos fornecem energia ao corpo, vitaminas B, minerais e fibras. Os grãos inteiros são mais saudáveis porque têm mais vitaminas, minerais e fibras. As fibras ajudam a regular os movimentos do intestino. Também ajudam a controlar melhor o nível de açúcar no sangue.

Grains, Beans and Starchy Vegetables (continued) **Grãos, Feijões e Vegetais que contêm amido (continuação)**

How much is one serving of starch/carbohydrate?

A que corresponde uma porção de amido/carboidrato?

- ◆ 1 slice of bread
1 fatia de pão
- ◆ 1 small potato, casaba or plantain
1 batata pequena, casaba ou banana-da-terra
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ xícara de cereal cozido como, por exemplo, farinha de aveia ou creme de trigo
- ◆ ¾ cup dry cereal such as corn flakes
¾ xícara de cereal seco como, por exemplo, flocos de milho
- ◆ ⅓ cup of cooked rice
⅓ xícara de arroz integral
- ◆ 1 small tortilla, roti bread or enjira bread
1 tortilla pequena, pão roti ou pão de enjira

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example: Você talvez precise comer uma, duas ou três porções de amido/carboidrato em uma refeição. Se você precisar comer mais de uma porção durante uma refeição, escolha alimentos diferentes neste grupo de alimentos. Por exemplo:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Café da manhã: ¾ xícara de cereal seco e 1 fatia de pão—2 porções

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Almoço: 1/3 xícara de arroz e ½ xícara de bananas-da-terra cozidas—2 porções

Dinner: ½ cup of pasta and one bread stick—2 servings

Jantar: ½ xícara de massa ou uma fatia de pão—2 porções

Snack: 6 crackers—1 serving

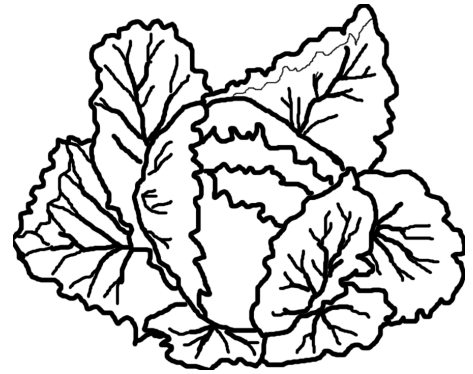
Lanche: 6 biscoitos—1 porção

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Total para o dia: 7 porções. Note que os carboidratos são balanceados nas refeições. Isso pode ajudá-lo a controlar os açúcares do sangue.

Vegetables

Vegetais



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Os vegetais são saudáveis para todas as pessoas, incluindo as pessoas com diabetes. Consuma vegetais crus e cozidos todos os dias. Os vegetais fornecem vitaminas, minerais e fibras com muito pouca caloria. Procure por vegetais que estejam com as cores bem vivas. Alguns exemplos são: cenouras, pimentões, berinjela, brócolis, tomates e espinafre.

You should have 3 to 5 servings every day.

Você deve consumir de 3 a 5 porções todos os dias.

How much is a serving of vegetables?

A que corresponde uma porção de vegetais?

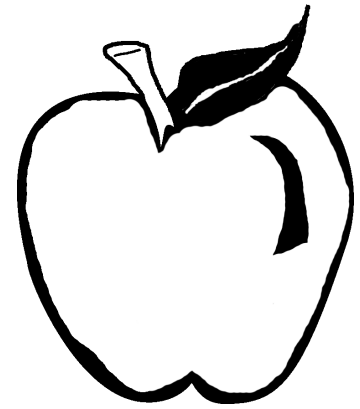
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
½ xícara de vegetais cozidos por exemplo, feijão verde, berinjela, espinafre e abóbora
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
1-xícara de vegetais crus por exemplo, uma salada, palitos de cenoura ou pepinos cortados
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
½ xícara de suco de vegetais por exemplo, suco de tomate ou suco de cenoura

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

Você pode consumir uma, duas ou três porções de vegetais em cada refeição. Se você precisar comer mais de uma porção em uma refeição, escolha diferentes tipos de vegetais ou consuma duas ou três porções de um mesmo vegetal.

Fruits

Frutas



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

As frutas são saudáveis para todo mundo, incluindo as pessoas com diabetes. As frutas fornecem energia, vitaminas, minerais e fibras.

How many servings of fruit do I need?

De quantas porções de frutas eu preciso?

2 to 4 servings

2 a 4 porções diárias

What is a serving of fruit?

A que corresponde uma porção de fruta?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 maçã ou pera pequena (aproximadamente o tamanho do punho fechado de uma mulher)
- ◆ ½ cup of apple or orange juice
½ xícara suco de maçã ou suco de laranja
- ◆ ½ of a grapefruit
½ xícara de pomelo
- ◆ 1 small banana or ½ of a large banana
1 banana pequena ou ½ banana grande
- ◆ ½ cup of chopped fruit
½ xícara de fruta picada
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ xícara de passas ou frutas secas (aproximadamente o que cabe na palma da sua mão)

You might need to eat one or two servings of fruit at a meal.

Talvez você precise consumir uma ou duas porções de frutas por refeição.

How should I eat fruit?

Como devo comer as frutas?

- ◆ Eat fruits raw, or as juice with no sugar added.
Coma as frutas cruas ou como suco, sem adição de açúcar.
- ◆ Buy smaller pieces of fruit.
Compre pedaços pequenos de frutas.

Milk and Yogurt Foods

Leite e Iogurte

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Leite ou iogurte desnatados ou semidesnatados são alimentos saudáveis para todo mundo, incluindo pessoas com diabetes. O leite e o iogurte fornecem energia, proteína, cálcio, vitamina A e outras vitaminas e minerais.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day.

Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Beba leite sem gordura (desnatado ou sem gordura) ou com pouca gordura (1%) todos os dias. Consuma iogurte desnatado ou com pouca gordura. Eles têm menos gordura total, saturada e menos colesterol.



How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

De quantas porções eu preciso por dia? 2 a 3 porções todos os dias. *Nota: Se você estiver grávida ou amamentando, consuma quatro ou cinco porções de leite e iogurte diariamente.*

How much is a serving of milk and yogurt?

A que corresponde uma porção de leite e iogurte?

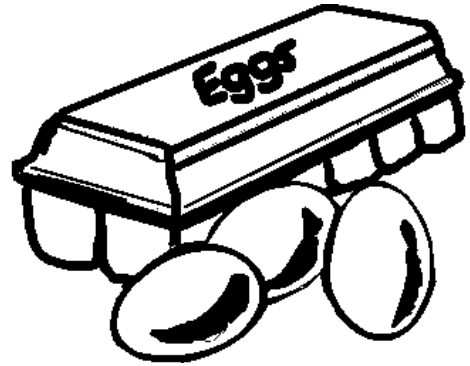
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 xícara cheia de iogurte sem gordura (procure também por iogurtes com sabores e que contenham aspartame)
- ◆ 1 cup skim or low-fat milk
1 xícara de leite desnatado ou com pouca gordura

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

Nota: Evite iogurtes que dizem, "frutas no fundo". Eles contêm grande quantidade de açúcar.

Meat, Poultry, Fish, Eggs and Nuts

Carne, Aves, Ovos e Nozes



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Este grupo de alimentos contém carne (de vaca, porco, cordeiro), frango, peru, ovos, peixe, nozes e tofu ou produtos derivados da soja. Consuma pequenas quantidades de alguns desses alimentos todos os dias. Todos esses alimentos fornecem proteínas ao nosso organismo.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Os alimentos que contêm proteínas ajudam nosso corpo a construir tecidos e músculos. Também fornecem vitaminas e minerais.

How many protein foods do I need each day? 2 to 3 servings

Qual deve ser o consumo diário de alimentos que contêm proteínas? 2 a 3 porções

How much is a serving of meat, poultry, fish, eggs and nuts?

A que corresponde uma porção de Carne, Aves, Peixe, Ovos e Nozes?

- ◆ 2 to 3 ounces of cooked fish
60 a 90 gramas de peixe cozido
- ◆ 2 to 3 ounces cooked chicken
60 a 90 gramas de frango cozido
- ◆ 3 to 4 ounces tofu ($\frac{1}{2}$ cup)
90 a 120 gramas de tofu ($\frac{1}{2}$ xícara)
- ◆ 1 egg (equals one ounce of protein)
1 ovo (equivale a trinta gramas de proteína)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
1 fatia de queijo ou 30 gramas de queijo (aproximadamente o tamanho de uma bateria D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 colheres de sopa de manteiga de amendoim (equivalente a 30 gramas)

Meat, Poultry, Fish, Eggs and Nuts (continued)

Carne, Aves, Ovos e Nozes (continuação)

Helpful Tips:

Dicas úteis:

- ◆ The serving size you eat now may be too big.
A porção que você está consumindo agora talvez seja muito grande.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Dê uma olhada no pacote de cartões. Este tamanho é igual a 60 ou 90 gramas.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Compre pedaços de carne de vaca, porco, presunto e cordeiro que tenham pouca gordura. Retire o excesso de gordura.
- ◆ Eat chicken or turkey without the skin.
Coma frango ou peru sem a pele.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Cozinhe os alimentos que contêm proteína com pouca gordura: Grelhados, Assados, Fritos Rapidamente em Óleo Bem Quente, Assados, Fervidos ou Ensopados.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Utilize somente pequenas quantidades de óleo ao cozinhar carnes, ou utilize vapor de óleo ao invés de óleo.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Faça uma refeição sem carne. Tente feijões ou tofu como fonte de proteína.

Fats, Oils and Sweets

Gorduras, Óleos e Doces



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

As gorduras e óleos incluem manteiga, margarina, toucinho e óleos que são adicionados aos alimentos e utilizados para cozinhá-los. Alguns tipos de óleo são canola, azeite de oliva e óleos vegetais. As gorduras também são encontradas em carnes, laticínios, salgadinhos e alguns doces. Para controlar o seu diabetes é melhor consumir alimentos com menos gordura e menos gordura saturada (gordura que obtemos da carne e de produtos animais).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Os doces são alimentos que, contendo açúcar também contêm calorias, mas não contêm muitas vitaminas e minerais. Alguns doces também são ricos em gordura—exemplo dos bolos, tortas e bolachas.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Consumir muito açúcar e alimentos ricos em gordura torna difícil controlar o peso e o nível de açúcar no sangue. Ao consumir gorduras e doces, coma pequenas porções.

How much is a serving of fats, oils and sweets?

A que corresponde uma porção de gordura, óleo e doces?

- ◆ 1 teaspoon oil
1 colher de sopa de óleo
- ◆ 1 tablespoon regular salad dressing
1 colher de sopa média de molho para salada
- ◆ 2 teaspoons light mayonnaise
2 colheres de sopa de maionese light
- ◆ 1 strip of bacon
1 tira de bacon
- ◆ 1 cookie
1 bolacha
- ◆ 1 plain doughnut
1 rosquinha recheada
- ◆ 1 tablespoon syrup
1 colher de sopa de melado
- ◆ 10–15 chips
10–15 batatinhas fritas

Portuguese

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The Food Pyramid

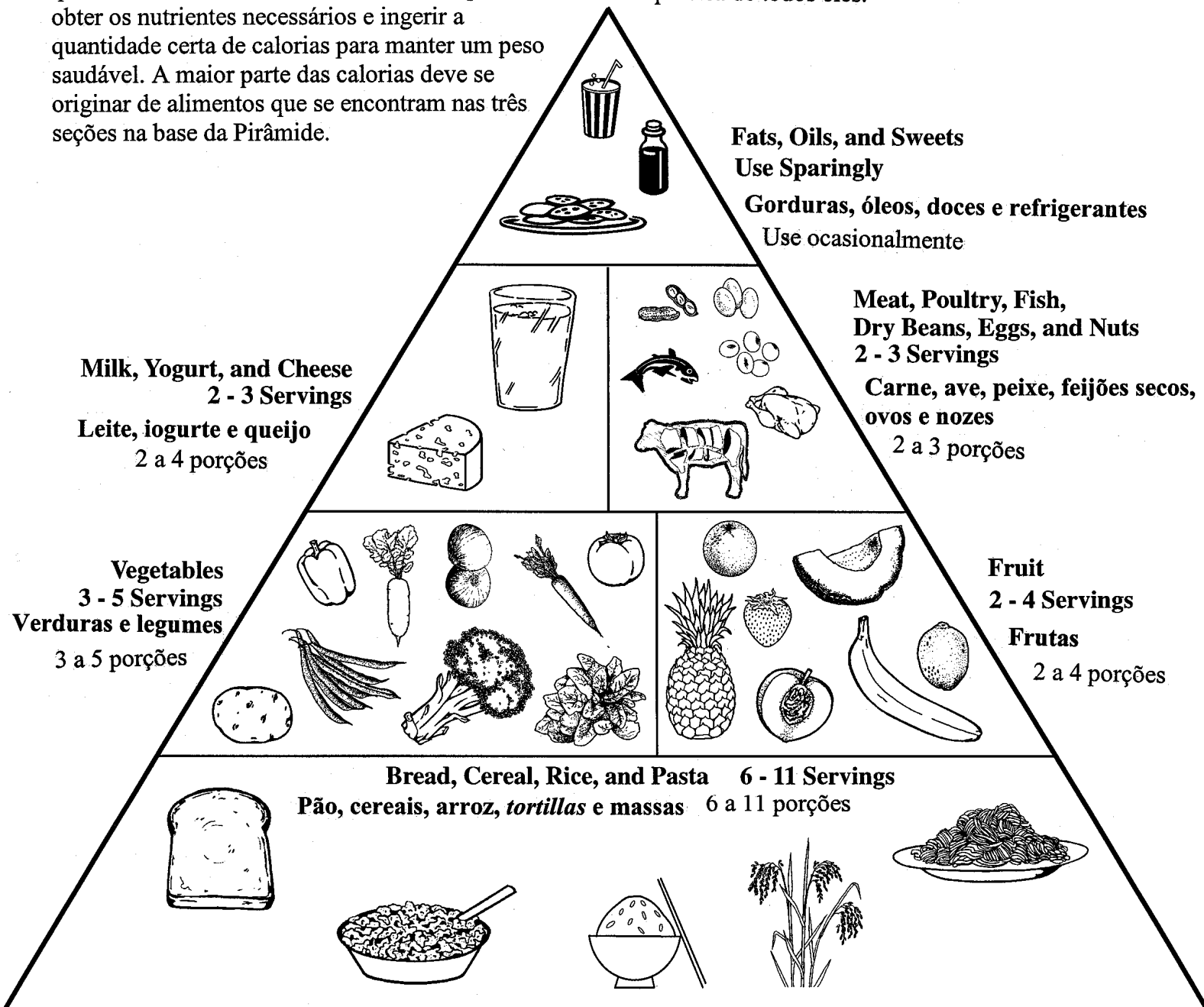
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Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Cada um destes grupos fornece alguns, mas não todos os nutrientes que você precisa. Os alimentos em um grupo não podem substituir os de outro grupo. Nenhum grupo de alimentos é mais importante que o outro. Para uma boa saúde, você precisa de todos eles.



Portugese Language Version

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Better Health for Mother and Baby

Melhor saúde para a mãe e o bebê

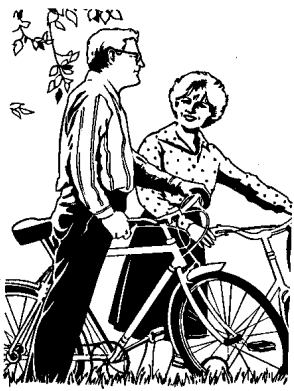
- 1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.**
1. Evite bebidas alcoólicas e bebidas com cafeína, como o café e alguns refrigerantes.
- 2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.**
2. Coma diariamente alimentos que contenham cálcio. Entre estes incluem-se: leite, queijo, iogurte, peixe com espinhas e verduras e legumes de folhas verde escuras.
- 3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.**
3. Coma 2 a 3 porções de carne, peixe, ovos ou feijões secos todos os dias para proteína.
- 4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.**
4. Coma pelo menos 5 porções de frutas e verduras e legumes todos os dias para suas vitaminas e minerais. Por exemplo, corte uma banana e misture-a com o cereal matutino e escolha uma maçã como o lanche da tarde. Além disso, coma cenoura ou talos de salsão com o almoço e brócolis e salada com o jantar.
- 5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.**
5. Coma 6 a 11 porções pequenas de cereais integrais, que são importantes para a saúde e energia. Entre estes incluem-se: pão de centeio integral e arroz integral.
- 6. See your doctor early in your pregnancy.**
6. Consulte um médico logo no início da gravidez.
- 7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.**
7. Verifique se está ganhando a quantia certa de peso durante a gravidez. Para a maioria das mulheres, isto só significa 11 a 15 quilos. Peça informações ao médico.

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Better Nutrition for Mature Adults

Uma nutrição melhor para os adultos na terceira idade

1. Drink 6 - 8 glasses of water every day.

1. Beba 6 a 8 copos de água todos os dias.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

2. Coma alimentos ricos em cálcio, tal como o leite, queijo, iogurte, peixe com espinhas e verduras e legumes de folhas verde escuras, como o brócolis. O cálcio é importante para manter os ossos fortes.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

3. Ingira bastante vitamina A e C ao comer frutas e verduras e legumes frescos, tais como cenouras e laranjas. A vitamina A é boa para os olhos e pele. A vitamina C mantém as gengivas saudáveis e evita infecções.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

4. Coma alimentos com alto teor de ferro, que ajuda o corpo a usar a energia. O ferro é encontrado em carnes vermelhas, aves, peixe e feijões secos.

5. Include meats, seafood, and poultry in your diet to protect against zinc deficiency. Zinc helps wounds heal faster.

5. Inclua carnes, frutos do mar e aves em sua dieta para lhe proteger contra a deficiência de zinco. O zinco contribui para uma cicatrização mais rápida.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

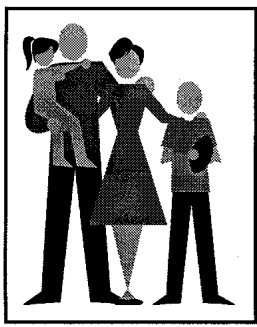
6. Pratique atividade física regular. Atividade ao ar livre é melhor, pois o corpo pode produzir vitamina D com a ajuda do sol.

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Better Health Begins With You!

Uma melhor saúde começa com você!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

1. Coma 6 a 11 pequenas porções de pão com baixo teor de gordura, cereais, arroz ou massas diariamente. Por exemplo, prefira aveia para o café da manhã, um sanduíche para o almoço e arroz simples para o jantar.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

2. Coma 5 porções diárias de frutas e verduras e legumes. Por exemplo, beba suco de laranja no café da manhã, coma uma salada de almoço, e para o jantar, vagem, batatas cozidas e uva.

3. Drink at least 8 glasses of pure, fresh water every day.

3. Beba pelo menos 8 copos de água fresca e pura diariamente.

4. Eat lean, low-fat meats, such as chicken or fish.

4. Coma carnes magras e com baixo teor de gordura, tal como frango ou peixe.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

5. Prefira produtos de laticínio com baixo teor de gordura ou desnatados, tal como leite desnatado e *frozen iogurte*.

6. Limit your intake of sweets and alcoholic beverages.

6. Limite o consumo de doces e bebidas alcoólicas.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

7. Pratique alguma forma de atividade física todos os dias. Caminhe, dance ou jogue.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

8. Use óleo vegetal ou óleo de canola para cozinhar em vez de banha ou gordura animal. Os óleos vegetais são melhores para você, pois não contêm colesterol.

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Good Food for Kids

Melhores alimentos para crianças

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

1. O cálcio é necessário para o desenvolvimento e crescimento dos ossos. Ele é encontrado em leite, iogurte, peixe com espinhas e verduras e legumes verde escuros, tal como o brócolis.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

2. O ferro ajuda o corpo a produzir energia. É encontrado em carnes vermelhas, aves, peixe e feijões secos.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

3. Cenouras, espinafre e outras frutas e verduras e legumes contêm alto teor de vitamina A e vitamina C. A vitamina A é importante para uma boa visão e pele saudável. A vitamina C ajuda a manter as gengivas saudáveis e protege contra infecção.

4. Energy is important and comes from breads, rice, cereal, and pasta.

4. A energia é muito importante e ela vem de pães, arroz, cereais e massas.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

5. Prefira lanches saudáveis, tais como frutas, verduras e legumes, produtos laticínios e nozes. Eles são mais nutritivos e melhores para os dentes das crianças do que refrigerantes, batatas fritas e doces.

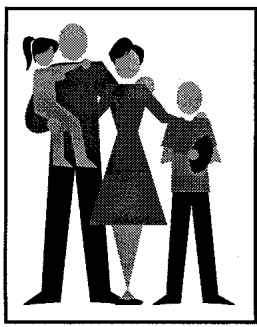
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

6. Atividade física diária é importante para a criança, para que seu corpo cresça forte e saudável.

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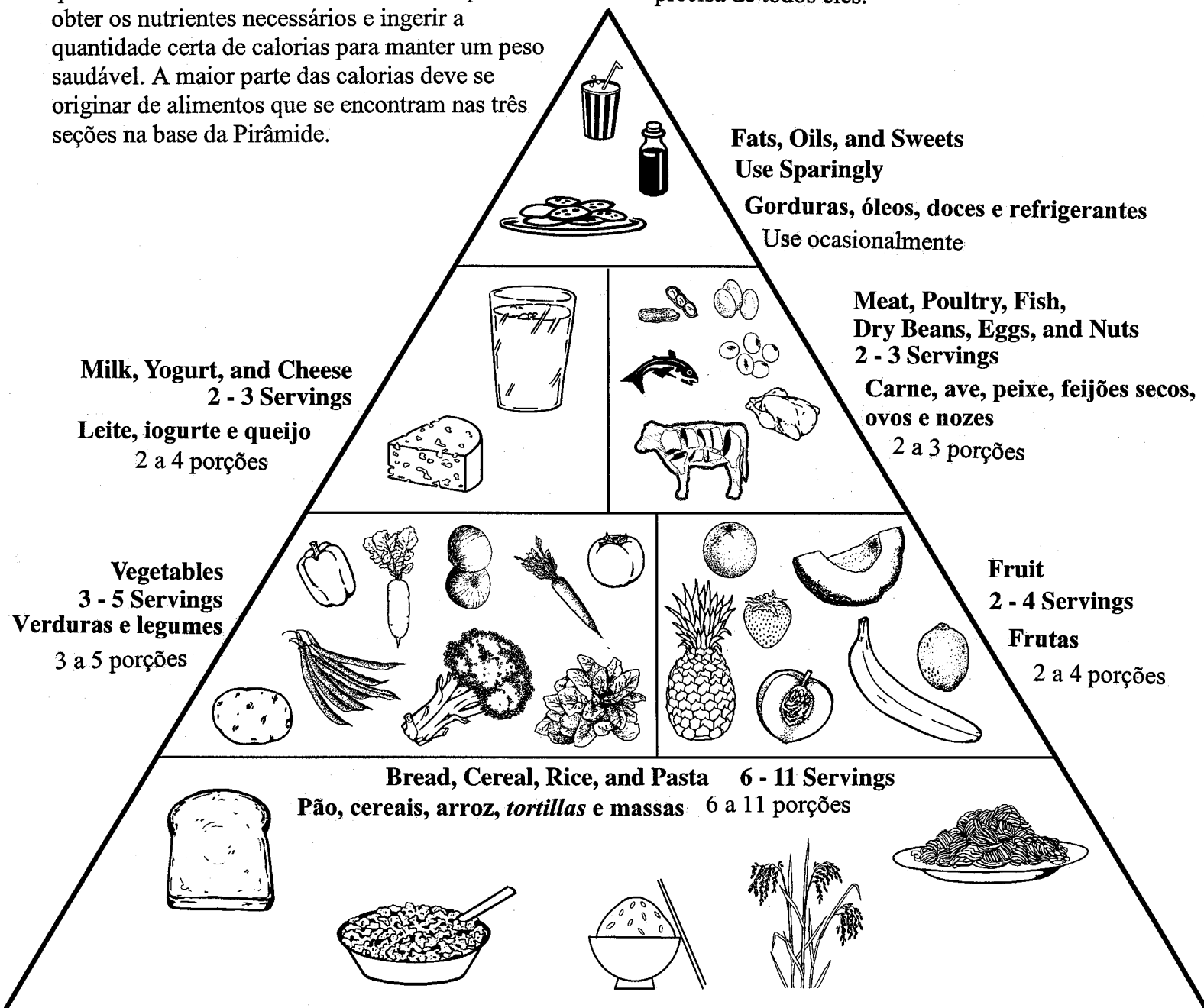
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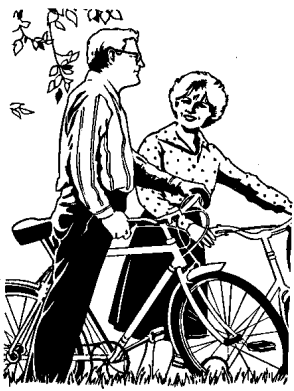
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- 3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.**
3. Coma 2 a 3 porções de carne, peixe, ovos ou feijões secos todos os dias para proteína.
- 4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.**
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Diabetes

Diabetul

Romanian

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

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Acest text a fost produs de către Departamentul de Antropologie și Geografie de pe lângă Georgia State University din Atlanta, Georgia, în cadrul proiectului de Educație Nutritivă Pentru Cei Noi Veniți în America. Fondurile necesare au fost puse la dispoziție de către Serviciul de Alimentare și Consumatori Pentru Familiile din Programul de Cupoane Gratuite de Alimente (Food Stamps), din cadrul Ministerului de Agricultură al Statelor Unite. În conformitate cu legile federale și a directivelor elaborate de Ministerul de Agricultură al Statelor Unite, este interzis acestei instituții să facă orice fel de discriminare pe bază de rasă, culoarea pielii, originea națională, sex, vârstă, religie, crezuri politice sau incapacitate.

Pentru informații suplimentare vă rugăm să chemați la (404) 651-2542.



Diabetes

Diabetul

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

Ce este diabetul? Diabetul este o boală când corpul omenesc nu produce sau nu folosește în mod corespunzător insulină.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

Insulina este un hormon care transformă zahărul, amidonul și alte alimente în energia necesară pentru viața zilnică.

How is diabetes managed?

Cum se poate controla diabetul?

The management of diabetes has three parts:
Controlul diabetului se face prin trei căi:

- ◆ Healthy Eating
Consumarea alimentelor sănătoase
- ◆ Physical Activity
Activitate fizică
- ◆ Medication (if needed)
Medicamente (dacă este necesar)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

Cum pot controla diabetul meu? Puteți controla nivelul de zahăr în sânge (denumit și glucoză în sânge) și diabetul atunci când consumați mâncăruri sănătoase, aveți destulă activitate fizică și vă mențineți o greutate sănătoasă.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

O greutate sănătoasă ajută de asemenea să țineți sub control grăsimile de sânge (colesterolul) și să micșorați tensiunea arterială.

Many people with diabetes also need to take medicine to help control their blood sugar.

Multe persoane cu diabet au nevoie în plus să ia și medicamente pentru a ajuta ca să țină sub control zahărul din sânge.



Eat Healthy

Consumați mâncăruri sănătoase



Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

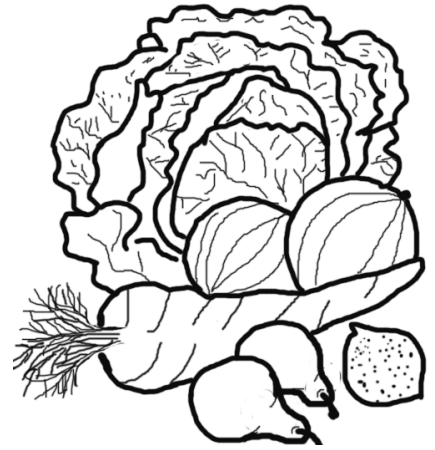
Folosind piramida alimentară drept ghid ajută ca să consumați o varietate de alimente sănătoase. Varietate înseamnă a se consuma în fiecare zi alimente din fiecare grup alimentar. Atunci când consumați alimente diferite în fiecare zi, obțineți vitaminele și substanțele minerale de care aveți nevoie.

Here is an example of getting a variety of foods each day.
Iată un exemplu pentru a avea o varietate de alimente în fiecare zi:

	Day 1 Ziua 1	Day 2 Ziua 2
Grains:	tortilla	brown rice
Grâne:	tortilla	orez maro
Fruit:	apple	mango
Fructe	măr	mango
Vegetable:	broccoli	tomatoes
Legume:	broccoli	roșii
Dairy:	milk	yogurt
Lactate:	lapte	iaurt
Protein:	chicken	beans
Proteine:	găină	fasole

Eat From all the Food Groups

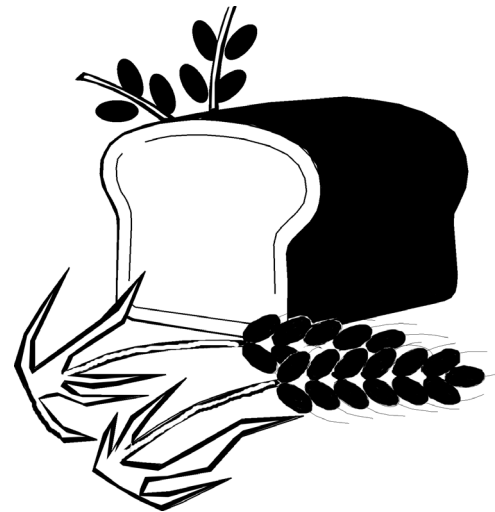
Mâncați din toate grupele de alimentele



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Cumpărați pâine integrală și cereale din făină integrală.
Câteva exemple sunt pâinea integrală, cereale cu conținut de țărâță, orez maro, paste făinoase pe bază de făină integrală, bulgur și amarantă.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Mâncați mai puțin mâncăruri prăjite și cele cu conținut ridicat de amidon cum ar fi prăjituri, biscuiți sau brioshi (muffin).
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Fructele proaspete este alegerea cea mai bună. Atunci când cumpărați fructe în conserve, vedeți care sunt acelea pe care este scris „conservate în suc propriu”.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Cumpărați fructe de dimensiuni mai mici și consumați sucuri în cantitate mai mică.
- ◆ Eat raw and cooked vegetables with very little fat.
Consumați legume în stare crudă sau fierte cu foarte mică cantitate de grăsime adăugată.
- ◆ Use mustard instead of mayonnaise on a sandwich.
Folosiți muștar în loc de maioneză pe sandviș.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Folosiți la gătit uleiuri vegetale care se pulverizează în loc de ulei, grăsime pentru frăgezirea aluatului (shortening), unt, margarină sau untură.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
Metode de gătit care sunt considerate bune sunt: a coace, a frige pe grătar de cuptor, prin fierbere, prin prăjire la foc iute cu amestecare continuă, friptură la cuptor, prin aburire, prin gătire înăbușită sau la grătar deschis.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Alegeți carne care are grăsime cât mai puțină, cum ar fi: găină și curcan. Dacă cumpărați carne de porc, vacă și șuncă, îndepărtați grăsimea în exces.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Alegeți lapte și produse lactate care sunt lipsite de grăsime (degresate) sau care au conținut redus de grăsimi (1%).

Grains, Beans and Starchy Vegetables

Grânele, fasolea și legumele care conțin amidon



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

Ce este amidonul și ce sunt hidrații de carbon?

Amidonul se găsește în pâini, fulgi de cereale, paste făinoase, fasole și în legume cu conținut de amidon. Puteți consuma din aceste alimente cu conținut de amidon și hidrați de carbon la fiecare masă. Unii poate vă spun ca să nu consumați alimente cu conținut de amidon și hidrați de carbon, dar aceasta nu se mai consideră a fi un sfat corect. Consumând alimente cu conținut de amidon și hidrați de carbon este sănătos pentru oricine, incluzând și acei care au diabet.

How many starches/carbohydrates do I need each day? 6–11 servings each day Cât să mănânc în fiecare zi din alimentele ce conțin amidon și hidrați de carbon? 6–11 porții în fiecare zi

The number of servings you should eat each day depends on:
Numărul de porții pe care să le consumați în fiecare zi depinde de:

- ◆ The calories you need
Numărul de calorii de care aveți nevoie
- ◆ Your diabetes plan
Planul dvs. de tratament pentru diabet

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

Cum acționează amidonul și hidrații de carbon asupra corpului? Amidonul dă energia necesară corpului omenesc, cât și vitamina B, substanțele minerale și substanțele fibroase. Grânele cu tărâța reținută sunt mai sănătoase pentru că au un conținut mai ridicat de vitamine, substanțe minerale și substanțe fibroase. Substanțele fibroase ajută ca să aveți scaune regulate. Totodată ajută ca să vă controlați mai bine nivelul zahărului în sânge.

Grains, Beans and Starchy Vegetables (continued)

Grânele, fasolea și legumele care conțin amidon (continuare)

How much is one serving of starch/carbohydrate?

Cât este o porție de alimente care conțin amidon și hidrați de carbon?

- ◆ 1 slice of bread
1 felie de pâine
- ◆ 1 small potato, casaba or plantain
1 cartof mic, casaba sau plantan
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ de ceașcă de fulgi de cereale fierte, cum ar fi fulgi de ovăz sau griș
- ◆ ¾ cup dry cereal such as corn flakes
¾ de ceașcă de fulgi de cereale uscate, cum ar fi fulgi de porumb
- ◆ ⅓ cup of cooked rice
⅓ de ceașcă de orez fiert
- ◆ 1 small tortilla, roti bread or enjira bread
1 tortillă mică, sau pâine roti sau pâine enjira

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:
S-ar putea să aveți nevoie să mâncați 1, 2 sau 3 porții de alimente ce conțin amidon sau hidrați de carbon la câte o masă. Dacă aveți nevoie să mâncați mai mult de o singură porție la o masă, alegeți diferite feluri din acest grup de alimente. Spre exemplu:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

La micul dejun: ¾ de ceașcă de fulgi de cereale uscate și 1 felie de pâine—2 porții

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

La prânz: ⅓ de ceașcă de orez și ½ de ceașcă de plantan gătit—2 porții

Dinner: ½ cup of pasta and one bread stick—2 servings

La cina: ½ de ceașcă de paste făinoase și un baton de pâine—2 porții

Snack: 6 crackers—1 serving

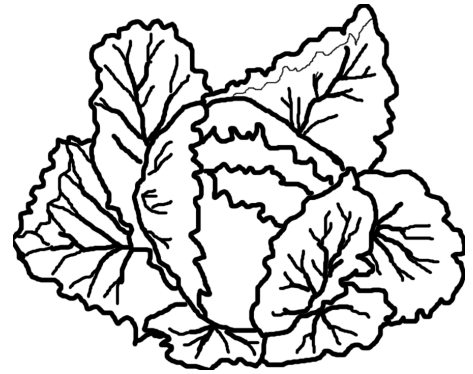
La gustare între mese: 6 biscuiți—1 porție

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Total pe zi: 7 porții. Remarcați că hidrații de carbon sunt balansați pe toate mesele, ceea ce vă poate ajuta la ținerea sub control al zahărului din sânge.

Vegetables

Legumele



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Legumele sunt foarte sănătoase pentru oricine, incluzând și persoanele care au diabet. Consumați în fiecare zi legume sub formă crudă sau gătită. Legumele vă dau vitamine, substanțe minerale și substanțe fibroase, toate având foarte puține calorii. Căutați acele legume care au o gamă de culori. Iată câteva exemple: morcovi, ardei, vânăță, broccoli, roșii și spanac.

You should have 3 to 5 servings every day.
Consumați din acestea 3 până la 5 porții în fiecare zi.

How much is a serving of vegetables?

Cât reprezintă o porție de legume?

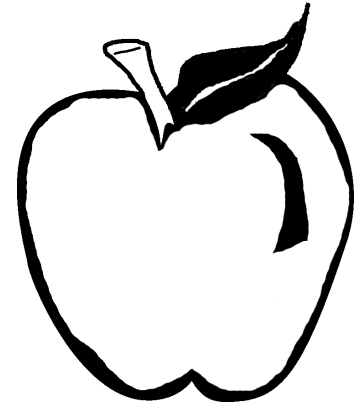
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
½ de ceașcă de legume, ca de exemplu: fasole verde, vânăță, spanac și dovlecel, toate în stare gătită
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
O ceașcă de legume crude, ca de exemplu: salată verde, bețe de morcovi sau castraveți tăiați în felii
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
½ de ceașcă de suc din vegetale, ca de exemplu: suc de roșii sau suc de morcovi

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

Puteți mânca una, două sau trei porții de legume la o masă. Dacă aveți nevoie să mâncați mai mult decât o porție la o masă, să alegeți diferite feluri de legume sau să consumați două sau trei porții din aceeași legumă.

Fruits

Fructele



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.
Fructele sunt sănătoase pentru oricine, incluzând și persoanele care au diabet.

How many servings of fruit do I need?

Câte porții de fructe am nevoie?

2 to 4 servings
2–4 porții

What is a serving of fruit?

Cât este o porție de fructe?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 măr mic sau o pară mică (aproximativ de mărimea unui pumn al unei femei)
- ◆ ½ cup of apple or orange juice
½ de ceașcă de suc de mere sau de portocale
- ◆ ½ of a grapefruit
½ de grepfrut
- ◆ 1 small banana or ½ of a large banana
1 banană mică sau ½ de banană mare
- ◆ ½ cup of chopped fruit
½ de ceașcă de fructe tăiate
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ de ceașcă de stafide sau de fructe uscate (cam cât încapă în palma unei mâini)

You might need to eat one or two servings of fruit at a meal.
Este nevoie să mâncați una sau două porții de fructe la o masă.

How should I eat fruit?

Cum să mănânc fructele?

- ◆ Eat fruits raw, or as juice with no sugar added.
Mâncați fructele în stare crudă sau sub formă de suc fără zahăr adăugat.
- ◆ Buy smaller pieces of fruit.
Cumpărați fructe de dimensiuni mai mici.

Milk and Yogurt Foods

Produsele lactate și iaurtul



Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Laptele și iaurtul fără conținut de grăsimi și cel cu conținut redus de grăsimi sunt sănătoase pentru orice individ, incluzând și cei care au diabet. Laptele și iaurtul vă dau energia necesară, precum și proteine, calciu, vitamina A și alte vitamine și substanțe minerale.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Consumați în fiecare zi lapte fără conținut de grăsimi (lapte degresat sau lipsit de grăsimi sau lapte cu conținut redus de grăsimi (1%). Mâncați iaurt cu conținut redus de grăsimi sau iaurt degresat. Aceste produse conțin mai puțin din grăsimi totale, grăsimi saturate și colesterol.

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

Câte porții am nevoie în fiecare zi? 2 până la 3 porții în fiecare zi. *Remarcă: Dacă sunteți însărcinată sau dacă alăptați, consumați patru până la cinci porții de lapte sau iaurt în fiecare zi.*

How much is a serving of milk and yogurt?

Cât reprezintă o porție de lapte sau iaurt?

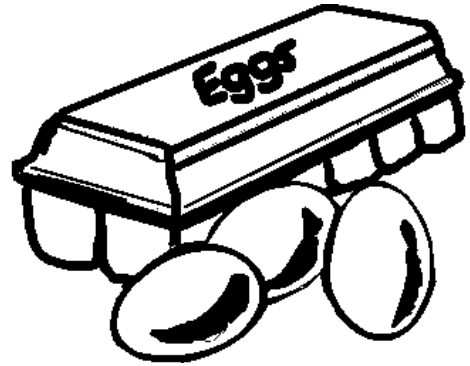
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 ceașcă de iaurt care nu are nici un conținut de grăsimi și nici alte adausuri de fructe (puteți mânca și iaurt aromat cu adaus de aspartam).
- ◆ 1 cup skim or low-fat milk
1 ceașcă de lapte degresat sau cu conținut redus de grăsimi

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

Remarcă: Evitați iaurtul care este marcat: „fructe la fund”. Acesta conține cantități ridicate de zahăr adăugat.

Meat, Poultry, Fish, Eggs and Nuts

Carne, păsări de curte, pești, ouă și diferite sorturi de nuci



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Acest grup de alimente conține carne (de vacă, porc și miel), găină, curcan, ouă, diferite sorturi de nuci și tofu sau produse din soia.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Proteinele din alimente ajută corpul ca să formeze țesuturi noi și mușchi. Ele mai furnizează corpului și vitamine și substanțe minerale.

How many protein foods do I need each day? 2 to 3 servings

Câte alimente care conțin proteine am nevoie să consum în fiecare zi? 2 până la 3 porții

How much is a serving of meat, poultry, fish, eggs and nuts?

Cât reprezintă o porție de carne, păsări de curte, pește, ouă și sorturile de nuci?

- ◆ 2 to 3 ounces of cooked fish
50–85 grams (2–3 ounces) de pește gătit
- ◆ 2 to 3 ounces cooked chicken
50–85 grams (2–3 ounces) găină gătită
- ◆ 3 to 4 ounces tofu (½ cup)
85–110 grams (3–4 ounces) de tofu (½ ceașcă)
- ◆ 1 egg (equals one ounce of protein)
1 ou (corespunde la 28 grams (1 ounce) de proteine)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
1 felie de brânză sau 28 grams (1 ounce) de brânză (aproximativ mărimea unei baterii tip D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 linguri de unt de arahidă (peanut butter) (corespunde la 28 de grams, adică 1 ounce)

Meat, Poultry, Fish, Eggs and Nuts (continued)

Carne, păsări de curte, pești, ouă și diferite sorturi de nuci (continuare)

Helpful Tips:

Sugestii ajutătoare:

- ◆ The serving size you eat now may be too big.
Mărimea porției pe care o mâncați acum s-ar putea să fie prea mare.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Considerați cât reprezintă un pachet de cărți de joc. Această mărime corespunde la 50–85 grame (2–3 ounces)
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Cumpărați carne de vacă, porc, șuncă și miel care are grăsime cât mai puțină. Îndepărtați grăsimea în exces.
- ◆ Eat chicken or turkey without the skin.
Consumați carne de păsări de curte și de curcan, dar fără piele.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Gătiți alimentele care conțin proteine folosind metode de gătit care folosesc cantități mici de grăsime. Astfel de metode sunt: a frige pe grătar de cuptor, a frige la grătar deschis, prin prăjire la foc iute cu amestecare continuă, friptură la cuptor, prin aburire, prin fierbere și prin a găti înăbușit.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Folosiți numai cantități mici de ulei atunci când gătiți carne sau în loc de ulei folosiți ulei pulverizat.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Să aveți câte o masă fără carne. Ca sursă de proteine încercați fasole sau tofu.

Fats, Oils and Sweets

Grăsimile, uleiurile și dulciurile



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Grăsimile și uleiurile includ unt, margarină, untură și uleiurile pe care le adăugăm la alimente și le folosim la gătit. Anumite uleiuri sunt uleiul canola, uleiul de măsline și uleiuri vegetale. Grăsimi se mai găsesc în carne, produse lactate, gustări expres (snack) și anumite dulciuri. Pentru a ține sub control diabetul dvs. este cel mai bine de a consuma alimente cu conținut mai redus de grăsimi și de grăsimi saturate (grăsimile le primim din carne și din alte produse animale).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Dulciurile sunt alimentele cu conținut de zahăr care au calorii, dar numai foarte puține vitamine și substanțe minerale. Anumite dulciuri au și un conținut ridicat de grăsimi, cum sunt prăjiturile, plăcintele și biscuiții.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Consumând prea multe alimente zaharate și cu conținut ridicat de grăsimi va face ca să puteți controla numai cu mare dificultate zahărul în sânge și greutatea corporală. Dacă consumați grăsimi și dulciuri, mâncați numai porții mici.

How much is a serving of fats, oils and sweets?

Cât reprezintă o porție de grăsimi, uleiuri și dulciuri?

- ◆ 1 teaspoon oil
1 linguriță de ulei
- ◆ 1 tablespoon regular salad dressing
1 lingură de sos pentru salată
- ◆ 2 teaspoons light mayonnaise
2 lingurițe de maioneză degresată
- ◆ 1 strip of bacon
1 felie de slănină
- ◆ 1 cookie
1 prăjitură
- ◆ 1 plain doughnut
1 gogoasă simplă
- ◆ 1 tablespoon syrup
1 lingură de sirop
- ◆ 10–15 chips
10–15 cips

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The Food Pyramid

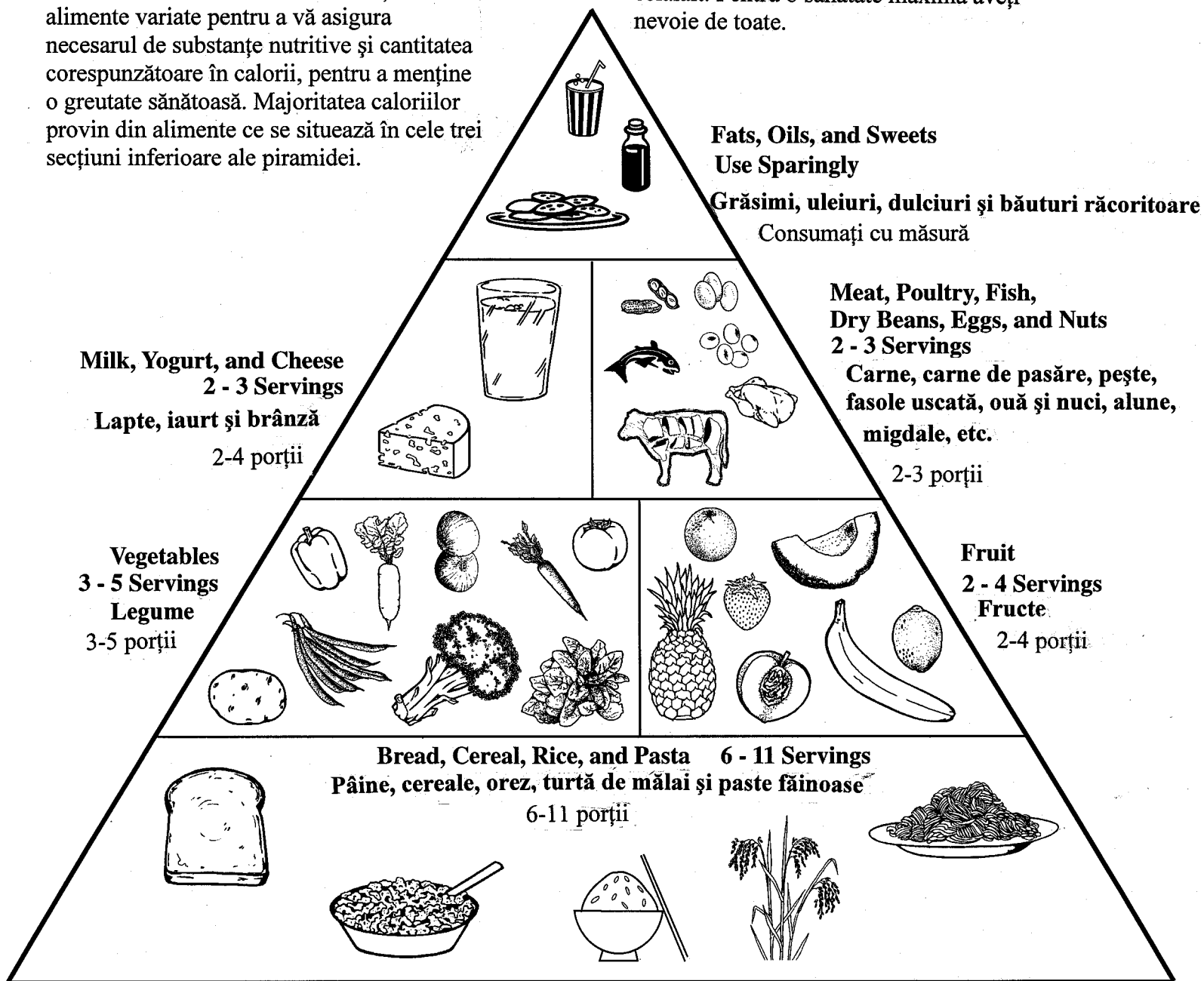
Piramida alimentației

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Ghidul piramida alimentației este un îndreptar care permite să vă alegeți regimul alimentar sănătos și cel mai potrivit. Piramida vă îndeamnă să consumați alimente variate pentru a vă asigura necesarul de substanțe nutritive și cantitatea corespunzătoare în calorii, pentru a menține o greutate sănătoasă. Majoritatea caloriilor provin din alimente ce se situează în cele trei secțiuni inferioare ale piramidei.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Fiecare din aceste grupuri asigură, dar nu în totalitate, necesarul de substanțe nutritive. Alimentele dintr-o grupă nu înlocuiesc alimentele din cealaltă grupă. Nici un grup de alimente nu este mai important decât celălalt. Pentru o sănătate maximă aveți nevoie de toate.



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1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

1. Consumați zilnic între 6-11 porții mici de pâine cu puțină grăsime, cereale, orez sau paste făinoase. De exemplu, alegeți făină de ovăz pentru micul dejun, un sandviș pentru masa de prânz și orez simplu pentru cină.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

2. Consumați zilnic 5 porții de fructe și legume. De exemplu, puteți consuma suc de portocale pentru micul dejun, salată pentru masa de prânz și fasole verde, cartofi fierți și struguri pentru cină.

3. Drink at least 8 glasses of pure, fresh water every day.

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5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

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6. Limit your intake of sweets and alcoholic beverages.

6. Reduceți consumul de dulciuri și băuturi alcoolice.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

7. Luați parte zilnic la diferite activități fizice. Plimbați-vă, dansați sau participați la jocuri.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

8. Folosiți pentru gătit uleiuri vegetale sau ulei de canola în locul grăsimilor și unturilor de origine animalieră. Uleiurile vegetale sunt mai sănătoase pentru organism fiindcă nu conțin colesterol.

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Better Nutrition for Mature Adults

Alimentație adecvată adulților

1. Drink 6 - 8 glasses of water every day.

1. Consumați zilnic 6-8 pahare de apă.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

2. Consumați mâncăruri bogate în calciu, ca laptele, brânza, iaurtul, peștele cu schelet și câteva legume precum conopida italiană. Calciul este important pentru dezvoltarea oaselor.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

3. Consumând fructe și legume proaspete ca morcovii și portocalele, veți avea în organism vitamina A și vitamina C din abundență. Vitamina A este necesară pentru ochi și piele. Vitamina C menține gingiile sănătoase și protejează împotriva infecțiilor.

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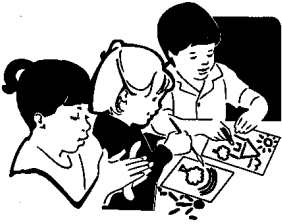
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Good Food for Kids

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1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

1. Calciul este necesar pentru dezvoltarea oaselor și creșterii copilului. Îl găsim în lapte, iaurt, pește cu schelet și câteva legume precum conopida italiană.

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4. Energy is important and comes from breads, rice, cereal, and pasta.

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5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

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6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

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The Food Pyramid

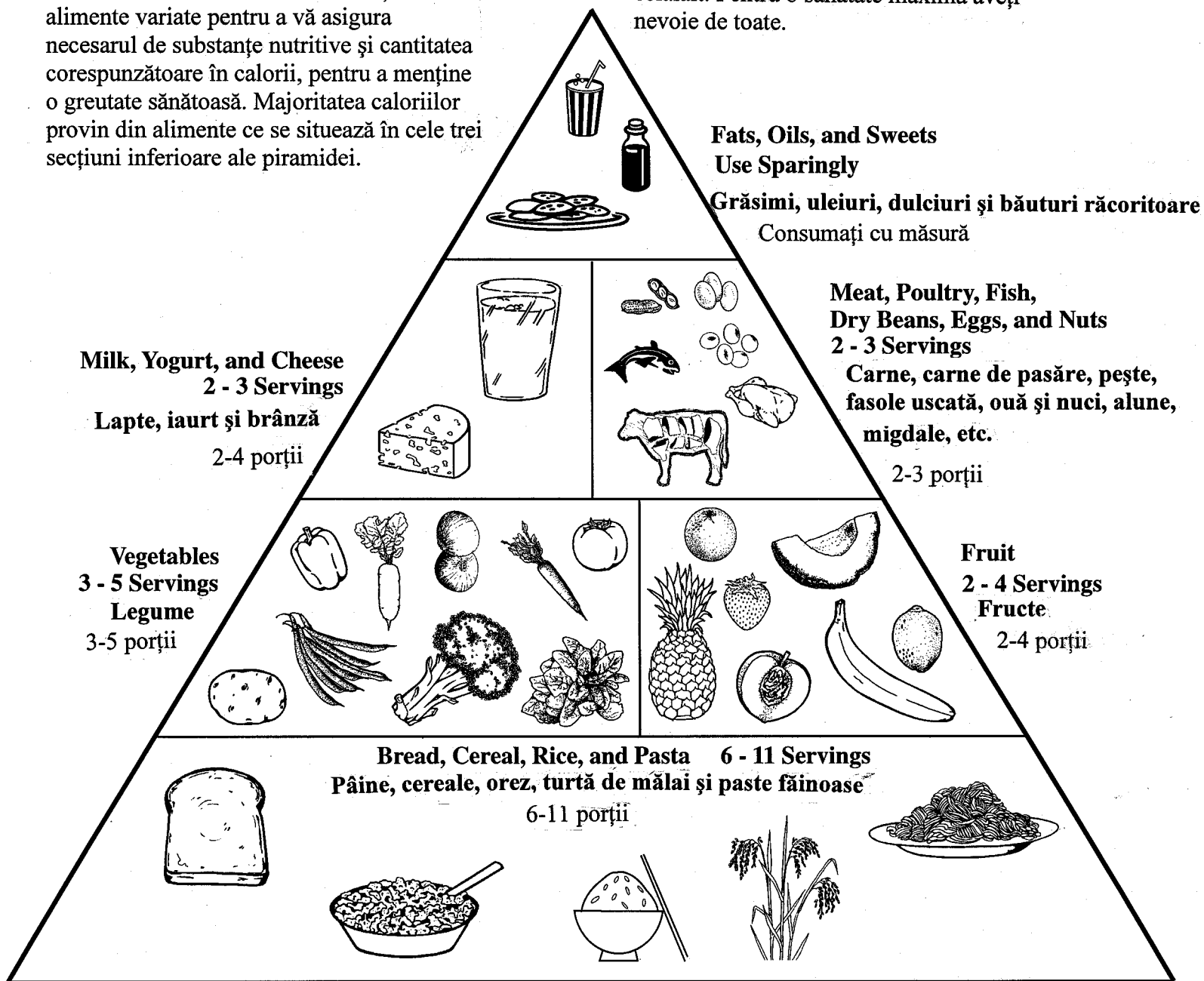
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NUTRITION EDUCATION FOR NEW AMERICANS PROJECT

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Diabetes

Диабет

Russian

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Diabetes

Диабет

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

Что такое диабет? Диабет – это болезнь, при которой организм не производит или неправильно использует инсулин.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

Инсулин представляет собой гормон, который преобразует сахар, крахмалы и другие питательные вещества в энергию, необходимую для жизнедеятельности.



How is diabetes managed?

Профилактика диабета

The management of diabetes has three parts:

Профилактика диабета включает в себя три составные части:

- ◆ Healthy Eating
Здоровое питание
- ◆ Physical Activity
Физическая активность
- ◆ Medication (if needed)
Лекарственные препараты (при необходимости)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

Как можно контролировать диабет? Если соблюдать здоровый образ питания, поддерживать достаточную физическую активность и следить за весом тела, вы можете наблюдать за уровнем сахара в крови (иначе говоря, глюкозы в крови) и таким образом контролировать диабет.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Имея оптимальный вес тела, легче контролировать уровень жиров (холестерина) в крови.

Many people with diabetes also need to take medicine to help control their blood sugar.

Для контроля уровня сахара в крови, многие страдающие диабетом вынуждены также принимать лекарства.

Eat Healthy

Как соблюдать здоровый образ питания



Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

Если пользоваться Пирамидой здорового питания, можно есть разнообразную здоровую пищу. Разнообразие пищи означает ежедневное потребление продуктов принадлежащих каждой группе. Ежедневно питаясь разнообразными продуктами, вы получаете необходимые вашему организму витамины и минеральные вещества.

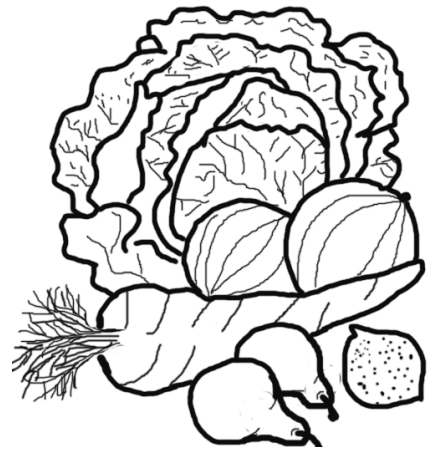
Here is an example of getting a variety of foods each day.

Пример разнообразного питания на каждый день.

	Day 1 День 1	Day 2 День 2
Grains: Мучные/крупы:	tortilla маисовые лепешки	brown rice шелушенный рис
Fruit: Фрукты:	apple яблоки	mango манго
Vegetable: Овощи:	broccoli брокколи	tomatoes помидоры
Dairy: Молочнокислые продукты:	milk Молоко	yogurt Йогурт
Protein: Белковые продукты:	chicken Курица	beans Бобы

Eat From all the Food Groups

Способы приобретения, приготовления и потребления продуктов каждой группы



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Покупайте злаковые и хлебные продукты, приготовленные из цельного зерна. Например, цельно-зерновой хлеб, хлопья, содержащие отруби, шелушенный рис, макаронные изделия из муки цельного зерна, булгур и амаранц.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Ешьте меньше жареных продуктов и жиросодержащих крахмалов, как кондитерские изделия, печенье и булочки.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Свежие фрукты – ваш лучший выбор. Если покупаете консервированные фрукты, смотрите, чтобы на посуде были слова «в собственном соку».
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Покупайте фрукты небольшими порциями и пейте сок в малых количествах.
- ◆ Eat raw and cooked vegetables with very little fat.
Ешьте сырые и приготовленные овощи, которые содержат очень мало жира.
- ◆ Use mustard instead of mayonnaise on a sandwich.
В бутербродах заменяйте майонез горчицей.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
При приготовлении пищи, применяйте разбрызгиватель растительного масла вместо жира, масла, маргарина или сала.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
Полезные способы приготовления пищи следующие: печь, жарить в духовке, варить, жарить в горячем масле, варить на пару, тушить и жарить на рашпере. Избегайте готовить пищу в больших количествах масла.

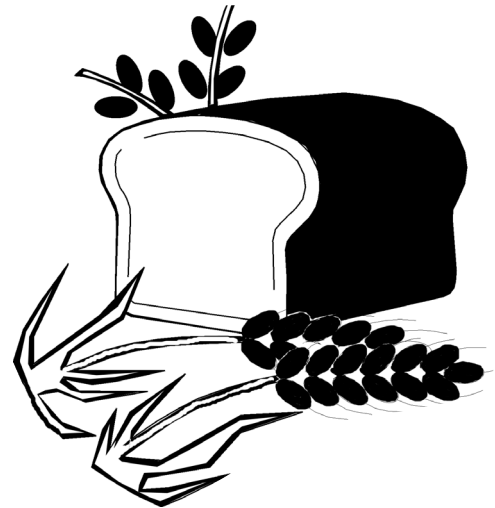
Eat From All the Food Groups (continued)

**Способы приобретения, приготовления и потребления продуктов каждой группы
(продолжение)**

- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Выбирайте нежирные вырезки мяса, как, например, из курицы или индейки. Если покупаете свинину, говядину или ветчину, обрезайте избыток жира.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Используйте совершенно обезжиренные или 1%-ые молоко и молочные продукты.

Grains, Beans and Starchy Vegetables

Что такое злаковые продукты, бобы и крахмалосодержащие овощи?



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

Что такое крахмалы или углеводы?

Крахмал содержится в хлебных продуктах, злаковых, зерновых, макаронных изделиях, бобах и в крахмалосодержащих овощах. Ешьте крахмалы/углеводы во время каждого приема пищи. Окружающие могут вам советовать не есть много крахмалов/углеводов, но это уже не является правильным советом. Употреблять крахмалы/углеводы полезно для здоровья каждого, включая людей страдающих диабетом.

How many starches/carbohydrates do I need each day? 6–11 servings each day
Сколько крахмалов/углеводов мне нужно ежедневно? 6–11 порций ежедневно

The number of servings you should eat each day depends on:
Нужное вам количество порций на каждый день зависит от:

- ◆ The calories you need
От необходимого вам количества калорий
- ◆ Your diabetes plan
От вашего плана лечения диабета

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

Какое воздействие оказывают крахмалы и углеводы на мой организм? Крахмалы снабжают ваш организм энергией, витамином В, минералами и клетчаткой. Продукты из цельного зерна более полезны, потому что они содержат больше витаминов, минералов и клетчатки. Клетчатка способствует правильному движению кишечника. Крахмалы также способствуют лучшему контролю над сахаром в крови.

Grains, Beans and Starchy Vegetables (continued)

Что такое злаковые продукты, бобы и крахмалосодержащие овощи?
(продолжение)

How much is one serving of starch/carbohydrate?

Что такое порция крахмалов/углеводов?

- ◆ 1 slice of bread
1 ломтик хлеба
- ◆ 1 small potato, casaba or plantain
1 небольшой картофель, кассаба или подорожник
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ стакана приготовленных злаковых, как овсяная или манная крупа
- ◆ ¾ cup dry cereal such as corn flakes
¾ стакана сухих злаковых, как кукурузные хлопья
- ◆ ⅓ cup of cooked rice
⅓ стакана приготовленного риса
- ◆ 1 small tortilla, roti bread or enjira bread
1 небольшая маисовая лепешка, роти-хлеб или инджира

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:
Вам может быть необходимо принимать одну, две или три порции крахмалов/углеводов во время еды. Если вам нужно есть больше одной порции за один прием пищи, предпочитайте разные продукты этой группы. Например:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Завтрак: ¾ стакана сухих злаковых и 1 ломтик хлеба—2 порции

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Второй завтрак: ⅓ стакана риса или ½ стакана приготовленного подорожника—2 порции

Dinner: ½ cup of pasta and one bread stick—2 servings

Обед: ½ стакана макаронных изделий и один кусочек хлеба – 2 порции

Snack: 6 crackers—1 serving

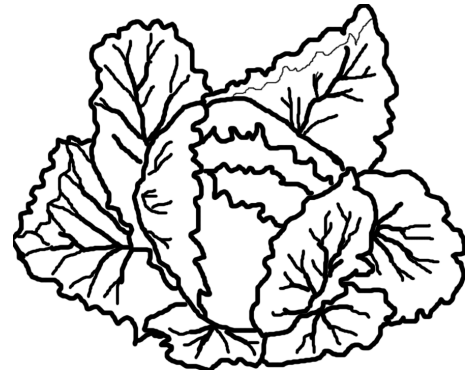
Закуска: 6 крекеров (галет) – 1 порция

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Всего за день: 7 порций. Заметьте, что углеводы распределены по времени. Это помогает вам контролировать уровень сахара в крови.

Vegetables

ОВОЩИ



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Овощи - здоровая пища для всех, включая людей страдающих диабетом. Ешьте сырые и приготовленные овощи каждый день. Овощи дают витамины, минералы и клетчатку, обладая очень малым количеством калорий. Предпочитайте овощи, яркие по цвету. Несколько примеров: морковь, перец, баклажаны, брокколи, помидоры, шпинат.

You should have 3 to 5 servings every day.

Овощи следует есть от 3 до 5 раз в день.

How much is a serving of vegetables?

Что такое порция овощей?

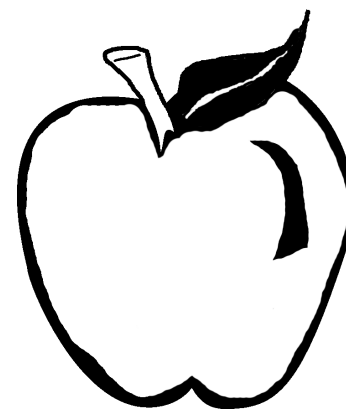
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
½ стакана приготовленных овощей, Вареные зеленые бобы, баклажаны, шпинат и кабачки
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
1 стакан сырых овощей, Салат, очищенная морковь или порезанные на дольки огурцы
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
½ стакана овощного сока, Томатный или морковный сок

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

У вас может быть необходимость в одной, двух или трех порциях овощей во время одного приема пищи. Если вам нужно есть больше одной порции за один раз, предпочитайте разные типы овощей или ешьте две - три порции одного типа.

Fruits

Фрукты



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

Фрукты – здоровая пища для всех, включая людей страдающих диабетом. Фрукты поставляют организму энергию, витамины, минеральные вещества и клетчатку.

How many servings of fruit do I need?

Сколько порций фруктов мне нужно?

2–4 servings

2–4 порции

What is a serving of fruit?

Что такое порция фруктов?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 небольшое яблоко или груша (размером приблизительно с женский кулак)
- ◆ ½ cup of apple or orange juice
½ стакана яблочного или апельсинового сока
- ◆ ½ of a grapefruit
½ грейпфрута
- ◆ 1 small banana or ½ of a large banana
1 небольшой банан или ½ большого банана
- ◆ ½ cup of chopped fruit
½ стакана измельченных фруктов
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ стакана изюма или сушеных фруктов (приблизительно в количестве, которое поместилось бы в вашей ладони)

You might need to eat one or two servings of fruit at a meal.

Вам может быть необходимо есть одну или две порции фруктов во время еды.

How should I eat fruit?

Как мне следует есть фрукты?

- ◆ Eat fruits raw, or as juice with no sugar added.
Ешьте фрукты в сыром виде или пейте в виде сока без добавления сахара.
- ◆ Buy smaller pieces of fruit.
Покупайте фрукты в небольших количествах.

Milk and Yogurt Foods

МОЛОКО И ЙОГУРТ

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Обезжиренное или с низким содержанием жира молоко и йогурт представляют собой здоровые продукты питания для каждого, включая людей, страдающих диабетом. Молоко и йогурт снабжают организм энергией, белком, кальцием, витамином А и другими витаминами и минералами.



Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Пейте обезжиренное или 1%-е молоко ежедневно. Ешьте обезжиренный или с низким содержанием жира йогурт. Эти продукты содержат меньше жира и холестерина.

How many servings do I need each day? 2–3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

Сколько порций мне нужно в день? 2–3 порции ежедневно. Примечание: Если вы беременны или кормите грудью, ешьте от 4 до 5 порций молока и йогурта ежедневно.

How much is a serving of milk and yogurt?

Что такое порция молока или йогурта?

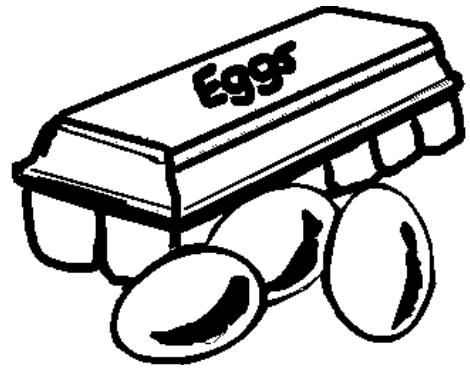
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 стакан обезжиренного простого йогурта (покупайте также йогурт, содержащий аспартам)
- ◆ 1 cup skim or low-fat milk
1 стакан обезжиренного или с низким содержанием жира молока

Note: Avoid yogurts that say, “fruit on the bottom”. They contain high amounts of added sugar.

Примечание: Не покупайте йогурт, если видите надпись на этикетке «С фруктами». В нем содержится большое дополнительное количество сахара.

Meat, Poultry, Fish, Eggs and Nuts

Мясо, птица, рыба, яйца и орехи



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

К этой группе продуктов относятся мясо (говядина, свинина, баранина), курица, индейка, яйца, рыба, орехи, а также соевый сыр тофу или другие соевые продукты. Ешьте эти продукты ежедневно в небольших количествах. Все они снабжают организм белком.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Белковые продукты способствуют строению тканей и мышц. Они также дают организму витамины и минеральные вещества.

How many protein foods do I need each day? 2–3 servings

Сколько мне нужно белковой пищи каждый день? 2–3 порции

How much is a serving of meat, poultry, fish, eggs and nuts?

Что такое порция мяса, птицы, рыбы, яиц или орехов?

- ◆ 2–3 ounces of cooked fish
2–3 унции (60 – 90 г) приготовленной рыбы
- ◆ 2–3 ounces cooked chicken
2–3 унции (60 – 90 г) приготовленной курицы
- ◆ 3–4 ounces tofu (½ cup)
3–4 унции (90 – 115 г) сыра тофу (½ стакана)
- ◆ 1 egg (equals one ounce of protein)
1 яйцо (равнозначно одной унции или 30 граммам белка)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
1 ломтик сыра или одна унция сыра (приблизительно с размер батарейки типа D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 столовые ложки арахисового масла (равнозначно одной унции или 30 граммам)

Meat, Poultry, Fish, Eggs and Nuts (continued)

Мясо, птица, рыба, яйца и орехи (продолжение)

Helpful Tips:

Полезные советы:

- ◆ The serving size you eat now may be too big.
Если ваша порция рискует быть слишком большой.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
сравните ее с размером колоды игральных карт. Ее вес от 2 до 3 унций (60 – 90 г).
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Покупайте говядину, свинину, ветчину или баранину только с небольшим содержанием жира на вырезках. Обрезайте излишний жир.
- ◆ Eat chicken or turkey without the skin.
Ешьте мясо курицы и индейки только без кожи.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
жарьте в духовке, на рашпере, в горячем масле, тушите, варите на пару, в кипятке.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Готовя мясо, применяйте масло только в небольших количествах, или используйте разбрызгиватель масла вместо жидкого масла.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Иногда исключайте мясо из еды. В качестве источника белка попробуйте фасоль или сыр тофу.

Fats, Oils and Sweets

Как насчет жира, масла и сладостей?



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Понятие жиров и масел включает в себя такие продукты, как масло, маргарин, сало, а также масло, что мы используем при приготовлении пищи. Некоторые масла, как «canola», оливковое, являются растительными. Жиры содержатся в мясе, молочных продуктах, легких закусках и в некоторых сладких продуктах. Для контроля над диабетом, лучше всего есть пищу с меньшим содержанием жира и менее насыщенную жиром (как например, жир, который мы получаем из мяса и других продуктов животного происхождения).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Сладости - это сахаросодержащие продукты, которые содержат много калорий, но являются бедными витаминами и минеральными веществами. Некоторые сладости, как пирожные, торты и печенье, также содержат много жира.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Если вы потребляете много сладостей и жиросодержащих продуктов, вам трудно контролировать уровень сахара в крови и вес тела. Если вы все же едите жирную пищу и сладости, ешьте их малыми порциями.

How much is a serving of fats, oils and sweets?

Что такое порция жира, масла и сладостей?

- | | |
|---|--|
| ◆ 1 teaspoon oil
1 столовая ложка масла | ◆ 1 cookie
1 штука печенья |
| ◆ 1 tablespoon regular salad dressing
1 столовая ложка обычной приправы к салату | ◆ 1 plain doughnut
1 простой пончик |
| ◆ 2 teaspoons light mayonnaise
2 столовых ложки легкого майонеза | ◆ 1 tablespoon syrup
1 столовая ложка сиропа |
| ◆ 1 strip of bacon
1 полоска бекона | ◆ 10–15 chips
10–15 штук чипсов (ломтиков сухого картофеля) |

Russian

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. For more information call (404) 651-2542.

Данный материал разработан в рамках проекта «Образование по образу питания для новых американцев» факультетом антропологии и географии университета штата Джорджия в Атланте, Джорджия. Проект финансируется службой Департамента сельского хозяйства США по вопросам продовольствия и рационального питания для тех семей, которые участвуют в программе предоставления населению талонов на льготную покупку продуктов. В соответствии с федеральным законом и правилами Департамента сельского хозяйства Соединенных Штатов, в вышеупомянутом заведении запрещена дискриминация на расовой основе, по цвету кожи, полу, возрасту, на основе религиозных, политических убеждений или физических недостатков. Для получения дальнейшей информации, звоните по телефону (404) 651-2542.



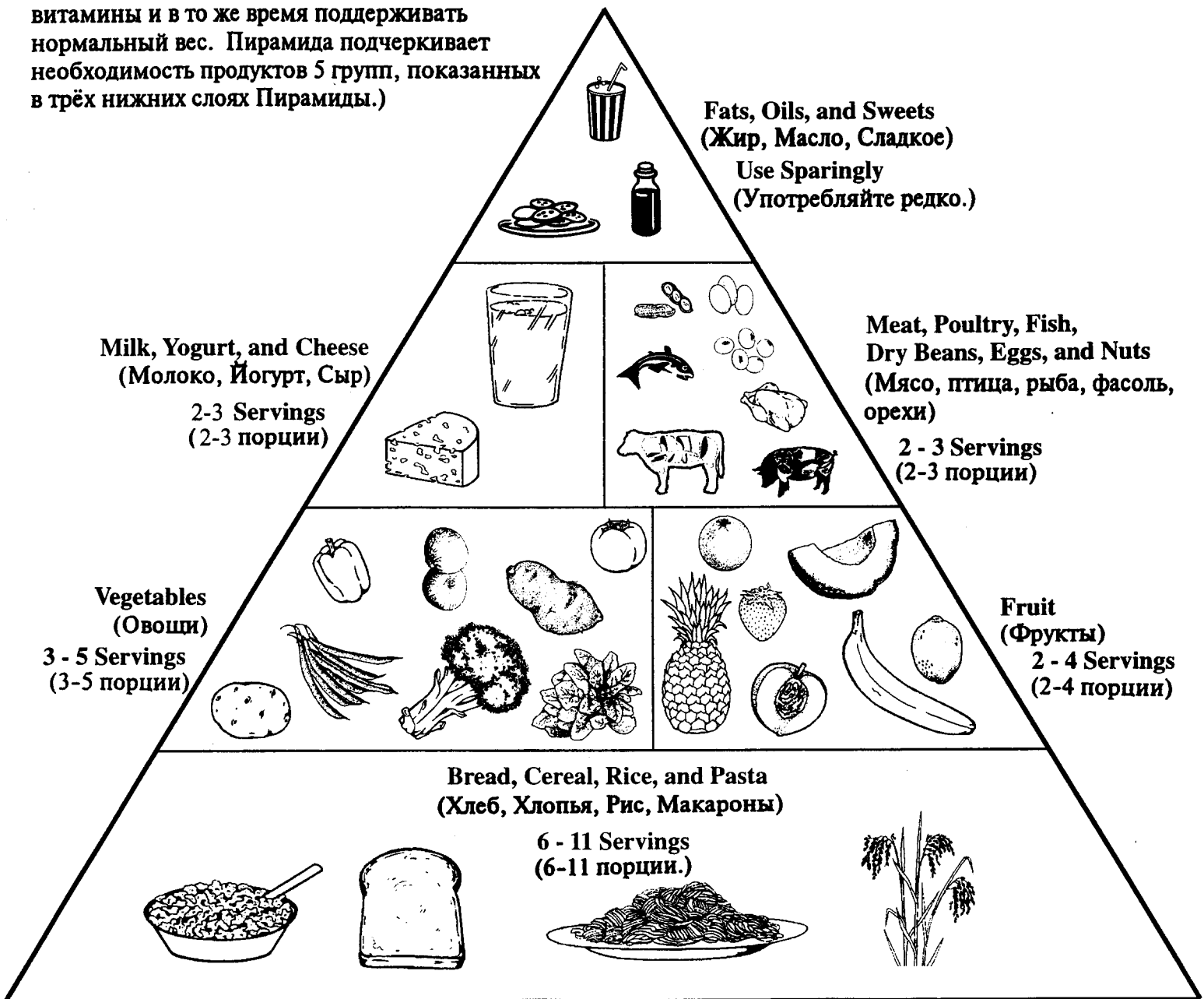
The Food Pyramid (Продуктовая Пирамида)

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eat the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

(Пирамида - это руководство, помогающее составить своё питание так, чтобы в нем преобладали наиболее полезные продукты. Пирамида показывает какие продукты нужно есть, чтобы получить необходимые минералы, витамины и в то же время поддерживать нормальный вес. Пирамида подчеркивает необходимость продуктов 5 групп, показанных в трёх нижних слоях Пирамиды.)

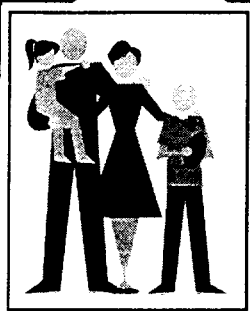
Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

(Каждая группа продуктов даёт некоторые, но не все необходимые вещества. Продукты одной группы не могут заменить продукты другой группы. Нужно есть продукты всех групп.)



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Better Health Begins With You!

Закладывайте сами фундамент своего здоровья!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Кушайте каждый день от 6 до 11 небольших порций хлеба с низким содержанием жира, каши или других зерновых продуктов, риса или макаронных изделий. Например, возьмите себе на завтрак овсяную кашу, днем съешьте сэндвич, а для вечернего обеда выберите простой рис.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Кушайте каждый день 5 порций фруктов и овощей. Например, Вы можете выпить за завтраком апельсиновый сок, съесть днем салат, включить в свой обед немного зеленого горошка или стручковой фасоли, а также отварного картофеля, а в качестве основного блюда взять для обеда виноград.

3. Drink at least 8 glasses of pure, fresh water every day.

Пейте ежедневно не меньше 8 стаканов чистой свежей воды.

4. Eat lean, low-fat meats, such as chicken or fish.

Кушайте нежирное, например куриное, мясо или рыбу.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Употребляйте молочные продукты с низким содержанием жира или обезжиренные, такие как снятое молоко и замороженный йогурт.

6. Limit your intake of sweets and alcoholic beverages.

Ограничьте употребление сладостей и спиртных напитков.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Занимайтесь каждый день какой-нибудь физической деятельностью. Гуляйте, танцуйте или играйте в подвижные игры.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Используйте для приготовления пищи растительное масло, в частности масло "кенола", вместо лярда или животного жира. Растительное масло полезнее для Вас, так как в нем нет холестерина.

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Better Nutrition for Mature Adults

Правильное питание для пожилых людей

1. Drink 6 - 8 glasses of water every day.

Пейте каждый день от 6 до 8 стаканов воды.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Кушайте пищу с большим содержанием кальция, такую как молоко, сыр, йогурт, рыбу с костями и некоторые темно-зеленые овощи типа брокколи. Кальций необходим, чтобы кости были крепкими.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Получайте в большом количестве витамин А и витамин С, для чего ешьте фрукты и овощи, такие как морковь и апельсины. Витамин А полезен для Ваших глаз и кожи. Витамин С поддерживает десны в здоровом состоянии и защищает Вас от инфекции.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Кушайте пищу, содержащую много железа, который помогает телу использовать энергию. Большим содержанием железа отличаются красное мясо, курица, рыба и сушеные бобы.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Включайте в свою пищу мясо различного вида, рыбные продукты и курятину, чтобы предохранить себя от недостатка цинка, который помогает быстрому заживлению ран.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Занимайтесь регулярно физической деятельностью, причем лучше всего - на открытом воздухе, потому что Ваше тело может создавать витамин D под действием солнца.

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Better Health for Mother and Baby **Больше здоровья матерям** **и младенцам!**

- 1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.**

Избегайте спиртных напитков и не пейте жидкости, содержащие кофеин, как например кофе или безалкогольные напитки.

- 2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.**

Кушайте каждый день пищу, содержащую кальций, как например молоко, сыр, йогурт, рыбу с костями и некоторые темно-зеленые овощи.

- 3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.**

Кушайте ежедневно от 2 до 3 блюд, приготовленных из мяса, рыбы, яиц или сушеных бобов, для получения белка.

- 4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.**

Кушайте каждый день не менее 5 порций фруктов и овощей для получения витаминов и минеральных веществ. Например, добавьте нарезанный банан к своему утреннему завтраку из зерновых продуктов и съешьте яблоко в середине дня. Кроме того, добавьте ко второму завтраку ломтики моркови или сельдерея, а в обед включите салат и брокколи.

- 5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.**

Кушайте ежедневно от 6 до 11 небольших порций еды, приготовленной из неочищенных зерновых продуктов, которые важны для здоровья и получения энергии. Такими продуктами являются, например, хлеб из неочищенной пшеницы и шелушенный рис.

- 6. See your doctor early in your pregnancy.**

Обратитесь к своему доктору в самом начале беременности.

- 7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.**

Следите, чтобы у Вас было правильное увеличение веса в течение беременности. Для большинства женщин это увеличение должно составлять от 11,3 до 15,9 килограмм. Обратитесь за помощью к своему доктору.

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Good Food for Kids

Здоровая пища для детей

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Для создания и роста костей необходим кальций. Он содержится в молоке, йогурте, рыбе с костями и в некоторых темно-зеленых овощах, таких как брокколи.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Железо помогает телу производить и использовать энергию. Оно находится в красном мясе, курятине, рыбе и сушеных бобах.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Морковь, шпинат и другие овощи, а также фрукты богаты витамином А и витамином С. Витамин А важен для хорошего зрения и здоровой кожи, а витамин С поддерживает десны в здоровом состоянии и защищает от инфекции.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Энергия важна для здоровья. Дети получают ее из хлеба разного сорта, риса, зерновых продуктов и макаронных изделий.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Выбирайте здоровую пищу для легкой закусочки, такую как фрукты, овощи, молочные продукты и орехи. Они более питательны и лучше для детских зубов, чем газированные напитки, сухой хрустящий картофель и сладости.

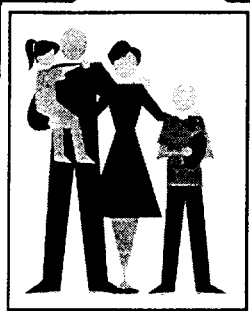
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Ежедневная физическая активность очень важна для детей, чтобы их тела росли сильными и здоровыми.

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1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Кушайте каждый день от 6 до 11 небольших порций хлеба с низким содержанием жира, каши или других зерновых продуктов, риса или макаронных изделий. Например, возьмите себе на завтрак овсяную кашу, днем съешьте сэндвич, а для вечернего обеда выберите простой рис.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Кушайте каждый день 5 порций фруктов и овощей. Например, Вы можете выпить за завтраком апельсиновый сок, съесть днем салат, включить в свой обед немного зеленого горошка или стручковой фасоли, а также отварного картофеля, а в качестве основного блюда взять для обеда виноград.

3. Drink at least 8 glasses of pure, fresh water every day.

Пейте ежедневно не меньше 8 стаканов чистой свежей воды.

4. Eat lean, low-fat meats, such as chicken or fish.

Кушайте нежирное, например куриное, мясо или рыбу.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Употребляйте молочные продукты с низким содержанием жира или обезжиренные, такие как снятое молоко и замороженный йогурт.

6. Limit your intake of sweets and alcoholic beverages.

Ограничьте употребление сладостей и спиртных напитков.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Занимайтесь каждый день какой-нибудь физической деятельностью. Гуляйте, танцуйте или играйте в подвижные игры.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Используйте для приготовления пищи растительное масло, в частности масло "кенола", вместо лярда или животного жира. Растительное масло полезнее для Вас, так как в нем нет холестерина.

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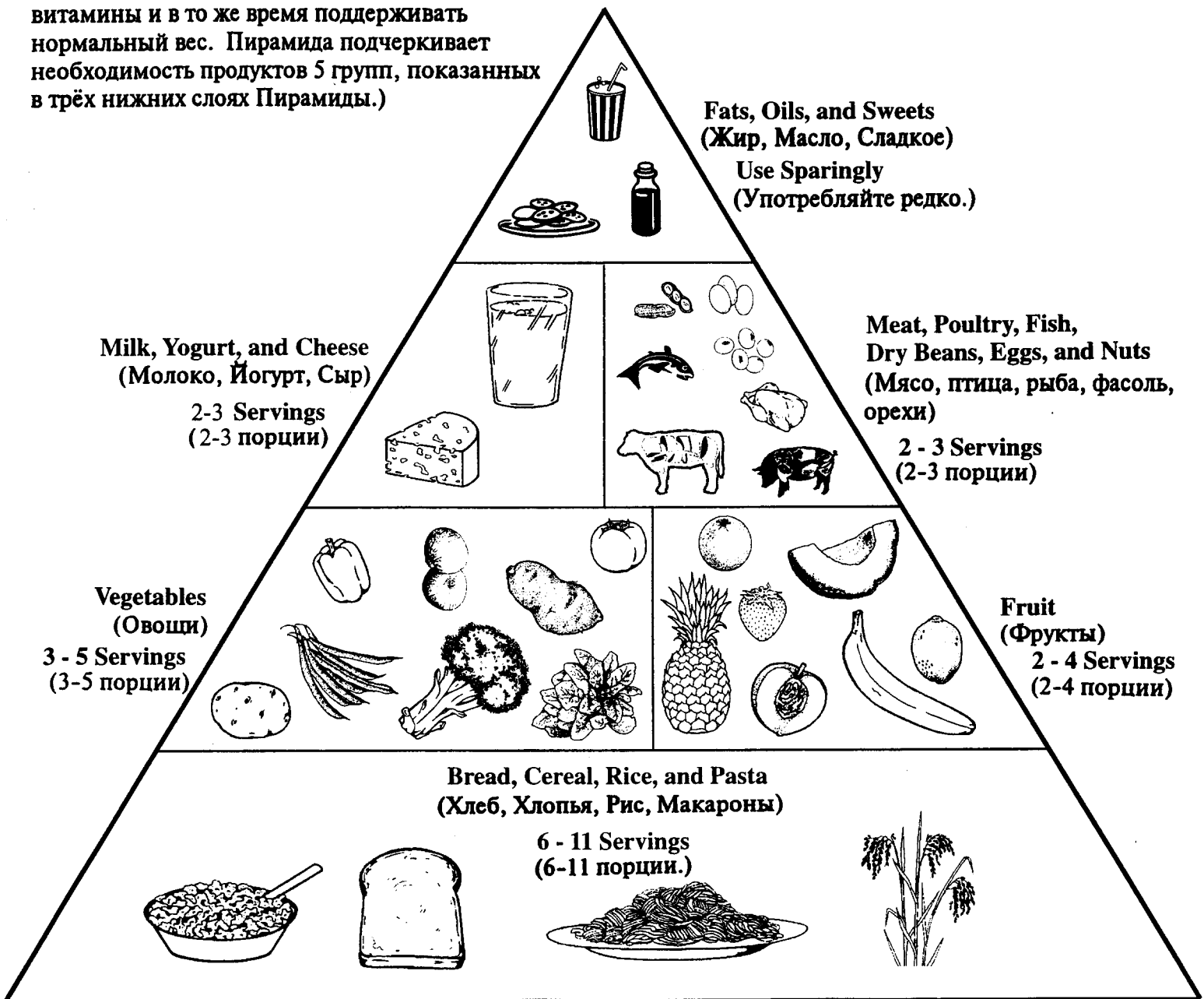
The Food Pyramid (Продуктовая Пирамида)

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eat the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

(Пирамида - это руководство, помогающее составить своё питание так, чтобы в нем преобладали наиболее полезные продукты. Пирамида показывает какие продукты нужно есть, чтобы получить необходимые минералы, витамины и в то же время поддерживать нормальный вес. Пирамида подчеркивает необходимость продуктов 5 групп, показанных в трёх нижних слоях Пирамиды.)

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

(Каждая группа продуктов даёт некоторые, но не все необходимые вещества. Продукты одной группы не могут заменить продукты другой группы. Нужно есть продукты всех групп.)



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Здоровая пища для детей

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Для создания и роста костей необходим кальций. Он содержится в молоке, йогурте, рыбе с костями и в некоторых темно-зеленых овощах, таких как брокколи.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Железо помогает телу производить и использовать энергию. Оно находится в красном мясе, курятине, рыбе и сушеных бобах.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Морковь, шпинат и другие овощи, а также фрукты богаты витамином А и витамином С. Витамин А важен для хорошего зрения и здоровой кожи, а витамин С поддерживает десны в здоровом состоянии и защищает от инфекции.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Энергия важна для здоровья. Дети получают ее из хлеба разного сорта, риса, зерновых продуктов и макаронных изделий.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Выбирайте здоровую пищу для легкой закусочки, такую как фрукты, овощи, молочные продукты и орехи. Они более питательны и лучше для детских зубов, чем газированные напитки, сухой хрустящий картофель и сладости.

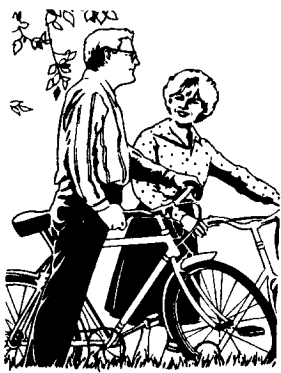
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Ежедневная физическая активность очень важна для детей, чтобы их тела росли сильными и здоровыми.

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Better Nutrition for Mature Adults

Правильное питание для пожилых людей

1. Drink 6 - 8 glasses of water every day.

Пейте каждый день от 6 до 8 стаканов воды.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Кушайте пищу с большим содержанием кальция, такую как молоко, сыр, йогурт, рыбу с костями и некоторые темно-зеленые овощи типа брокколи. Кальций необходим, чтобы кости были крепкими.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Получайте в большом количестве витамин А и витамин С, для чего ешьте фрукты и овощи, такие как морковь и апельсины. Витамин А полезен для Ваших глаз и кожи. Витамин С поддерживает десны в здоровом состоянии и защищает Вас от инфекции.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Кушайте пищу, содержащую много железа, который помогает телу использовать энергию. Большим содержанием железа отличаются красное мясо, курица, рыба и сушеные бобы.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Включайте в свою пищу мясо различного вида, рыбные продукты и курятину, чтобы предохранить себя от недостатка цинка, который помогает быстрому заживлению ран.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Занимайтесь регулярно физической деятельностью, причем лучше всего - на открытом воздухе, потому что Ваше тело может создавать витамин D под действием солнца.

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Better Health for Mother and Baby

Больше здоровья матерям и младенцам!

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

Избегайте спиртных напитков и не пейте жидкости, содержащие кофеин, как например кофе или безалкогольные напитки.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

Кушайте каждый день пищу, содержащую кальций, как например молоко, сыр, йогурт, рыбу с костями и некоторые темно-зеленые овощи.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

Кушайте ежедневно от 2 до 3 блюд, приготовленных из мяса, рыбы, яиц или сушеных бобов, для получения белка.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

Кушайте каждый день не менее 5 порций фруктов и овощей для получения витаминов и минеральных веществ. Например, добавьте нарезанный банан к своему утреннему завтраку из зерновых продуктов и съешьте яблоко в середине дня. Кроме того, добавьте ко второму завтраку ломтики моркови или сельдерея, а в обед включите салат и брокколи.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

Кушайте ежедневно от 6 до 11 небольших порций еды, приготовленной из неочищенных зерновых продуктов, которые важны для здоровья и получения энергии. Такими продуктами являются, например, хлеб из неочищенной пшеницы и шелушенный рис.

6. See your doctor early in your pregnancy.

Обратитесь к своему доктору в самом начале беременности.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

Следите, чтобы у Вас было правильное увеличение веса в течение беременности. Для большинства женщин это увеличение должно составлять от 11,3 до 15,9 килограмм. Обратитесь за помощью к своему доктору.

Russian Language Version

These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service. For more information, call (404) 651-2542.





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Diabetes

Sonkorowgu

Somali

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Qoraalkan waxaa diyaariyey Mashruuca Mareykanka cusub ee Waxbarashada Nafaqada ee Wasaarada Barashada Asalka qofka iyo juguraafiga ee Jaamacadda Gobolka Georgia, Atlanta, Georgia. Oo ay maalgelisay Wasaaradda Adeegga Macaamiilka iyo Cuntada Beeraha ee Qoysaska Barnaamijka Cuntada Shaabada lagu bixiyo. Marka loo eego sharciga dawlada dhexe iyo nidaamka Wasaarada Beeraha, ha'yadan waa laga mamnuucay inay ku kala saarto dadka iyadoo u eegeysa jinsiyad, midab, dhalasho, jinsi, da', diin, siyaasada uu rumeysan yahay ama iin. Wixii macluumaad dheeraad ah wac (404) 651-2542.



Diabetes

Sonkorowgu



What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

Waa maxay Kaadi Sonkorowgu? Sonkorowgu waa cudur uusan jirku soo saarin insuliinta ama uusan si hagaagsan u isticmaalin.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

Insuliintu waa hormoon u bedela sonkorta, starjka iyo cuntooyinka kale tamarta looga baahan yahay nolol maalmeedka.

How is diabetes managed?

Sidee baa loo Maamulaa Sonkorowga?

The management of diabetes has three parts:

Maamulka sonkorowgu wuxuu leeyahay saddex qaybood:

- ◆ Healthy Eating
Cunitaanka cunto caafimaad leh
- ◆ Physical Activity
Waxqabad jireed
- ◆ Medication (if needed)
Daaweyn (haddii loo baahdo)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

Sidee baan u xaddidi karaa Sonkorowgayga? Waxaad ku caawin kartaa oo aad ku xaddidi kartaa sonkorta dhiigaaga ku jirta (oo sidoo kale loogu yeero kulukoosta dhiiga) iyo sonkorowga markaad cunto cunto caafimaad leh, aadna hesho waxqabad jireed kugu filan, oo aad lahaato culeys caafimaad qaba.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Culeyska caafimaadka leh wuxuu sidoo kale kaa caawinayaa inaad xaddido barruurtaada dhiiga (kalastarool) iyo inaad hoos u dhigto dhiig karkaaga.

Many people with diabetes also need to take medicine to help control their blood sugar.

Dad badan oo qaba sonkorowga ayaa sidoo kale u baahan inay qaataan daawo si ay uga caawiso xadiddaada sonkorta dhiigooda ku jirta.

Eat Healthy

Cun cunto caafimaad

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

Isticmaalida Tusaha Cuntada ee Ahraamta (Pyramid) ayaa kaa caawinaya cunida cuntooyin kala duwan oo caafimaad leh. Kala duwan micnaheedu waxaa weeye cunida cuntooyin ka kooban qaybaha cuntada isu dheelitiran maalin kasta. Markaad cunto cuntooyin kala duwan maalin kasta, waxaad helayaa fiitamiinada iyo macdanaha aad u baahan tahay.

Here is an example of getting a variety of foods each day.

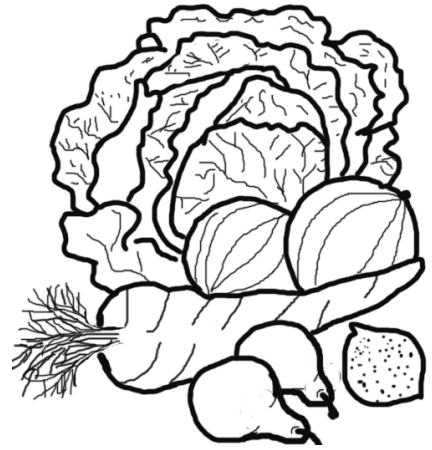
Halkan waxaa ku qoran tusaale ah cuntooyinka kala duwan ee maalin kasta.



	Day 1 Maalinta 1 aad	Day 2 Maalinta 2 aad
Grains:	tortilla	brown rice
Heed:	tortiile	bariiska kafeega ah
Fruit:	apple	mango
Miro:	tufaax	cambe
Vegetable:	broccoli	tomatoes
Khudaar:	barakooli	yaanyo
Dairy:	milk	yogurt
Cunto xoolaad:	caanno	yoogad
Protein:	chicken	beans
Boratiin:	diggaag	digir

Eat From all the Food Groups

Cun dhammaan qaybaha cuntooyinka oo dhan



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Soo iibso rootiga ka sameysan badarka iyo heeda. Tusaalayaasha qaarkood waa rootiga badar keliya laga sameeyo, xabuubka baraanka, rootiga kafeega ah, baastada qamadiga keliya laga sameeyo, qamadi la burburiyey iyo geed caleen cagaaran.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Wax yar ka cun staarjka la dubay iyo ka baruurtu ku badan tahay sida waxyaalaha la dubo, biskutka, ama doolshe qamadi laga sameeyey.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Miraha cusub ayaa ah waxa ugu wanaagsan in la cunno. Markaad gadaneyso miraha qasacadeysan ka raadi erayada ah, “waxaa lagu qasacadeeyey biyahooda”
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Iibso qaybo yar yar oo miro ah miraha la miirona wax yar ka cab.
- ◆ Eat raw and cooked vegetables with very little fat.
Cun khudaarta cayriin iyo kuwa la kariyey ee dufanka yar leh.
- ◆ Use mustard instead of mayonnaise on a sandwich.
Isticmaal shey ansalaatada dusha lagaga shubo(mustard) meeshii aad uga isticmaali lahayd (waa shey laga sameeyo ukunta oo ansalaatada oo kale dusha lagaga shubo (mayonnaise) hilibka iyo rootiga la is dhexgaleyo.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Isticmaal saliida khudaarta ka sameysan ee buufiska ah meeshii aad ka isticmaali lahayd saliid, dhimayana, burcad ama margrine, ama subag markaa wax karineyso.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
Xeeladaha wax karinta ee kuu wanaagsan adiga waxaa weeye: wax dubidda, dab ku karin, karkarinta, dubbida, foorneynta, uumiku karinta, isteeki ka dhigada iyo giriilka ku karinta. Iska ilaali ku karinta cuntada saliid badan.

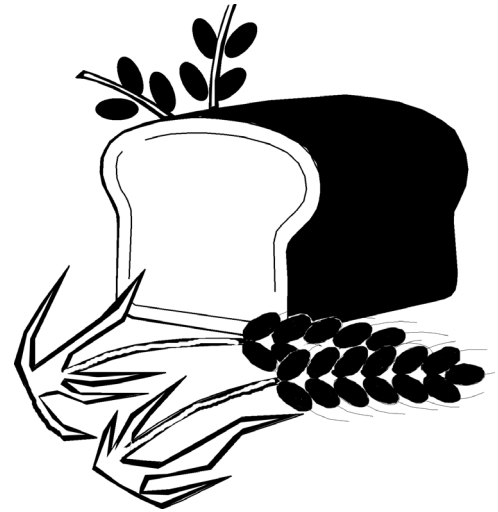
Eat From All the Food Groups (continued)

Karo dhammaan qaybaha cuntooyinka oo dhan (socota)

- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Dooro hilib barruurtu ku yar tahay sida: diggaaga, turkey. Markaad iibsaneyso hilib doofaar, hilibka lo'da, hilibka doofaarka, ka jar barruurta dheeraadka ah.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Dooro caannaha aan barruurta laheyn (skim) ama ay ku yar tahay (1%), ma cuntooyinka xoolaha.

Grains, Beans and Starchy Vegetables

Heedu, Digirtu iyo khudaarta Istaarku



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal.

People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

Maxay yihiin Istaarj ama karbohaydarku?

Istaarjisku waa rootiga, badarka, heedda, baastada, digirta ama khudaarta Istaarjka. Cun waxooga istaarj ah/karbohaydareyd ah cunto kasta. Waxaa laga yaabaa inay dadku kuu sheegaan inaad cunin istaarj/karbohaydareyd badan, laakiin taasi ma aha hadda tallo sax ah. cunnitaanka istaarj iyo karboheyd ku waa cunno caafimaad u leh qof kasta, oo ay ku jiraan dadka qaba sonkorowga.

How many starches/carbohydrates do I need each day? 6–11 servings each day
Intaa istaarj/karbohaydareyd ayaan u baahanahay maalin kasta? 6–11 cunto maalin kasta

The number of servings you should eat each day depends on:

Intaad ka cuneyso maalin kastaa waxay ku xirnaaneysaa maalin kasta:

- ◆ The calories you need
Kaloriga aad u baahan tahay
- ◆ Your diabetes plan
Qorshahaaga daaweynta sonkorowga

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

Maxay u qabtaan istaarjka iyo karbohaydareydku jirkeyga? Istaarjku waxay siiyaan jirkeyga tamar, fitimiinada B, macdanaha iyo fiber. Badarka dhami waxay leeyihiin caafimaad sababtoo ah waxay leeyihiin fitamiin badan, macdano iyo fiber. Fiber waxay kaa caawineysaa socodka caadiga ah ee caloosha. Waxay sidoo kale kaa caawinayaan xaddida sonkorta dhiigaaga.

Grains, Beans and Starchy Vegetables (continued)

Heedu, Digirtu iyo khudaarta Istaajku (socota)

How much is one serving of starch/carbohydrate?

Intee ayaa la cunayaa istaarjka/karboheydareydka?

- ◆ 1 slice of bread
1 jeex oo rooti ah
- ◆ 1 small potato, casaba or plantain
1 baradho yar, casaba ama plantain
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ koob ah heed sida oatmeal ama kareemka qamadiga
- ◆ ¾ cup dry cereal such as corn flakes
¾ koob oo ah heed la qalajiyey sida galeyda
- ◆ ⅓ cup of cooked rice
⅓ koob oo ah bariis la kariyey
- ◆ 1 small tortilla, roti bread or enjira bread
1 tortilla oo yar, rooti ama canjeelo

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

Waxaa laga yaabaa inaad u baahato cunitaanka, mid, laba ama saddex istaarj/karbohaydareyd halkii mar ee cunto cunid ahba. Haddii aad u baahan tahay inaad cunto wax ka badan hal raashin, ka dooro cuntooyin ka duwan kooxda cuntadan. Tusaale:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Quraac: ¾ koob ah heed qalalan iyo 1 jeex oo rooti ah—laba jeer

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Gaddo: ⅓ koob oo bariis ah iyo ½ koob oo plantains la kariyey ah – laba jeer

Dinner: ½ cup of pasta and one bread stick—2 servings

Cashada: ½ koob oo baasta ah iyo hal rooti ah—2 jeer

Snack: 6 crackers—1 serving

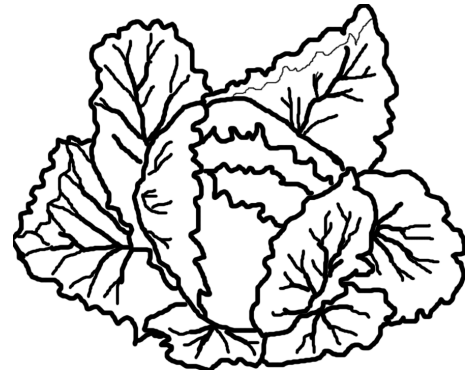
Cunto fudud: 6 biskut oo dhuuban – hal mar

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Maalintii oo dhan: 7 jeer. Ogsoonow in karboheydareydka lagu dheeli tiray cuntooyinka. Tanina waxay kaa caawineysaa sonkorta dhiigaaga.

Vegetables

Khudaartu



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Khudaartu caafimaad ayey u leedahay qof kasta, iyadoo ay ku jiraan dadka qaba sonkorowga. Cun khudaar la kariyey iyo mid ceyriin maalin kasta. Khudaartu waxay ku siinaysaa fitamiin, macdan iyo fiber iyadoo leh kalori aad u yar. Raadi khudaarta midabkoodu dhalaalayo. Xooggaa tusaale ahi waa: dabacasaha, basbaaska, geedka ukunta oo kale ah, barokooli, yaanyada iyo isbinaajka.

You should have 3 to 5 servings every day.
Waa inaad cuntaa 3 ilaa 5 jeer maalin kasta.

How much is a serving of vegetables?

Khudaarta intee laga cuni karaa?

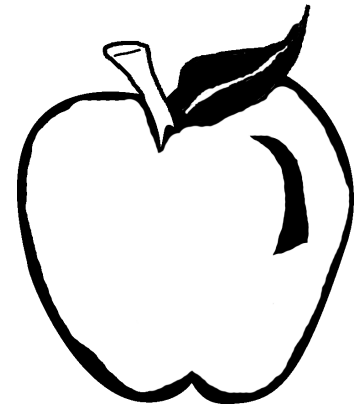
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
½ Koob oo ah khudaar la kariyey Sida digirta cagaaran oo la kariyey, eggplant, isbinaaj iyo iskuwash
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
1 koob oo khudaar ceyriin ah sida ansalaatada, dabacasaha ama kakabaarka oo la googooyey
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
½ Koob oo ah khudaar la miirey sida yaanyada ama dabacasaha oo la miirey

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

Waxaa laga yaabaa inaad u baahato cunida mid , laba ama aad halkii cuntaba aad ku cunto saddex khudaar ah. haddii aad dooneyso inaad ku cunto wax ka badan cuntadiiba, dooro khudaar kala duwan ama laba ama saddex ka cun halkii kudaar ah ee isku mid ah.

Fruits

Miruhu



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

Miruhu caafimaad bay u leeyihiin qof walba, oo ay ku jiraan dadka qaba sonkorowga. Miruhu waxay ku siinayaan tamar, fitamiino iyo macdano iyo fiber.

How many servings of fruit do I need?

Intee ayaan uga baahanahay miraha inaan ka cunno?

2 to 4 servings

2 ilaa 4 jeer

What is a serving of fruit?

Intee laga cunayaa miraha?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 tufaax ah oo yar ama biir (qiyaastiina le'eg sacabka qof dumar ah)
- ◆ ½ cup of apple or orange juice
½ koob ah liin ama tufaax miiran
- ◆ ½ of a grapefruit
½ canab ah
- ◆ 1 small banana or ½ of a large banana
1 koob yar oo moos ama ½ oo ah moos weyn
- ◆ ½ cup of chopped fruit
½ koob ah oo mirro la googooyey
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ koob oo ah canab macaan oo la qalajiyey ama miro kale oo la qalajiyey (qiyaastii wax leekaan kara calaacasha gacantaada)

You might need to eat one or two servings of fruit at a meal.

Waxaa laga yaabaa inaad u baahato inaad ku cunto hal ama laba mar miro Cuntada.

How should I eat fruit?

Sidee baan u cunayaa miraha?

- ◆ Eat fruits raw, or as juice with no sugar added.
Cun miro ceyriin, ama la miirey oo aan wax sonkor ah lagu darin.
- ◆ Buy smaller pieces of fruit.
Miro yar yar soo iibso.

Milk and Yogurt Foods

Caanaha iyo cuntooyinka yoogadku



Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Caanaha aan layn dufanka ama dufanka ku jiraa uu hooseeyo iyo yoogadku qofkasta caafimaad ayey u leeyihiin, iyadoo ay ku jiraan dadka qaba sonkorowga, caanaha iyo yoogadku waxay siiyaan tamar, borotiin, kaalshiyam, fitimiin A, iyo fitimiino iyo macdano kale.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Cab caanaha aan dufanka lahayn (skim, ama aan dufanba lahayn) ama ay ku yar tahay (1%) maalin kasta. Cun yoogadka dufanku ku yar yahay ama uusan lahayn. Waxay leeyihiin dufan ka yar, mida aadka u dufanka badan iyo kolostorool.

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

Intaa ayaan u baahanahay inaan ka cuno maalin kasta? 2 ilaa 3 jeer maalin kasta. *Ogow: Haddii aad uur leedahay ama nuujineyso, cun ama cab afar iyo shan jeer caanno iyo yoogad maalin kasta.*

How much is a serving of milk and yogurt?

Intee ayaan ka qaadanayaa Caanaha iyo Yoogadka?

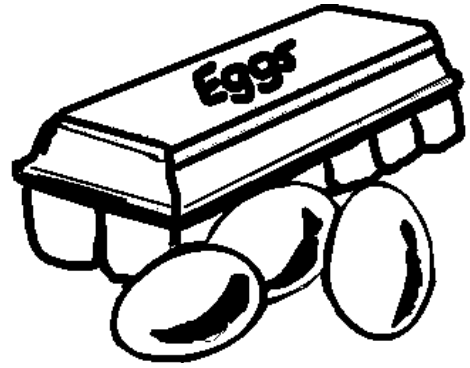
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 koob oo ah yoogad keligeed ah oo aan dufan lahayn (raadi sidoo kale yoogadka lagu carfiyey aspartame)
- ◆ 1 cup skim or low-fat milk
1 koob oo ah caanno aan dufan lahayn ama hooseeyso inta ku jirtaa

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

Ogow: Iska ilaali yoogadka ay ku qoran tahay, "miro ayaa salka ku jira". Waxaa ku jira sonkor aad u badan oo lagu daray.

Meat, Poultry, Fish, Eggs and Nuts

Hilib, Diggaag, kalluun, Ukun iyo Miro



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Cuntada noocan ahi waxaa ku jira hilib (hilibka lo'da, doofaarka, hilibka ariga), diggaaga, turkeyga, ukunta, kalluunka, miraha iyo tofu ama cuntooyinka soy ga ka sameysan. wax yar ka cun cuntooyinkan maalin kasta. Cuntooyinkan oo dhama waxay siinayaan jirkeena borotiin.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Cuntooyinka borotiinka leh waxay ka caawiyaan jirkaaga inay dhisaan unugyada iyo muruqyada. Waxay sidoo kale siiyaan jirkaaga fitamiino iyo macdano.

How many protein foods do I need each day? 2 to 3 servings

Intee baan uga baahanahay cuntooyinka borotiinka leh maalin kasta? 2 ilaa 3 jeer

How much is a serving of meat, poultry, fish, eggs and nuts?

Intee laga cunayaa hilibka, diggaaga, Kalluunka, Ukunta iyo Miraha?

- ◆ 2 to 3 ounces of cooked fish
2 ilaa 3 rubuc kiilo oo ah kalluun la kariyey
- ◆ 2 to 3 ounces cooked chicken
2 ilaa 3 rubuc kiilo oo ah diggaag la kariyey
- ◆ 3 to 4 ounces tofu (½ cup)
3 ilaa 4 rubuc kiilo oo ah tofu (koob ½)
- ◆ 1 egg (equals one ounce of protein)
1 ukun ah (waxay la mid tahay hal rubuc kiilo oo borotiin ah)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
1 go' oo ah burcad ama hal rubuc kiilo oo ah burcad (oo qiyaastii le'eg bateriga D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 qaado oo ah burcadka miraha laga sameeyo (wuxuu la mid tahay rubuc)

Meat, Poultry, Fish, Eggs and Nuts (continued)

Hilib, Diggaag, kalluun, Ukun iyo Miro (socota)

Helpful Tips:

Tallooyin ku caawinaya:

- ◆ The serving size you eat now may be too big.
Inta aad ka cuneysaa waxaa laga yaabaa inay aad ubadan tahay.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Fiiri dusha turubka. Xajmigani wuxuu le'eg yahay ilaa 2 ilaa 3 rubuc kiilo.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
libso hilibka lo'da, ka doofaarka, iyo ka ariga ee leh barruur yar oo keliya. Kana goo barruurta saa'idka ah.
- ◆ Eat chicken or turkey without the skin.
Cun diggaaga ama turkey da oo aan lahayn maqaarka.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
U kari cuntooyinka borotiinka leh siyaallo baruurta uga yareynayo: Broil, Grill, Stir-fry, foornee, uumi ku kari, kar kari, isteeg ka dhig.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Isticmaal saliid aad u yar marka aad karineyso hilibka, ama aad isticmaaleyso saliida lagu buufiyo meeshii aad saliid ka isticmaali lahayd.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Cun cunto aan hilib lahayn. Iskuday digir ama tofu si waxyaalaha aad ka hesho borotiinkaaga oo kale.

Fats, Oils and Sweets

Baruurtu, Saliida iyo Macmacaanku



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Barruurta iyo saliida waxay ku jiraan burcadka, margarine, subaga iyo saliida aynu ku darno cuntada ee aynu u isticmaalno inaynu cuntooyinka ku karino. Saliida qaarkeed waa canola, oliva iyo ta khudaarta. Barruurta waxaa sidoo kale laga helaa hilibka, cuntooyinka xoolaha, cuntooyinka fudud iyo macmacaanka qaarkii. Si aad u xaddido sonkortaada, waxaa wanaagsan inaad cunto cuntooyin ay ku yar tahay barruurta iyo barruurta aan aad u subaga badneyn (barruurta aan ka helno hilibka iyo cuntooyinka xoolaha).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Macmacaanku waa cuntooyinka leh sonkorta ee leh kolariska laakiinse aan lahayn fitamiin iyo macdan aad u badan. Macmacaanka qaarkiis waxaa aad ugu badan barruurta – sida doolshaha, bur khudrad lagu dhex sameeyo (pies), iyo waxyaalaha la dubo.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Cunida waxyaalo badan oo sonkor leh iyo cuntooyinka barruurta ku badan tahay waxay adkeynayaan sidii aad ku xaddidi lahayn sonkorta jirkaaga iyo culeyska. Haddii aad cunto barruur iyo macmacaan, wax yar ka cun.

How much is a serving of fats, oils and sweets?

Intee laga cunayaa barruurta, saliida iyo macmacaanka?

- ◆ 1 teaspoon oil
1 qaado oo saliid ah
- ◆ 1 tablespoon regular salad dressing
1 qaado oo ah waxyaalaha caadiga ah ee ansalaatada korka lagaga daro
- ◆ 2 teaspoons light mayonnaise
2 qaado oo ah mayonnaise fudud
- ◆ 1 strip of bacon
1 jeex oo ah qaansiir
- ◆ 1 cookie
1 wax duban ah
- ◆ 1 plain doughnut
1 bur oo aan waxba lahayn
- ◆ 1 tablespoon syrup
1 qaado oo sharaab ah
- ◆ 10–15 chips
10–15 jibis

Somali

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Qoraalkan waxaa diyaariyey Mashruuca Mareykanka cusub ee Waxbarashada Nafaqada ee Wasaarada Barashada Asalka qofka iyo juguraafiga ee Jaamacadda Gobolka Georgia, Atlanta, Georgia. Oo ay maalgelisay Wasaaradda Adeegga Macaamiilka iyo Cuntada Beeraha ee Qoysaska Barnaamijka Cuntada Shaabada lagu bixiyo. Marka loo eego sharciga dawlada dhexe iyo nidaamka Wasaarada Beeraha, ha'yadan waa laga mamnuucay inay ku kala saarto dadka iyadoo u eegeysa jinsiyad, midab, dhalasho, jinsi, da', diin, siyaasada uu rumeysan yahay ama iin. Wixii macluumaad dheeraad ah wac (404) 651-2542.



The Food Pyramid

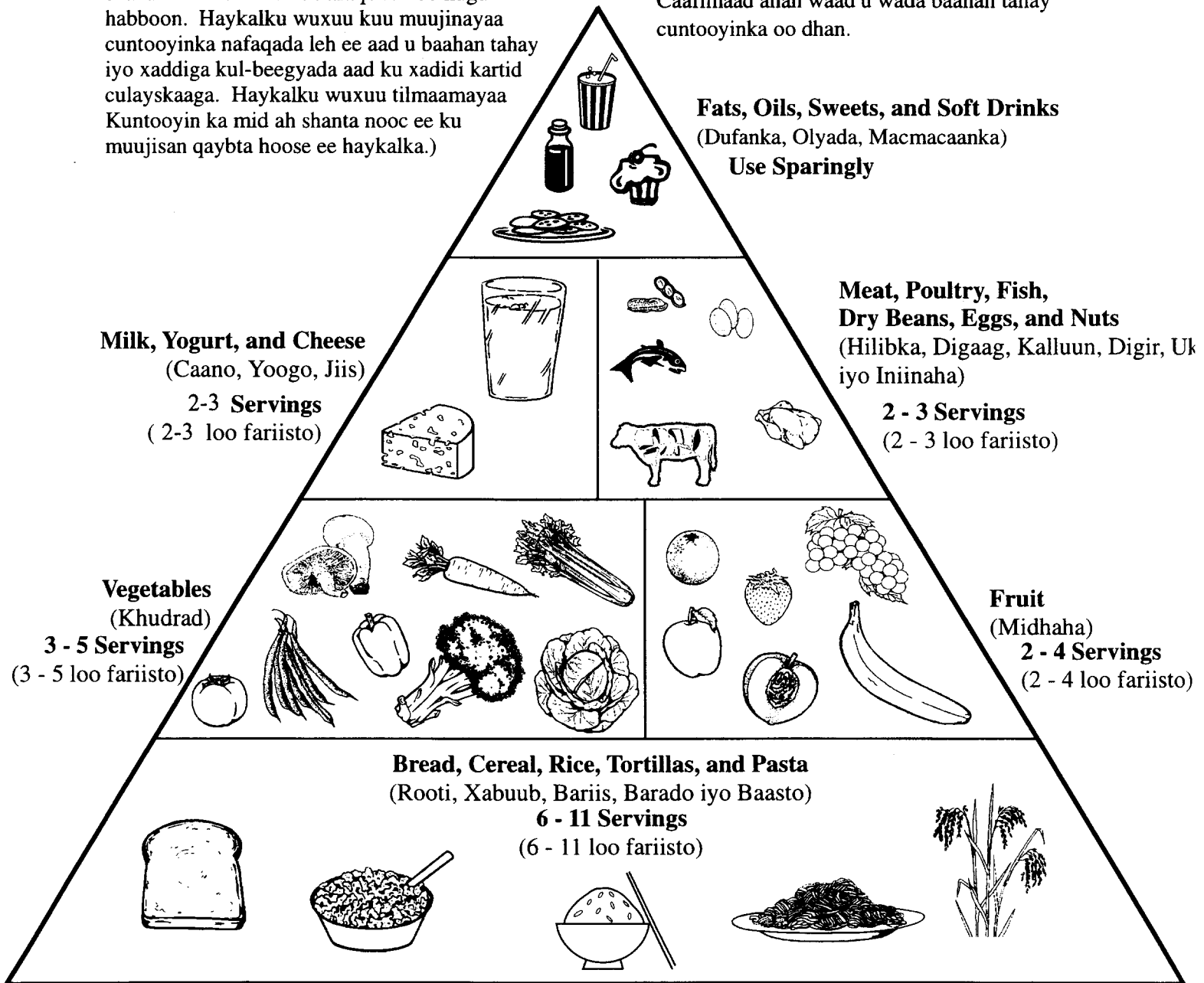
(Haykalka Cuntada nafaqada leh ee Maraykanku cuno)

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eat the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

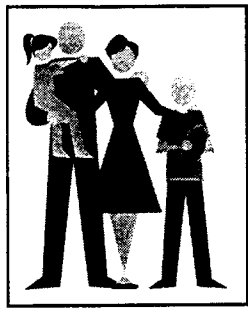
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Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

(Nooc kasta ee kooxaha cuntada ahi wuxuu ku siinayaa qayb nafaqada aad u baahan tahay. Kooxi ma bedeli karto koox kale isla markaasna kooxi kama muhimsana kooxda kale. Caafimaad ahan waad u wada baahan tahay cuntooyinka oo dhan.)



Somali Language Version



Better Health Begins With You!

Caafimaad wanaagsan adiga ayuu kaa bilowdaa.

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Cun lix ilaa iyo kowiyo toban cunto ay ku yartahay baruurta iyocunto ka kooban sereal, bariis, ama baasto. Tusaale: Qamadi ku quraaco, saandwij ku qadee, bariis cadna ku cashee.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Maalinkasta waxaa cuntaa shan nooc oo khudrad ah oo kala duwan. Sidoo kale waxaa cabtaa liin xaali la miiray (orange juice) quraacda, qadadana waxaa cuntaa khudrad, cashadana waxaa cuntaa digirta cagaaran iyo bataati la kariyey iyo canab.

3. Drink at least 8 glasses of pure, fresh water every day.

Cab ilaa sideed koob oo biyo nadiif ah.

4. Eat lean, low-fat meats, such as chicken or fish.

Cun hilib baruur yar sida doorada iyo mallayga.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Waxaa cabtaa caanaha ay ku yartahay subagga.

6. Limit your intake of sweets and alcoholic beverages.

Yaree macmacaanka iyo cabitaanka khamriga.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Jirkaagu wuxuu u baahanyahay dhaqdhaqaaq jooqta ah sida socod, jimicsi, ciyaaro kala duwan.

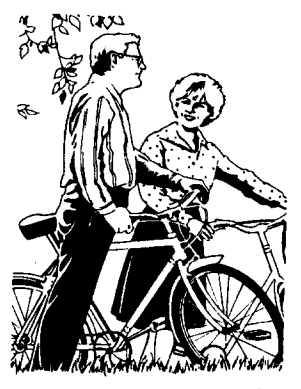
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Cuntada ku karso saliidda laga miiray miraha dhirta waayo waxaa ku yar baruurta.

Somali Language Version

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Better Nutrition for Mature Adults

NAFAQADA U WANAAGSAN DADKA WAAWEYN

1. Drink 6 - 8 glasses of water every day.

Cab lix ilaa sideed glaas oo biya ah maalin kasta.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Cun cuntada ay kaalshada ku badantahay sida caanaha, farmaajada, caanofadhiga, mallayga lafta leh, iyo qaarka mid ah cagaarka caleentoodu dugulka madowleh sida barookali (broccoli). Kaalshadu waxay xoojisaa lafaha.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Qaado vitamiin A iyo vitamiin C badan waxaana laga helaa khudradda iyo cagaarka sida dabacasaha (kaaroot) iyo liinxaaliga. Vitamiin A waxay u fiicantahay indha ha aragtidooda iyo jirka (maqaarka). Vitamiin C waxay u fiicantahay cirridka oo jirrada ayuu ka ilaaliyaa.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Cun cuntada ay birtu (iron) ku badantahay oo jirka ka caawinta tamarta. Birta waxay ku badan tahay hilibka cas (jiirta) digaagga, mallayga iyo digirta cas.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Zink (zinc) wuxuu jirka dhaawaca ah ka caawiyaa sidii uu dhaqso ugu resanlahaa. Waxaana laga heli karaa raashinka aan badda kala soo baxno (seafood) iyo digaagga.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Xubnaha jirkaaga waa in ay helaan dhagdhaqaaq kufilan kuna samee dibadda sida orodka waayo jirkaagu wuxuu qorraxda ka qaadankaraa vitamiin D.

Somali Language Version

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Better Health for Mother and Baby

CAAFIMAADKA U FIICAN

HOYADA IYO ILMEHEEDA

1. **Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.**

Ka dheerow cabitaanka khamriga iyo waxayabaha ay ku jiraan bunka.

2. **Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.**

Cun maalin kasta cuntada ay ku badantahay kalshyum, waxaana ka heleysaa caanaha, caanafadhiga (yogurt), mallayga lafaha leh iyo cagaarka ay ka mid tahay boorokari (brocoli).

3. **Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.**

Cun maalintii 2 ilaa 3 jeer hilib, mallay, ukun, ama digir cas si aad uga heshid brotiin (protein).

4. **Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.**

Cun maalin kasta ugu yaraan shan jeer qudaar iyo cagaar si aad uga heshid vitamiiin iyo macdan. Tusaale: Siriyalka aad subaxdii cuntid ku googooso cad ama xabbad moos ah. Karooto ha la socoto qadada, galbihii xabbad tufaaxa cun, Barookoli (broccoli) iyo ansalaato ku cun cashada.

5. **Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.**

Cun lix ilaa iyo kowiyo toban jeer oo qamadi ah, waayo waxaa laga helaa tamar. Kuwaas waaxaa ka mid ah rotiga qamadida laga sameeyo iyo bariiska aan caddeyn.

6. **See your doctor early in your pregnancy.**

Dhakhtarkaaga u tag bilaha hore aad uurka leedahay

7. **Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.**

Inta aad uurka leedahay waxaad hubsataa in culeska lagaa rabo uu noqdaa inta u daxeysa 25 ilaa 35 rodol (pound). Markasta ku dadaal in aad dhaktarkaaga la xiriirtid.

Somali Language Version

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Good Food for Kids

CUNTADA CURUURTA U FIICAN

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Kaalshada waxay u fiicantahay koritaanka iyo dhismaha lafaha.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Birta waxay jirka siisaa tamarta. Waxaana laga helaa hilibka jiirta ah, digaagga, mallayga iyo digirta cas.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Dabacasaha (karootada) isbinaajada (kablaha) khudradda iyo cagaarka waxaa ku badan vitamiin A iyo vitamiin C. Vitamiin Adu waxay u roontahay aragga iyo maqaarka (jirka). Vitamiin Cdu waxay u roontahay kana ilaalyaa cirridka in uu bukado.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Tamarta waa lagama maarmaan, waxaana laga helaa rootiga, bariiska, badarka iyo baastada.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Intii ay caruurta qaadan lahayd cabidda gassku kujiro (sodas), bataatiga qallalan (Chips) iyo macmacaanka waxaa ilmaha uga nafaga badan cuntada fudud (snacks) sida khudradda, cagaarka, waxyaabaha caanaha laga sameeyo (farmaajada) iyo lowska.

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Dhaqdhaqaaqa caruurta jirkooda waa lagamamaarman, waayo waxaa ku koraya jirkooda.

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Better Health Begins With You!

Caafimaad wanaagsan adiga ayuu kaa bilowdaa.

1. **Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Cun lix ilaa iyo kowiyo toban cunto ay ku yartahay baruurta iyocunto ka kooban sereal, bariis, ama baasto. Tusaale: Qamadi ku quraaco, saandwij ku qadee, bariis cadna ku cashee.

2. **Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Maalinkasta waxaa cuntaa shan nooc oo khudrad ah oo kala duwan. Sidoo kale waxaa cabtaa liin xaali la miiray (orange juice) quraacda, qadadana waxaa cuntaa khudrad, cashadana waxaa cuntaa digirta cagaaran iyo bataati la kariyey iyo canab.

3. **Drink at least 8 glasses of pure, fresh water every day.**

Cab ilaa sideed koob oo biyo nadiif ah.

4. **Eat lean, low-fat meats, such as chicken or fish.**

Cun hilib baruur yar sida doorada iyo mallayga.

5. **Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Waxaa cabtaa caanaha ay ku yartahay subagga.

6. **Limit your intake of sweets and alcoholic beverages.**

Yaree macmacaanka iyo cabitaanka khamriga.

7. **Take part in some form of physical activity every day. Take a walk, dance, or play.**

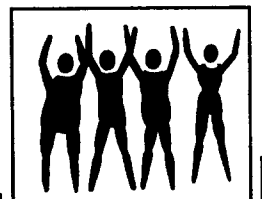
Jirkaagu wuxuu u baahanyahay dhaqdhaqaaq jooqta ah sida socod, jimicsi, ciyaaro kala duwan.

8. **Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Cuntada ku karso saliidda laga miiray miraha dhirta waayo waxaa ku yar baruurta.

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The Food Pyramid

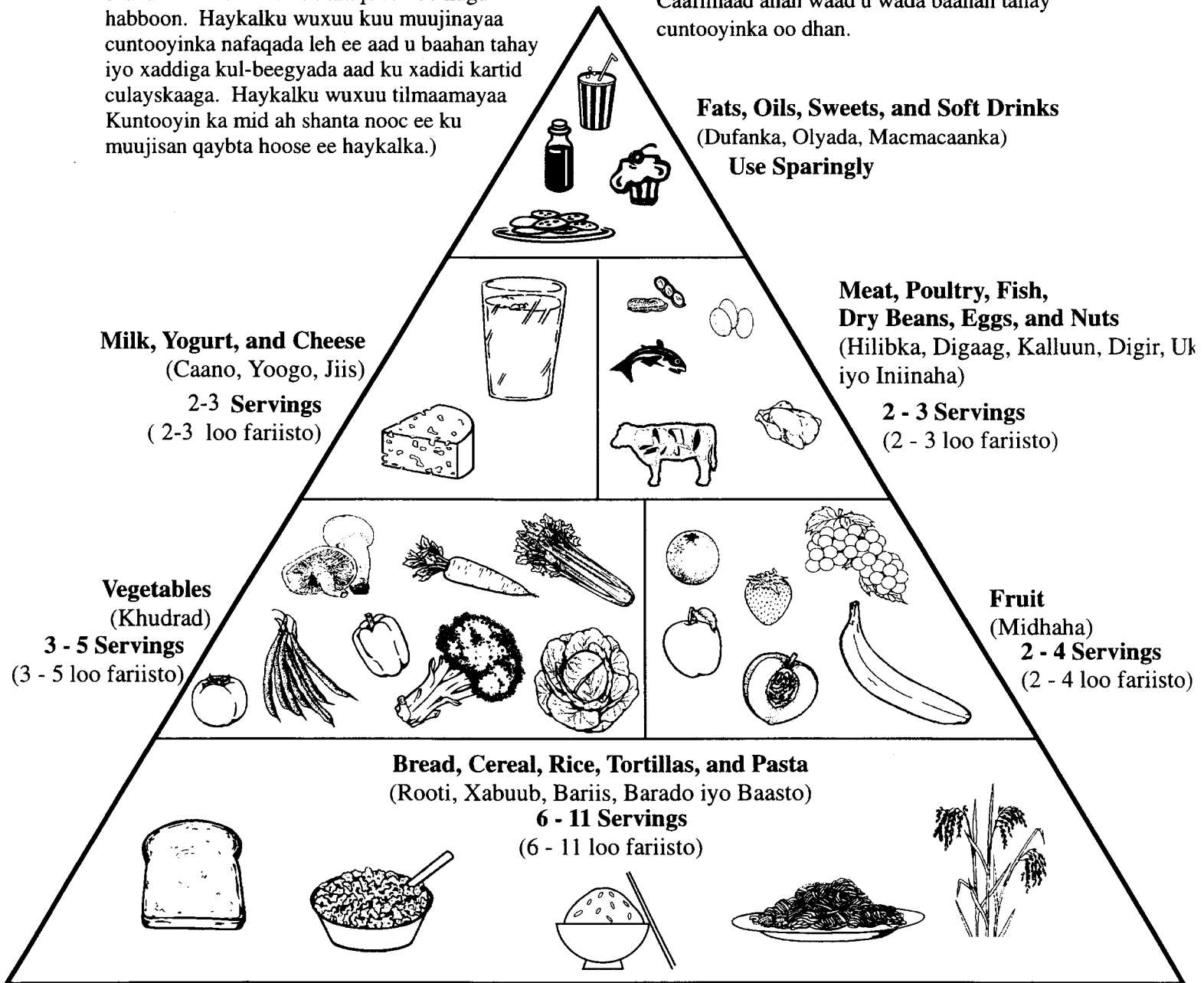
(Haykalka Cuntada nafaqada leh ee Maraykanku cuno)

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Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

(Nooc kasta ee kooxaha cuntada ahi wuxuu ku siinayaa qayb nafaqada aad u baahan tahay. Kooxi ma bedeli karto koox kale isla markaasna kooxi kama muhimsana kooxda kale. Caafimaad ahan waad u wada baahan tahay cuntooyinka oo dhan.)



Somali Language Version



Good Food for Kids

CUNTADA CURUURTA U FIICAN

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Kaalshada waxay u fiicantahay koritaanka iyo dhismaha lafaha.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Birta waxay jirka siisaa tamarta. Waxaana laga helaa hilibka jiirta ah, digaagga, mallayga iyo digirta cas.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Dabacasaha (karootada) isbinaajada (kablaha) khudradda iyo cagaarka waxaa ku badan vitamiin A iyo vitamiin C. Vitamiin Adu waxay u roontahay aragga iyo maqaarka (jirka). Vitamiin Cdu waxay u roontahay kana ilaalyaa cirridka in uu bukado.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Tamarta waa lagama maarmaan, waxaana laga helaa rootiga, bariiska, badarka iyo baastada.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Intii ay caruurta qaadan lahayd cabidda gassku kujiro (sodas), bataatiga qallalan (Chips) iyo macmacaanka waxaa ilmaha uga nafaga badan cuntada fudud (snacks) sida khudradda, cagaarka, waxyaabaha caanaha laga sameeyo (farmaajada) iyo lowska.

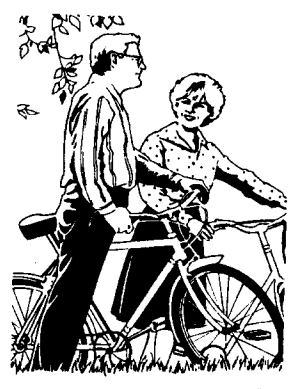
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Better Nutrition for Mature Adults

NAFAQADA U WANAAGSAN DADKA WAAWEYN

1. Drink 6 - 8 glasses of water every day.

Cab lix ilaa sideed glaas oo biya ah maalin kasta.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Cun cuntada ay kaalshada ku badantahay sida caanaha, farmaajada, caanofadhiga, mallayga lafta leh, iyo qaarka mid ah cagaarka caleentoodu dugulka madowleh sida barookali (broccoli). Kaalshadu waxay xoojisaa lafaha.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Qaado vitamiin A iyo vitamiin C badan waxaana laga helaa khudradda iyo cagaarka sida dabacasaha (kaaroot) iyo liinxaaliga. Vitamiin A waxay u fiicantahay indha ha aragtidooda iyo jirka (maqaarka). Vitamiin C waxay u fiicantahay cirridka oo jirrada ayuu ka ilaaliyaa.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Cun cuntada ay birtu (iron) ku badantahay oo jirka ka caawinta tamarta. Birta waxay ku badan tahay hilibka cas (jiirta) digaagga, mallayga iyo digirta cas.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Zink (zinc) wuxuu jirka dhaawaca ah ka caawiyaa sidii uu dhaqso ugu resanlahaa. Waxaana laga heli karaa raashinka aan badda kala soo baxno (seafood) iyo digaagga.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Xubnaha jirkaaga waa in ay helaan dhagdhaqaaq kufilan kuna samee dibadda sida orodka waayo jirkaagu wuxuu qorraxda ka qaadankaraa vitamiin D.

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Better Health for Mother and Baby

CAAFIMAADKA U FIICAN

HOYADA IYO ILMEHEEDA

- 1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.**

Ka dheerow cabitaanka khamriga iyo waxayabaha ay ku jiraan bunka.

- 2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.**

Cun maalin kasta cuntada ay ku badantahay kalshyum, waxaana ka heleysaa caanaha, caanafadhiga (yogurt), mallayga lafaha leh iyo cagaarka ay ka mid tahay boorokari (brocoli).

- 3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.**

Cun maalintii 2 ilaa 3 jeer hilib, mallay, ukun, ama digir cas si aad uga heshid brotiin (protein).

- 4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.**

Cun maalin kasta ugu yaraan shan jeer qudaar iyo cagaar si aad uga heshid vitamiiin iyo macdan. Tusaale: Siriyalka aad subaxdii cuntid ku googooso cad ama xabbad moos ah. Karooto ha la socoto qadada, galbihii xabbad tufaaxa cun, Barookoli (broccoli) iyo ansalaato ku cun cashada.

- 5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.**

Cun lix ilaa iyo kowiyo toban jeer oo qamadi ah, waayo waxaa laga helaa tamar. Kuwaas waaxaa ka mid ah rotiga qamadida laga sameeyo iyo bariiska aan caddeyn.

- 6. See your doctor early in your pregnancy.**

Dhakhtarkaaga u tag bilaha hore aad uurka leedahay

- 7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.**

Inta aad uurka leedahay waxaad hubsataa in culeska lagaa rabo uu noqdaa inta u daxeysa 25 ilaa 35 rodol (pound). Markasta ku dadaal in aad dhaktarkaaga la xiriirtid.

Somali Language Version

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Diabetes

Diabetes

Spanish

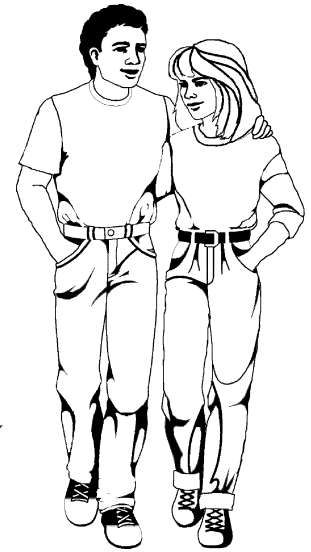
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Diabetes

Diabetes



What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

¿Qué es la Diabetes? La Diabetes es una enfermedad en la que el cuerpo no produce insulina, o no la usa apropiadamente.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

La insulina es una hormona que convierte el azúcar, los almidones y otros alimentos en la energía necesaria para la vida diaria.

How is diabetes managed?

¿Cómo se maneja la Diabetes?

The management of diabetes has three parts:

El manejo de la diabetes consta de tres partes:

- ◆ Healthy Eating
Alimentación Saludable
- ◆ Physical Activity
Actividad Física
- ◆ Medication (if needed)
Medicamentos (de ser necesarios)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

¿Cómo Puedo Controlar Mi Diabetes? Usted puede ayudar a controlar su nivel de azúcar en la sangre (también llamada glucosa sanguínea) y la diabetes comiendo saludablemente, haciendo suficiente actividad física y manteniéndose en un peso saludable.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Mantener un peso saludable también le ayuda a controlar las grasas en la sangre (colesterol) y a bajar su presión sanguínea.

Many people with diabetes also need to take medicine to help control their blood sugar.

Muchas personas con diabetes también necesitan tomar medicamentos para ayudar a controlar el nivel de azúcar en su sangre.

Eat Healthy Coma Saludablemente



Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

El uso de la Pirámide Guía de Alimentos le ayuda a comer una variedad de alimentos saludables. La variedad significa comer alimentos de cada uno de los grupos alimenticios cada día. Cuando usted come diferentes alimentos cada día, obtiene las vitaminas y los minerales que necesita.

Here is an example of getting a variety of foods each day.

He aquí un ejemplo de cómo ingerir una variedad de alimentos cada día.

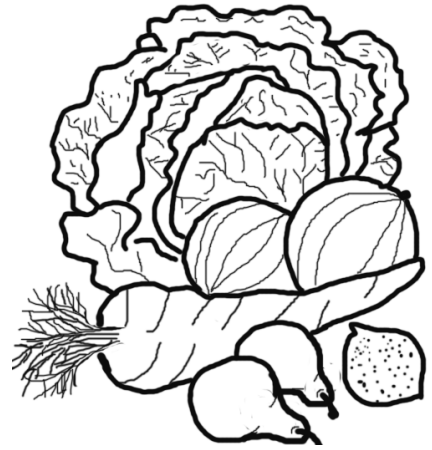
	Day 1	Day 2
	Día 1	Día 2
Grains:	tortilla	brown rice
Granos:	tortilla	arroz integral
Fruit:	apple	mango
Frutas:	manzana	mango
Vegetable:	broccoli	tomatoes
Vegetales:	brócoli	tomates
Dairy:	milk	yogurt
Lácteos:	leche	yogur
Protein:	chicken	beans
Proteínas:	pollo	fríjoles

Eat From all the Food Groups

Coma Alimentos de

todos los Grupos

Alimenticios



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Compre panes y cereales de grano entero. Algunos ejemplos son los panes integrales de grano entero, cereales de salvado, arroz integral, pastas integrales, trigo integral y amaranto.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Coma menos almidones fritos y de alto contenido graso como pastelería, bizcochería y panecillos.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Las frutas frescas son la mejor elección. Cuando compre frutas enlatadas, busque las palabras “enlatadas en su propio jugo” en la etiqueta.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Compre porciones más pequeñas de fruta y tome jugos de fruta en pequeñas cantidades.
- ◆ Eat raw and cooked vegetables with very little fat.
Coma vegetales crudos y cocinados con muy poca grasa.
- ◆ Use mustard instead of mayonnaise on a sandwich.
Use mostaza en lugar de mayonesa en sus emparedados.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Use aceite de cocina vegetal en aerosol en lugar de aceite, manteca, mantequilla, o manteca de cerdo para cocinar.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
Las técnicas de cocción benéficas para usted son: horneado, asado a la parrilla, hervido, freído revolviendo, asado al horno, al vapor, estofados y a la parrilla. Evite cocinar alimentos en grandes cantidades de aceite.

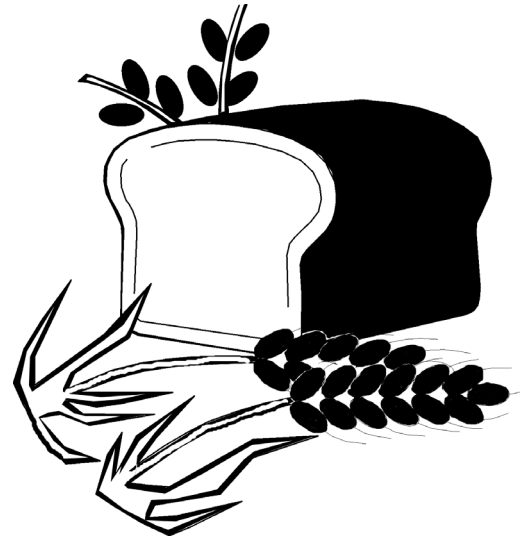
Eat From All the Food Groups (continued)

Comer Alimentos de todos los Grupos Alimenticios

- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Escoja los cortes de carne con menor contenido graso, tales como: pollo, pavo. Cuando compre cerdo, carne de res y jamón, límpiele el exceso de grasa.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Elija leches y productos lácteos libres de grasa (descremados) o leche de bajo contenido graso (1%).

Grains, Beans and Starchy Vegetables

Granos, Fríjoles y Vegetales Almidonados



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

¿Qué son almidones y carbohidratos?

Los almidones son los panes, granos, cereales, pastas, fríjoles o vegetales almidonados. Coma algunos almidones /carbohidratos en cada comida. La gente puede decirle que no coma muchos almidones /carbohidratos, pero ese ya no es un consejo correcto. Comer almidones /carbohidratos es saludable para todo el mundo, incluyendo las personas con diabetes.

How many starches/carbohydrates do I need each day? 6–11 servings each day
¿Cuántos almidones/ carbohidratos necesito cada día? De 6 a 11 porciones cada día

The number of servings you should eat each day depends on:

El número de porciones que usted debe comer cada día depende de:

- ◆ The calories you need
Las calorías que usted necesita
- ◆ Your diabetes plan
Su plan de tratamiento de la diabetes

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

¿Qué hacen los almidones y carbohidratos por mi cuerpo? Los almidones le dan a su cuerpo energía, vitaminas B, minerales y fibra. Los granos enteros son más saludables porque tienen más vitaminas, minerales y fibra. La fibra le ayuda a mantener un movimiento intestinal regular. También le ayudan a controlar de mejor manera el nivel de azúcar en su sangre.

Grains, Beans and Starchy Vegetables (continued)

Granos, Fríjoles y Vegetales Almidonados

How much is one serving of starch/carbohydrate?

¿Qué tanto es una porción de almidones / carbohidratos?

- ◆ 1 slice of bread
1 tajada de pan
- ◆ 1 small potato, casaba or plantain
1 papa pequeña, casaba o plátano
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ taza de cereal cocinado, tal como avena o crema de trigo
- ◆ ¾ cup dry cereal such as corn flakes
¾ de taza de cereal seco, tal como las hojuelas de maíz
- ◆ ⅓ cup of cooked rice
⅓ de taza de arroz cocinado
- ◆ 1 small tortilla, roti bread or enjira bread
1 tortilla pequeña, pan roti o pan enjira

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example: **Puede que usted necesite comer una, dos o tres porciones de almidones /carbohidratos en una comida. Si necesita comer más de una porción en una comida, escoja diferentes alimentos de este grupo alimenticio. Por ejemplo:**

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Desayuno: ¾ de taza de cereal seco y una tajada de pan—2 porciones

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Almuerzo: ⅓ de taza de arroz y ½ taza de plátanos cocinados—2 porciones

Dinner: ½ cup of pasta and one bread stick—2 servings

Cena: ½ taza de pasta y un palitroque de pan—2 porciones

Snack: 6 crackers—1 serving

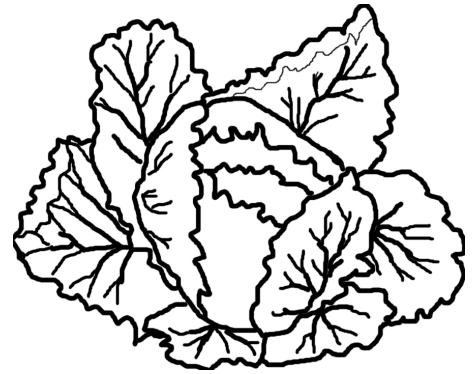
Tentempié: 6 galletas de soda—1 porción

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Total para el día: 7 porciones. Nótese que los carbohidratos están balanceados en las comidas. Esto puede ayudarle a controlar el nivel de azúcar en la sangre.

Vegetables

Vegetales



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Los vegetales son saludables para todo el mundo, incluyendo a las personas con diabetes. Coma vegetales crudos y cocinados todos los días. Los vegetales le suministran vitaminas, minerales y fibra con muy pocas calorías. Busque los vegetales de colores brillantes. Unos pocos ejemplos son: zanahorias, pimentones o morrones, berenjena o betabel, brócoli, tomates y espinacas.

You should have 3 to 5 servings every day.
Debe consumir entre 3 y 5 porciones cada día.

How much is a serving of vegetables?

¿Qué tanto es una porción de vegetales?

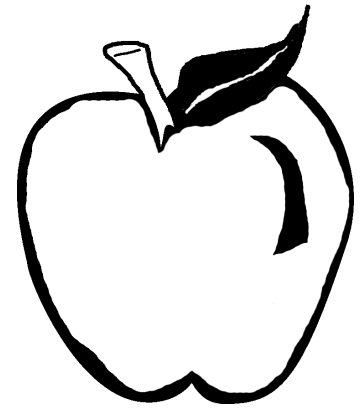
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
½ taza de vegetales cocinados, por ejemplo judías verdes cocinadas, berenjena o betabel, espinaca y calabaza
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
1 taza de vegetales crudos, por ejemplo una ensalada, palitos de zanahoria o pepino cohombro cortado
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
½ taza de jugo de vegetales, por ejemplo jugo de tomate o jugo de zanahoria

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

Usted puede tener que comer una, dos o tres porciones de vegetales en una comida. Si necesita comer más de una porción en una comida, elija diferentes tipos de vegetales o coma dos o tres porciones de un vegetal.

Fruits

Frutas



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

Las frutas son saludables para todo el mundo, incluyendo las personas con diabetes. Las frutas le dan energía, vitaminas, minerales y fibra.

How many servings of fruit do I need?

¿Cuántas porciones de fruta necesito?

2 to 4 servings

De 2 a 4 porciones

What is a serving of fruit?

¿Qué es una porción de fruta?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 manzana o pera pequeñas (aproximadamente del tamaño del puño de una mujer)
- ◆ ½ cup of apple or orange juice
½ taza de jugo de manzana o de naranja
- ◆ ½ of a grapefruit
½ toronja
- ◆ 1 small banana or ½ of a large banana
1 banano pequeño o ½ banano grande
- ◆ ½ cup of chopped fruit
½ taza de frutas picadas
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ de taza de uvas pasas o frutas secas (aproximadamente lo que cabría en la palma de su mano)

You might need to eat one or two servings of fruit at a meal.

Puede que usted necesite comer una o dos porciones de fruta en una comida.

How should I eat fruit?

¿Cómo debo comer frutas?

- ◆ Eat fruits raw, or as juice with no sugar added.
Coma las frutas crudas, o en jugo pero sin agregarle azúcar.
- ◆ Buy smaller pieces of fruit.
Compre frutas más pequeñas.

Milk and Yogurt Foods

Los Alimentos Lácteos y de Yogur



Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

La leche y el yogur libres de grasa o de bajo contenido graso son saludables para todo el mundo, incluyendo a las personas con diabetes. La leche y el yogur le dan energía, proteínas, calcio, vitamina A, y otras vitaminas y minerales.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Tome leche libre de grasa (descremada o sin grasa) o leche baja en grasa (1%) cada día. Coma yogur de bajo contenido graso o libre de grasa. Ambos tienen menos grasas totales, grasas saturadas y colesterol.

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

¿Cuántas porciones necesito cada día? De 2 a 3 porciones cada día. *Nota: Si usted está embarazada o está lactando, coma de cuatro a cinco porciones de leche y de yogur cada día.*

How much is a serving of milk and yogurt?

¿Cuánto es una porción de Leche y Yogur?

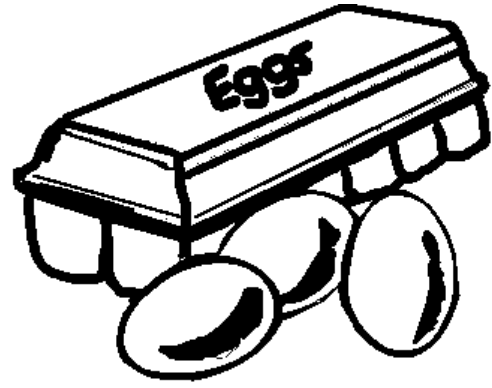
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 taza de yogur natural libre de grasa (busque también yogures saborizados con aspartame)
- ◆ 1 cup skim or low-fat milk
1 taza de leche descremada o baja en grasa

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

Nota: Evite los yogures que dicen "fruta en el fondo". Ellos contienen grandes cantidades de azúcar agregada.

Meat, Poultry, Fish, Eggs and Nuts

Carnes, Aves, Pescados, Huevos y Nueces



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Este grupo de alimentos incluye las carnes (res, cerdo, cordero), pollo, pavo, huevos, pescados, nueces y tofu o productos de soya.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Los alimentos proteínicos le ayudan al cuerpo a construir tejidos y músculos. También le suministran vitaminas y minerales a su cuerpo.

How many protein foods do I need each day? 2 to 3 servings

¿Cuántos alimentos proteínicos necesito consumir cada día? De 2 a 3 porciones

How much is a serving of meat, poultry, fish, eggs and nuts?

¿Qué tanto es una porción de Carnes, Aves, Pescados, Huevos y Nueces?

- ◆ 2 to 3 ounces of cooked fish
De 2 a 3 onzas de pescado cocinado
- ◆ 2 to 3 ounces cooked chicken
De 2 a 3 onzas de pollo cocinado
- ◆ 3 to 4 ounces tofu (1/2 cup)
De 3 a 4 onzas de tofu (1/2 taza)
- ◆ 1 egg (equals one ounce of protein)
1 huevo (equivale a una onza de proteína)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
1 tajada de queso o una onza de queso (aproximadamente del tamaño de una pila D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 cucharadas soperas de mantequilla de maní (equivale a una onza)

Meat, Poultry, Fish, Eggs and Nuts (continued)

Carnes, Aves, Pescados, Huevos y Nueces

Helpful Tips:

Consejos Útiles:

- ◆ The serving size you eat now may be too big.
Las porciones que usted come ahora pueden ser muy grandes.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Observe un mazo de cartas de juego. Este tamaño equivale a entre 2 y 3 onzas.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Compre cortes de carne de res, cerdo, jamón y cordero que tengan poca grasa. Recórteles la grasa extra.
- ◆ Eat chicken or turkey without the skin.
Coma el pollo o el pavo sin la piel.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Cocine los alimentos proteínicos de manera que utilice poca grasa: asados, a la parrilla, freído revolviendo, asados al horno, al vapor, hervidos o estofados.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Use solo pequeñas cantidades de aceite cuando cocine carnes, o use un aerosol de cocina en lugar de aceite.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Consuma una comida sin carne. Ensaye los fríjoles o el tofu como su fuente de proteína.

Fats, Oils and Sweets

Grasas, Aceites y Dulces



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Las grasas y aceites incluyen la mantequilla, margarina, manteca de cerdo y los aceites que le agregamos a las comidas o que usamos para cocinarlas. Algunos aceites son: de canola, de oliva y de vegetales. También se encuentran grasas en las carnes, productos lácteos, comidas de paquete y algunos dulces. Para controlar su diabetes lo mejor es ingerir comidas con menos grasa y menos grasa saturada (la grasa que obtenemos de la carne y los productos animales).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Los dulces son alimentos azucarados que tienen calorías pero no muchas vitaminas y minerales. Algunos dulces también tienen alto contenido graso—como las tortas, pasteles y galletas.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Comer demasiados alimentos azucarados y de alto contenido graso hace difícil controlar el nivel de azúcar en la sangre y el peso. Si usted come grasas y dulces, consuma porciones pequeñas.

How much is a serving of fats, oils and sweets?

¿Qué tanto es una porción de grasas, aceites y dulces?

- ◆ 1 teaspoon oil
1 cucharadita de aceite
- ◆ 1 tablespoon regular salad dressing
1 cucharada sopera de aderezo normal para ensaladas
- ◆ 2 teaspoons light mayonnaise
2 cucharaditas de mayonesa dietética
- ◆ 1 strip of bacon
1 tira de tocineta
- ◆ 1 cookie
1 galleta
- ◆ 1 plain doughnut
1 dona sencilla
- ◆ 1 tablespoon syrup
1 cucharada sopera de sirope
- ◆ 10–15 chips
De 10 a 15 papas chips

Spanish

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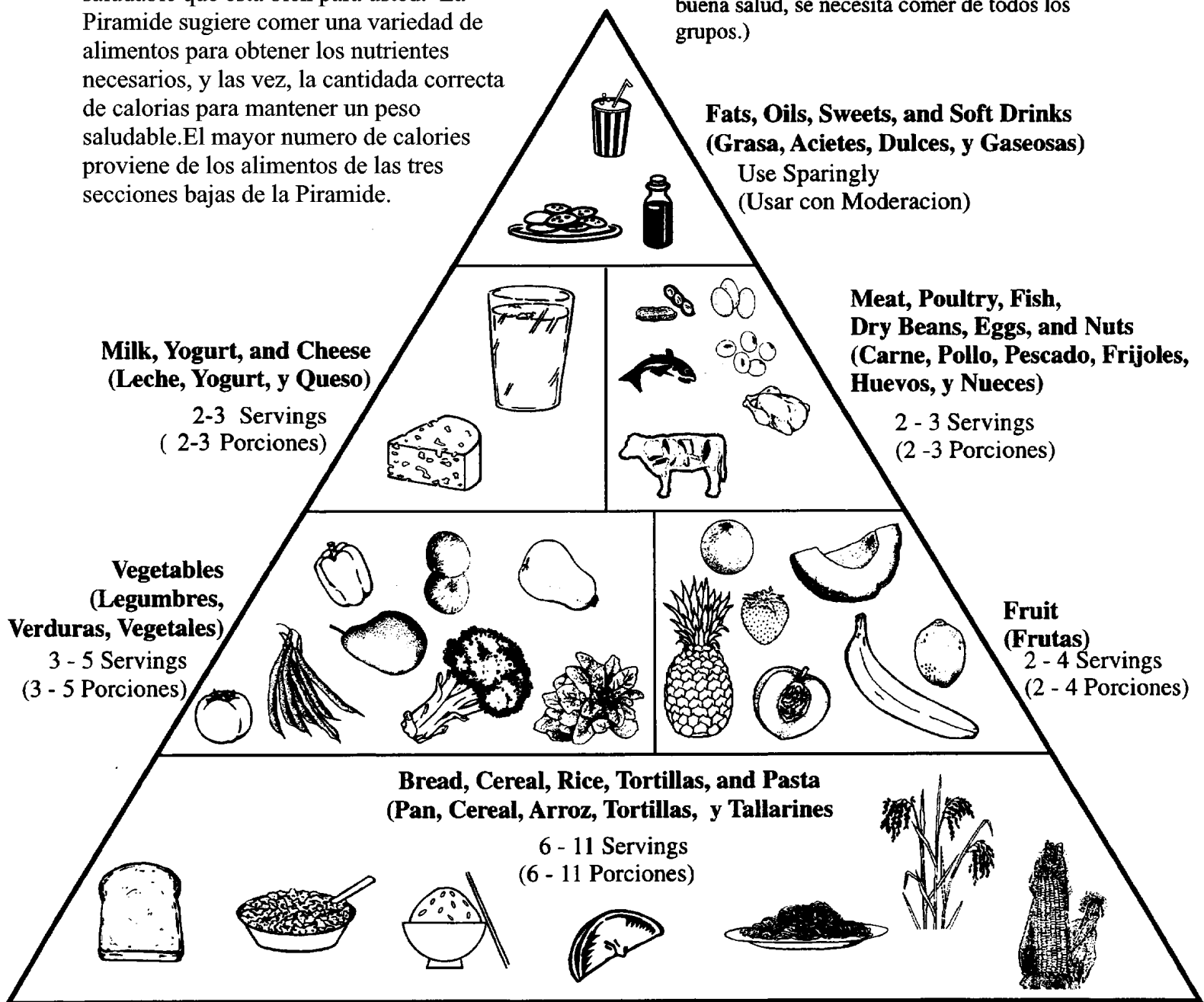
The Food Pyramid (La Piramide Alimenticia)

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

La Piramide Alimenticia es una guía general que le permite escoger una dieta apropiada saludable que esta bien para usted. La Piramide sugiere comer una variedad de alimentos para obtener los nutrientes necesarios, y las vez, la cantidad correcta de calorías para mantener un peso saludable. El mayor número de calorías proviene de los alimentos de las tres secciones bajas de la Piramide.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

(Cada uno de estos grupos provee algunos, pero no todos los nutrientes necesarios para la buena salud. Los alimentos en un grupo no pueden reemplazar los de otro grupo. No hay un grupo que sea mas importante que otro. Para la buena salud, se necesita comer de todos los grupos.)



Spanish Language Version

The Latin American Food Pyramid (Piramide de Alimentos Latinoamericana)

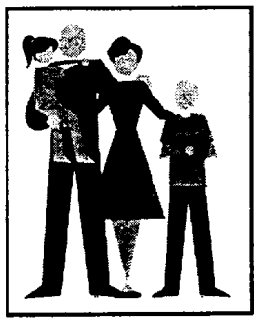
Protein comes from plants and grains instead of animals. Nuts, seeds, and starchy vegetables make up the bulk of the diet. Spices and chiles are used to give the low-fat ingredients flavor and zest.

(Las proteínas de plantas y granos llenan mucho más que las proteínas animales. Los almidones, vegetales así como las nueces y semillas hacen la mayor parte de la dieta. Los chiles o las especias son recomendados libremente para dar sabores agradables a dietas blandas baja en grasa.)



Spanish Language Version

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Better Health Begins With You!

¡Una Mejor Salud Comienza con Usted!

- 1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Coma de 6 a 11 porciones pequeñas de pan bajo en grasa, cereal, arroz o fideos diariamente. Por ejemplo, escoga cereal para el desayuno, un "sandwich" para el almuerzo, y arroz para la cena.

- 2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Coma 5 porciones de frutas y verduras cada día. Por ejemplo, tome jugo de naranja en el desayuno, coma una ensalada en el almuerzo, coma algunas habas verdes, papas hervidas y uvas frescas en la cena.

- 3. Drink at least 8 glasses of pure, fresh water every day.**

Tome por lo menos 8 vasos de agua pura diariamente.

- 4. Eat lean, low-fat meats, such as chicken or fish.**

Coma carnes que son bajas en grasa, tal como pollo y pescado.

- 5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Escoga productos lácteos bajos en grasa o sin grasa, tal como leche descremada y yogur congelado.

- 6. Limit your intake of sweets and alcoholic beverages.**

Limite la ingestion de dulces y bebidas alcohólicas.

- 7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

Participe en algun actividad fisica diariamente. Tome una caminata, baile, o haga deportes.

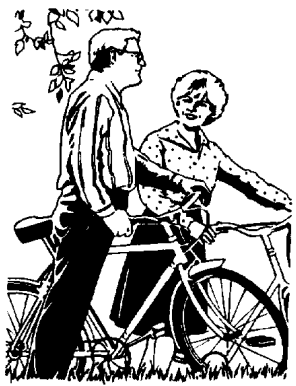
- 8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Utilice aceite vegetal o aceite canola en lugar de manteca. Los aceites vegetales son mejores para usted porque no contienen el colesterol.

Spanish Language Version

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Better Nutrition for Mature Adults

Mejor Nutricion para Gente Adulta

1. Drink 6 - 8 glasses of water every day.

Tome de 6 a 8 vasos de agua diariamente.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Coma los alimentos altos en calcio, tal como leche, queso, yogur, pescado, y algunas verduras verdes oscuros, tales como brócoli. El calcio es importante para tener huesos fuertes.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Obtenga vitamina A y C comiendo frutas frescas y vegetales tales como zanahoria y naranjas. La Vitamina A es buena para sus ojos y la piel. La Vitamina C le ayuda la tener encías saludables y previene las infecciones.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Coma los alimentos ricos en hierros, lo cual ayuda al cuerpo a utilizar energía. Hay mucho hierro en las carnes rojas, pollo, pescado, y frijoles

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Incluya las carnes, pescado y el pollo en su dieta para proteger contra la deficiencia de zinc. El zinc ayuda a cicatrizar más rápido las heridas.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

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Better Health for Mother and Baby

Mejor Salud para la Madre y el Bebe

- 1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.**

Evite las bebidas alcohólicas y las bebidas con cafeína, tales como el café y la soda.

- 2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.**

Coma los alimentos que contienen calcio cada día. Éstos incluyen la leche, el queso, el yogur, el pescado, y algunas verduras verdes oscuras.

- 3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.**

Cada día coma de 2 a 3 porciones de carne, pescado, huevos, o frijoles secos para obtener proteína.

- 4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.**

Coma por lo menos 5 porciones de frutas y verduras cada día para las vitaminas y los minerales. Por ejemplo, corte un plátano en tajadas y pongalo encima del cereal en la mañana, y coma una manzana como bocadillo en la tarde. También, puede comer una zanahoria o polillos de apio en el almuerzo, y brócoli y una ensalada en la cena.

- 5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.**

Coma de 6 a 11 porciones pequeñas de los granos enteros, que son importantes para la salud y energía. Éstos incluyen trigo entero y arroz.

- 6. See your doctor early in your pregnancy.**

Visite a su médico tan pronto se inicie su embarazo.

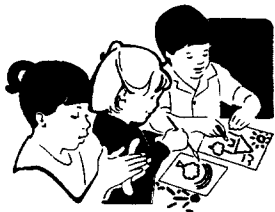
- 7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.**

Asegurese de ganar el peso correcto durante el embarazo. Para la mayoría de las mujeres, ésta será 25-35 libras. Consulte a su médico para cualquier ayuda.

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Good Food for Kids

Buena Alimentacion para Niños

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

El calcio es necesario para crecimiento y el desarrollo de hueso. Se encuentra en leche, yogur, pescado y algunas verduras verdes oscuras, tales como brócoli.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

El hierro ayuda al cuerpo a producir energía. Se encuentra en carnes rojas, pollo, pescado y frijoles secos.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Zanahorias, espinacas y otras frutas y verduras son ricas en Vitamina A y Vitamina C. Vitamina A es importante para la buena vista y una piel saludable. Vitamina C mantiene las encías saludables y le protege contra la infección.

4. Energy is important and comes from breads, rice, cereal, and pasta.

La energía es muy importante y se encuentran en alimentos como el pan, arroz, cereal, y pasta.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Escoga bocadillos saludables, tales como: frutas frescas, verduras, productos lácteos y nueces. Ellos son más nutritivos y mejores para los dientes de los niños que los refrescos, dulces y azúcares.

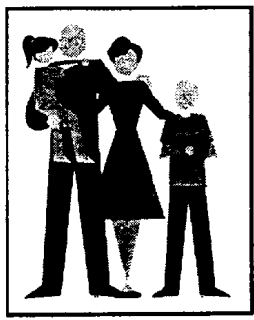
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

La actividad física es importante para los niños, así sus cuerpos crecen fuertes y saludables.

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Better Health Begins With You!

¡Una Mejor Salud Comienza con Usted!

- 1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Coma de 6 a 11 porciones pequeñas de pan bajo en grasa, cereal, arroz o fideos diariamente. Por ejemplo, escoga cereal para el desayuno, un "sandwich" para el almuerzo, y arroz para la cena.

- 2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Coma 5 porciones de frutas y verduras cada día. Por ejemplo, tome jugo de naranja en el desayuno, coma una ensalada en el almuerzo, coma algunas habas verdes, papas hervidas y uvas frescas en la cena.

- 3. Drink at least 8 glasses of pure, fresh water every day.**

Tome por lo menos 8 vasos de agua pura diariamente.

- 4. Eat lean, low-fat meats, such as chicken or fish.**

Coma carnes que son bajas en grasa, tal como pollo y pescado.

- 5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Escoga productos lácteos bajos en grasa o sin grasa, tal como leche descremada y yogur congelado.

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Limite la ingestion de dulces y bebidas alcohólicas.

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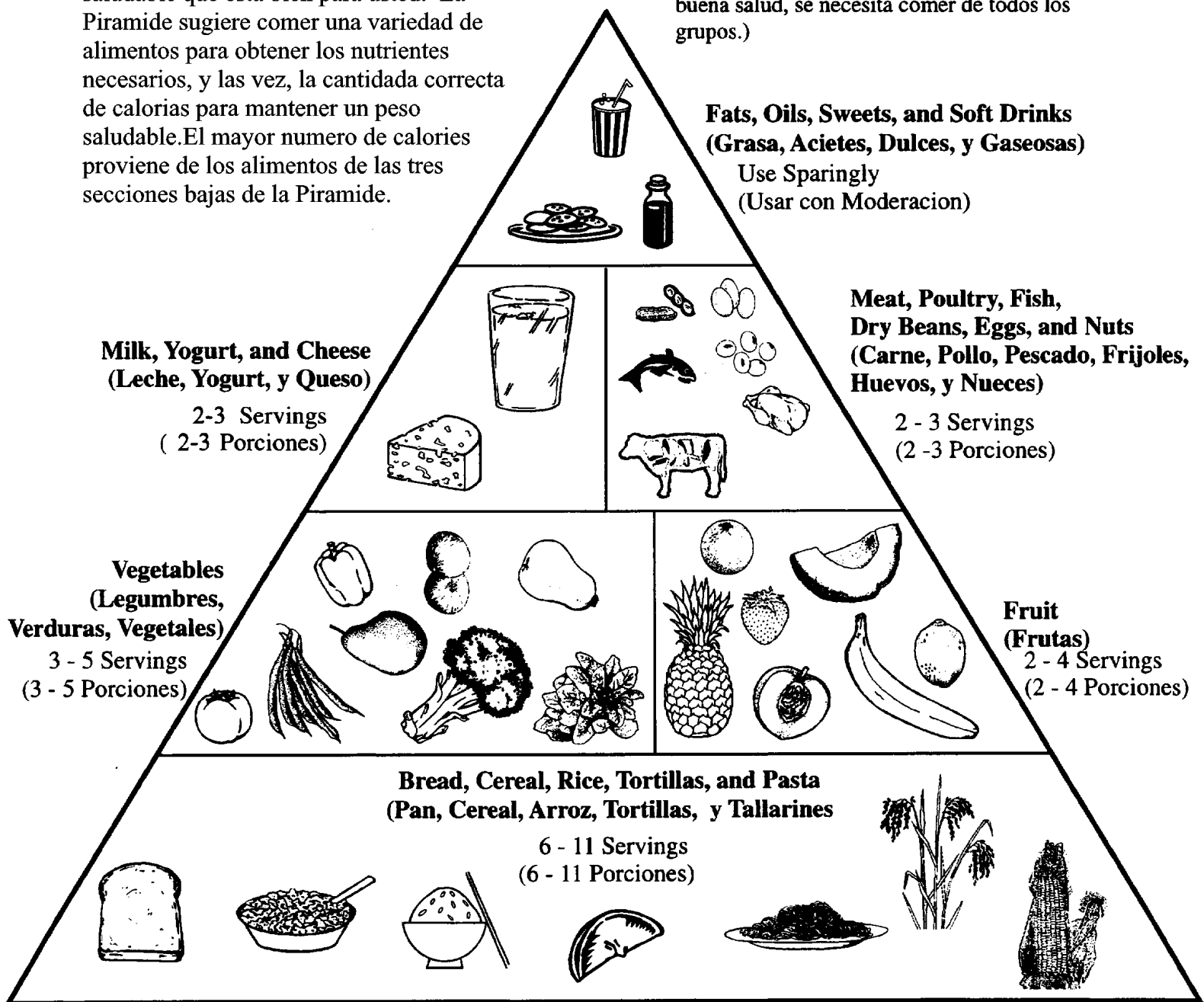
The Food Pyramid (La Piramide Alimenticia)

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

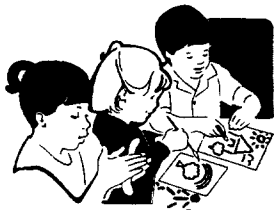
La Piramide Alimenticia es una guía general que le permite escoger una dieta apropiada saludable que esta bien para usted. La Piramide sugiere comer una variedad de alimentos para obtener los nutrientes necesarios, y las vez, la cantidad correcta de calorías para mantener un peso saludable. El mayor número de calorías proviene de los alimentos de las tres secciones bajas de la Piramide.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

(Cada uno de estos grupos provee algunos, pero no todos los nutrientes necesarios para la buena salud. Los alimentos en un grupo no pueden reemplazar los de otro grupo. No hay un grupo que sea más importante que otro. Para la buena salud, se necesita comer de todos los grupos.)



Spanish Language Version



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The Latin American Food Pyramid (Piramide de Alimentos Latinoamericana)

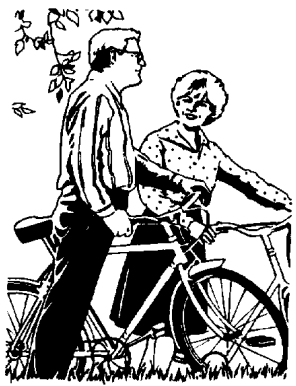
Protein comes from plants and grains instead of animals. Nuts, seeds, and starchy vegetables make up the bulk of the diet. Spices and chiles are used to give the low-fat ingredients flavor and zest.

(Las proteínas de plantas y granos llenan mucho más que las proteínas animales. Los almidones, vegetales así como las nueces y semillas hacen la mayor parte de la dieta. Los chiles o las especias son recomendados libremente para dar sabores agradables a dietas blandas baja en grasa.)



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Participe en actividades físicas regularmente. La actividad al aire libre es la mejor porque su cuerpo puede producir la vitamina D con la ayuda del sol.

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- 2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.**

Coma los alimentos que contienen calcio cada día. Éstos incluyen la leche, el queso, el yogur, el pescado, y algunas verduras verdes oscuras.

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- 6. See your doctor early in your pregnancy.**

Visite a su médico tan pronto se inicie su embarazo.

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Diabetes

Diabetis

Swahili

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Taarifa hizi zimetayarishwa na mradi wa Elimu ya Malisho kwa Wamarekani wa Idara ya Antropologia na Jiografia huko Chuo Kikuu cha Jimbo la Georgia, Atlanta, Georgia. Umelipiwa na Idara ya Kilimo Vyakula na Utumizi Jamii ya Marekani kwa familia zinazoshiriki katika Programu ya Msaada wa Chakula. Kufuatana na sheria ya Jamhuri na masharti ya Idara ya Kilimo ya Marekani, chuo hiki kimezuiliwa kubagua kufuatana na asili, rangi, utaifa, utu, umri, dini, siasa au ulema. Kwa habari zaidi piga simu kwa (404) 651-2542.



Diabetes

Diabetis



What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

Diabetis ni nini? Diabetis ni ugonjwa unaosababisha mwili kutoweza kujifanyia au kutokuwa na matumizi ya kutosha ya insulin.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

Insulin ni vyombo viitwavyo homoni vyenye uwezo wa kubadilisha umbo wa sukari, wanga, na vyakula vingine kuwa kani ya uhai wa kila siku.

How is diabetes managed?

Utibu wa Diabetis Ukoje?

The management of diabetes has three parts:

Utibu wa diabetis una sehemu tatu:

- ◆ Healthy Eating
Kula Kwenye Afya
- ◆ Physical Activity
Mazoezi ya Mwili
- ◆ Medication (if needed)
Madawa (kama yanahitajika)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

Nitawezaje Kuitawala Diabetis Yangu? Unaweza kuitawala kiwango cha sukari damuni mwako (kinaitwa pia glukos ya damu) na diabetis ukila chakula chneye afya, kufanya mazoezi ya mwili, na kuwa na uzito wa mwili wenye afya.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Uzito wenye afya unakusaidia kutawala pia unono uliomo damuni mwako (kolesterol) na kupunguza msongo wa damu.

Many people with diabetes also need to take medicine to help control their blood sugar.

Watu wengi wenye diabetis wanahitaji pia kutumia dawa kusaidia kutawala sukari damuni mwao.

Eat Healthy Kwa Afya

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

Kutumia Mwongozo wa Malazi kutakusaidia kula vyakula mbalimbali vyenye afya. Vyakula mbalimbali vina maana ya kula vyakula kutoka kila moja ya vikundi vya vyakula kila siku. Uanpokula vyakula mbalimbali kila siku, utapata vitamin na minerali unazohitaji.

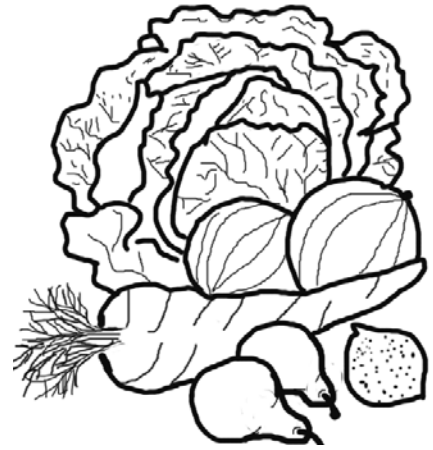
Here is an example of getting a variety of foods each day.
Huu ni mfano wa kupata aina mbalimbali ya vyakula kila siku.



	Day 1 Siku ya Kwanza	Day 2 Siku ya Pili
Grains:	tortilla	brown rice
Mbegu:	chapati	mchele wa rangi
Fruit:	apple	mango
Tunda:	tofaa	embe
Vegetable:	broccoli	tomatoes
Mboga:	brokoli	nyanya
Dairy:	milk	yogurt
Maziwa:	Maziwa	Mtindi
Protein:	chicken	beans
Unyama:	Kuku	Maharagwe

Eat From all the Food Groups

Kula Vyakula katika Vikundi Vyote



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Nunua mikate ya chembe na nafaka. Mifano kadhaa ni mikate ya chembe, bran flakes, mchele wa rangi, pasta ya ngano, chembechembe na mibegu ya amaranth.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Punguza vyakula vya kukaanga na vyenye unono kama maandazi, biskuti na muffin.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Matunda mabichi ni bora zaidi. Ukinunua matunda ya kwenye kopo, tazama maneno, “canned in their own juice”. (“yametayarishwa na matui”)
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Nunua matunda madogo madogo, na unywe matui kiasi kidogo kidogo.
- ◆ Eat raw and cooked vegetables with very little fat.
Kula mboga bichi na zilizopikwa bila mafuta mengi.
- ◆ Use mustard instead of mayonnaise on a sandwich.
Tumia haradali badala ya mchuzi kwenye mikate.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Tumia mafuta ya mboga badala ya mafuta ya kawaida, siagi, samli, au shahamu.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
Namna bora ya kupika ni: kuvumbika, kukaanga, kuchemsha, kutokosa, kuchoma, kwa mvuke, na kuoka. Usitumie mafuta mengi kupika.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Tumia nyama isiyo na unono kama: kuku, bata mzinga. Unaponunua nyama nguruwe, nyama ya ng’ombe na kiweo, kata unono wake.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Tumia maziwa yasiyo na unono, na vyakula vinavyotokana na maziwa bila unono

Grains, Beans and Starchy Vegetables

Punje, Maharagwe na Mboga yenye Kanji



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

Kanji au Kabohaidreti ni nini?

Kanji ni mikate, punje, nafaka, pasta, maharagwe au mboga yenye kanji. Kula kanji ama kabohaidreti chache kila unapokula. Watu wanweza kukuambia usile kanji ama kabohaireti nyingi, lakini hilo si shauri bora siku hizi. Kula kanji ama kabohaidreti kuna faida za kiafya kwa kila mtu, ikiwa ni pamoja na watu wenye diabetis.

How many starches/carbohydrates do I need each day? 6–11 servings each day Ninahitaji kanji ama kabohaireti ngapi kila siku? Resheni 6 hadi 11 kila siku.

The number of servings you should eat each day depends on:
Idadi ya resheni unayotakiwa kula kila siku inategemea:

- ◆ The calories you need
Kalori unazohitaji
- ◆ Your diabetes plan
Mpango wa utibu wa hali yako ya diabetis

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

Kanji na Kabohaidreti hufanya nini kwa mwili wangu? Kanji huupa mwili wako nguvu, vitamin aina ya B, minerali na vitembwe. Punje ni zenye afya zaidi kwa vile zina vitamin, minerali, na vitembwe. Vitembwe hukusaidia kupata choo. Pia hukusuaidia katika uwezo wa kutawala idadi ya sukari damuni mwako.

Grains, Beans and Starchy Vegetables (continued)

Punje, Maharagwe na Mboga yenye Kanji (yanendelea)

How much is one serving of starch/carbohydrate?

Resheni moja ya kanji ama kabohaidreti ikoje?

- ◆ 1 slice of bread
Kipande kimoja cha mkate
- ◆ 1 small potato, casaba or plantain
Kiazi kidogo, mhogo au ndizi moja
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
Nusu kikombe cha nafaka ya kupika kama uji wa shayiri au ngano
- ◆ ¾ cup dry cereal such as corn flakes
Sehemu ya ¾ ya kikombe cha nafaka ngumu kama corn flakes
- ◆ ⅓ cup of cooked rice
Sehemu ⅓ ya kikombe cha wali
- ◆ 1 small tortilla, roti bread or enjira bread
Totiya moja, mkate wa roti au mkate wa enjira

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example: Unaweza kuhitaji kula resheni ya kanji moja, mbili au tatu katika kipindi kimoja cha malisho. Kama unahitaji kula zaidi ya resheni moja kwa kipindi kimoja, chagua vyakula mbalimbali kutoka kundi hili la chakula. Kwa mfano:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Chakula cha asubuhi: Sehemu ¾ ya kikombe cha nafaka ngumu na kipande kimoja cha mkate — resheni mbili

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Chakula cha mchana: Sehemu 1/3 ya kikombe cha mchele na nusu kikombe cha ndizi ya kupika—resheni mbili

Dinner: ½ cup of pasta and one bread stick—2 servings

Chajio: Nusu kikombe cha pasta na kipande kimoja cha mkate—resheni mbili

Snack: 6 crackers—1 serving

Kitafunio: Biskuti sita —resheni moja

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Jumla kwa siku: Resheni saba. Utaona kwamba kuna idadi sawa ya kabohaidreti katika vyakula hivyo. Hii itakusaidia kutawala idadi ya sukari katika damu yako.

Vegetables

Mboga



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Mboga ni bora kwa afya ya kila mtu, wakiwamo watu walio na ugonjwa wa diabetis. Kula mboga mbichi na ya kupikwa kila siku. Mboga zitakupatia vitamin, minerali, na nyuzi zenye kalori chache sana. Chagua mboga zenye rangi wazi. Mifano michache ni: karoti, pilipili, mbilingani, brokoli, nyanya, na mchicha.

You should have 3 to 5 servings every day.

Unatakiwa kupata vyakula hivi katika resheni 3 hadi 5 kila siku.

How much is a serving of vegetables?

Resheni moja ya mboga ni kiasi gani?

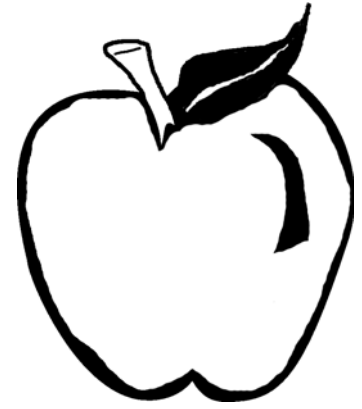
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
Nusu kikombe cha mboga uliopikwa kama maharagwe machanga yaliyopikwa kidogo, mbilingani, mchicha na skuash
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
Kikombe kimoja cha mboga mbichi kama saladi, karoti na matango yaliyokatwa
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
Nusu kikombe ya tui la mboga kama tui la nyanya au tui la karoti

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

Pengine utapenda kula resheni moja, mbili ama tatu ya mboga kwa mara moja. Ukihitaji kula zaidi ya resheni moja katika kipindi kimoja, tumia aina mbalimbali ya mboga au ule resheni mbili au tatu za mboga.

Fruits

Matunda



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

Tunda ni asili ya afya kwa kila mtu, wakiwamo watu walio na shida ya diabetis. Tunda hukupatia nguvu, vitamin na minerali na nafaka.

How many servings of fruit do I need?

Ninahitaji resheni ngapi za matunda?

2 to 4 servings

Resheni mbili hadi nne

What is a serving of fruit?

Resheni moja ya matunda ikoje?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
Tofaa ama pera moja (kadiri ya ngumi moja ya mwanamke)
- ◆ ½ cup of apple or orange juice
Nusu kikombe cha tui la tofaa ama chungwa
- ◆ ½ of a grapefruit
Nusu ya zabibu
- ◆ 1 small banana or ½ of a large banana
Ndizi moja dogo au nusu ya ndizi kubwa
- ◆ ½ cup of chopped fruit
Nusu ya kikombe cha matunda yaliyokatwa
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
Robo ya kikombe cha zabibu kavu au matunda makavu (kadiri ya kujaza mkono wako)

You might need to eat one or two servings of fruit at a meal.

Pengine utahitaji kula resheni moja au mbili za matunda kwa kao moja la kula.

How should I eat fruit?

Nitakula matunda kwa jinsi gani?

- ◆ Eat fruits raw, or as juice with no sugar added.
Kula matunda mabichi, au matui yake bila kuongezea sukari.
- ◆ Buy smaller pieces of fruit.
Nunua matunda kwa vijipande vidogo vidogo.

Milk and Yogurt Foods

Maziwa na Vyakula vya Mtindi



Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Maziwa yenye idadi ndogo ya unono na yasiyo na unono na mtindi yana afya kwa watu wote, wakiwamo watu wenye shida ya diabetis. Maziwa na mtindi yatakupatia nguvu, proteni, kalshium, vitamin A, na vitamin nyingine na minerali.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Kunywa maziwa yasiyo na unono au kiasi kidogo cha unono (1%) kila siku. Kula mtindi usio na unono au wenye kiasi kidogo cha unono. Vina jumla dogo ya unono, shahamu na kolestrol.

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

Ninahitaji resheni ngapi kwa siku? Resheni mbili hadi tatu kila siku. *Tazama: Kama u mja mzito au unanyosha, kula resheni nne hadi tano za maziwa na mtindi kwa siku.*

How much is a serving of milk and yogurt?

Resheni moja ya Maziwa au Mtindi Ikoje?

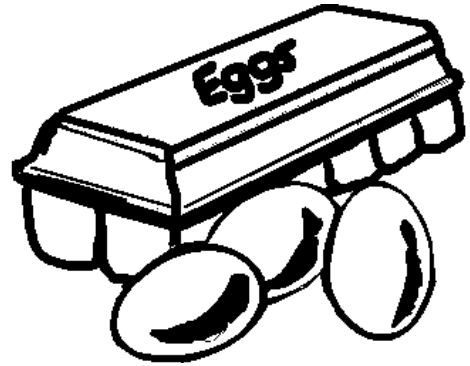
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
Kikombe kimoja cha mtindi ya kawaida (pata mtindi wenye ladha ya aspartame)
- ◆ 1 cup skim or low-fat milk
Kikombe kimoja cha maziwa yenye kiasi kidogo cha unono

Note: Avoid yogurts that say, “fruit on the bottom”. They contain high amounts of added sugar.

Tazama: Usitumie mtindi unaosema, “fruit on the bottom” (“matunda katika sehemu ya chini”). Una kadiri kubwa ya sukari.

Meat, Poultry, Fish, Eggs and Nuts

Nyama, Kuku, Samaki, Mayai na Kokwa



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Kundi hili la chakula lina sehemu ya nyama (ng'ombe, nguruwe, mwana kondoo), kuku, bata mzinga, mayai, samaki, kokwa na tofu au soy. Kula sehemu ndogo ndogo ya baadhi ya vyakula hivi kila siku. Vyakula hivi vyote vinaipaitia unyama ya proteni miwili yetu.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Vyakula vyenye unyama ya proteni vinasaidia mwili wako kujenga misuli na mifupa. Pia vinaupa mwili wako vitamin na minerali.

How many protein foods do I need each day? 2 to 3 servings

Nahitaji kiasi gani cha vyakula vyenye unyama ya proteni kila siku?

Resheni mbili au tatu

How much is a serving of meat, poultry, fish, eggs and nuts?

Resheni moja ya Nyama, Kuku, Samaki, Mayai na Kokwa ikoje?

- ◆ 2 to 3 ounces of cooked fish
Wakia mbili au tatu ya samaki iliyopikwa
- ◆ 2 to 3 ounces cooked chicken
Wakia mbili au tatu ya kuku iliyopikwa
- ◆ 3 to 4 ounces tofu (½ cup)
Wakia tatu au nne ya tofu (nusu kikombe)
- ◆ 1 egg (equals one ounce of protein)
Yai moja (ni wakia moja ya proteni)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
Sehemu moja ya jibini au wakia moja ya jibini (kadiri ya ukubwa wa betri ya aina D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
Vijiko viwili vya siagi ya njugu (ni wakia moja)

Meat, Poultry, Fish, Eggs and Nuts (continued)

Nyama, Kuku, Samaki, Mayai na Kokwa (yanendelea)

Helpful Tips:

Mapendekezo ya Kusaidia:

- ◆ The serving size you eat now may be too big.
Resheni unayokula sasa pengine kubwa mno.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Angalia kunsanyiko la kaadi. Saizi hii ni kipimo cha wakia mbili ama tatu
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Nunua nyama ya ng'ombe, nguruwe, kiweo na kondoo yenye unono mdogo. Kata unono wa ziada.
- ◆ Eat chicken or turkey without the skin.
Kula kuku au bata mzinga bila ngozi.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Pika vyakula vyenye proteni kwa njia yenye mafuta madogo: Kukaanga, Kuoka, Kutokosa, Kuchoma, Kupika kwa mvuke ama Kuchemsha.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Tumia kiasi kidogo cha mafuta unapopika nyama, au mrashi wa kupika badala ya mafuta.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Kula bila nyama. Jaribu maharagwe ama tofu kama njia yako ya kupata proteni.

Fats, Oils and Sweets

Unono, Mafuta au Tamutamu



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Unono na mafuta ni siagi, samli, shahamu na mafuta tunayotia kwenye vyakula na kutumia kupika. Mafuta kadhaa ni, kanola, halzeti na mboga. Unono unapatikana pia katika nyama, maziwa, vitafunio na tamutamu. Kutibu diabetes, ni bora kula vyakula vyenye unono au mafuta madogo na shahamu chache (unono tunaopata kutokana na nyama).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Tamutamu ni vyakula vya sukari vyenye kalori na bila vitamin au minerali. Tamutamu chache zina kiasi kubwa cha unono—kama keki, pai, na biskuti.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Kula vyakula vingi vyenye sukari na unono mwingi kunakuletea shida katika harakati za kutibu sukari katika damu yako na uzito wako. Kama unakula unono na tamutamu, kula kiasi kidogo.

How much is a serving of fats, oils and sweets?

Sehemu moja ya Unono, Mafuta au Tamutamu Ikoje?

- ◆ 1 teaspoon oil
Kijiko kimoja cha mafuta
- ◆ 1 tablespoon regular salad dressing
Jiko moja la mafuta ya saladi
- ◆ 2 teaspoons light mayonnaise
Vijiko viwili vya mayones
- ◆ 1 strip of bacon
Sehemu dogo moja ya bekon
- ◆ 1 cookie
Biskuti moja
- ◆ 1 plain doughnut
Andazi moja
- ◆ 1 tablespoon syrup
Kijiko kimoja cha sherbeti
- ◆ 10–15 chips
Chengachenga kumi hadi kumi na tano

Swahili

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Taarifa hizi zimetayarishwa na mradi wa Elimu ya Malisho kwa Wamarekani wa Idara ya Antropologia na Jiografia huko Chuo Kikuu cha Jimbo la Georgia, Atlanta, Georgia. Umelipiwa na Idara ya Kilimo Vyakula na Utumizi Jamii ya Marekani kwa familia zinazoshiriki katika Programu ya Msaada wa Chakula. Kufuatana na sheria ya Jamhuri na masharti ya Idara ya Kilimo ya Marekani, chuo hiki kimezuiliwa kubagua kufuatana na asili, rangi, utaifa, utu, umri, dini, siasa au ulema. Kwa habari zaidi piga simu kwa (404) 651-2542.



The Food Pyramid

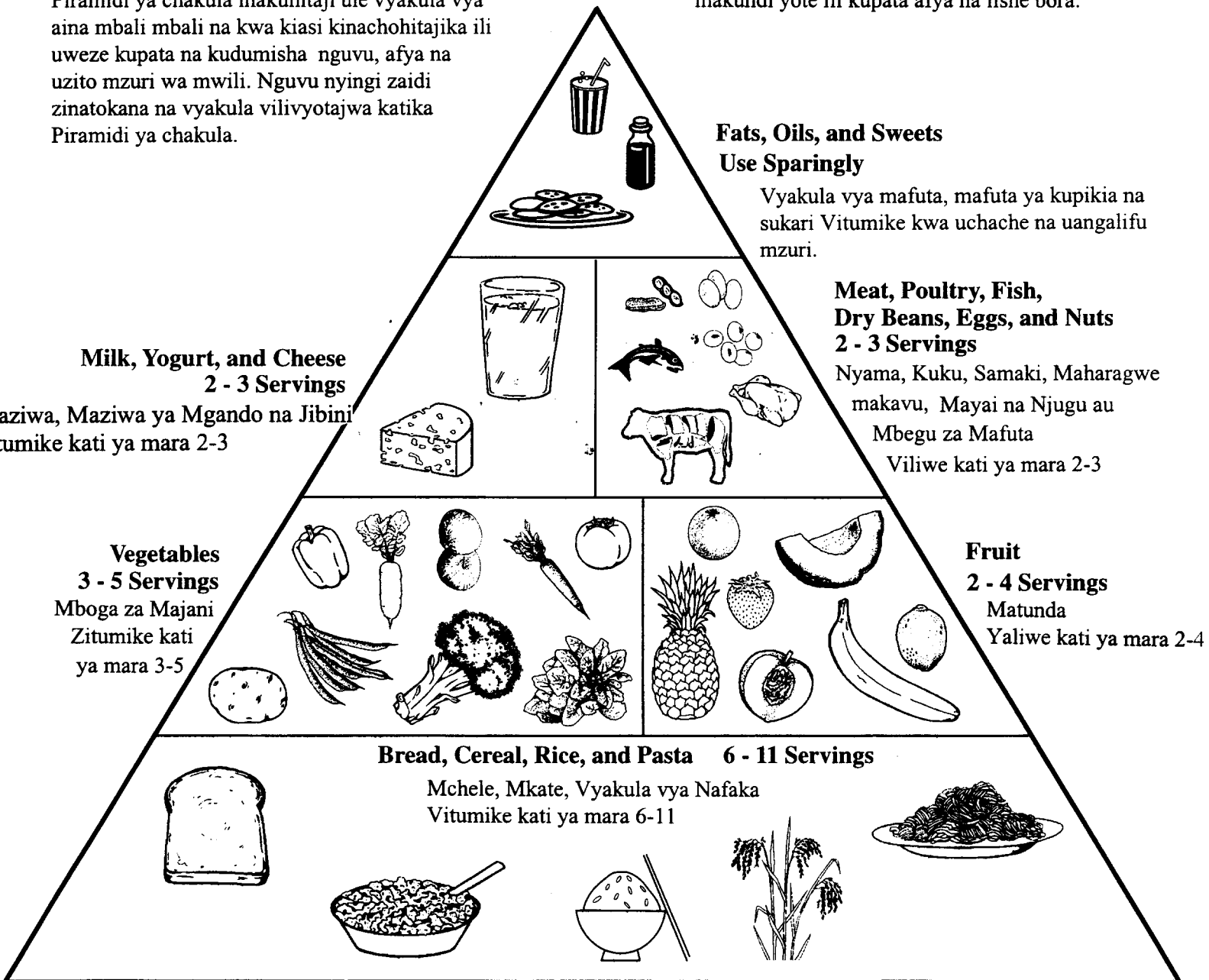
Piramidi ya Chakula Bora

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

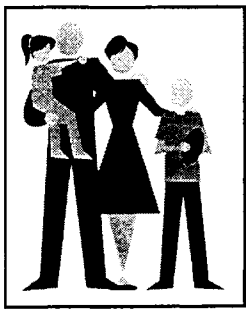
Maelekezo ya Piramidi ya Chakula bora ni maelezo ya jumla tu yatakayokuwezesha kuchagua lishe bora kufuatana na afya yako. Piramidi ya chakula inakuhitaji ule vyakula vya aina mbali mbali na kwa kiasi kinachohitajika ili uweze kupata na kudumisha nguvu, afya na uzito mzuri wa mwili. Nguvu nyingi zaidi zinatokana na vyakula vilivyotajwa katika Piramidi ya chakula.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Vyakula vilivyotajwa kwenye kila kundi vinakupatia kiasi fulani tu cha lishe unayohitaji na sio kila kitu. Vyakula vilivyo kwenye kundi moja haviwezi kuwa bora kuliko vya kundi jingine; na kwa sababu hiyo unahitaji kula vyakula vilivyotajwa kwenye makundi yote ili kupata afya na lishe bora.



Swahili Language Version



Better Health Begins With You!

Afya Nzuri Inaanza na Wewe Mwenyewe

1. **Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Kula mkate usio na mafuta au siagi nyingi nafaka mchele angalau mara 6-11 kwa siku. Kwa mfano kula nafaka mchanganyiko asubuhi, mchana kula sandwichi na wali kwa chakula cha jioni.

2. **Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Kula matunda na mboga za majani ngalau mara 5 kila siku. Kwa mfano, unaweza kunywa maji ya machungwa asubuhi, mboga za majani mchana, na kwa chakula cha jioni unaweza kula maharagwe na viazi ulaya vilivyochemshwa, na pia mizabibu.

3. **Drink at least 8 glasses of pure, fresh water every day.**

Kunywa glasi 8 za maji safi kwa siku

4. **Eat lean, low-fat meats, such as chicken or fish.**

Kula nyama zisizo na mafuta mengi au nono sana kwa mfano kuku na samaki

5. **Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Kunywa maziwa ya mgando au maziwa yasio na mafuta au siagi nyingi.

6. **Limit your intake of sweets and alcoholic beverages.**

Punguza matumizi ya vyakula vya sukari nyingi pamoja na vinwaji vinavyo levyaa

7. **Take part in some form of physical activity every day. Take a walk, dance, or play.**

Jitahidi kufanya mazoezi ya mwili kila siku. Kwa mfano kutembea, kudansi au michezo na kwata (mazoezi ya viungo vya mwili).

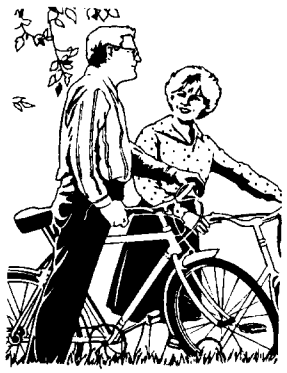
8. **Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Tumia mafuta yatokanayo na mimea kwa kupikia, badala ya mafuta yatokanayo na wanyama ili kuepukana na kolestro.

Swahili Language Version

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Better Nutrition for Mature Adults

Lishe Bora kwa Watu wa Makamo

1. Drink 6 - 8 glasses of water every day.

Kunywa maji safi kati ya glasi 6 - 8 kila siku.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Kula vyakula vilivyo na madini ya kalsium kama vile maziwa, jibini, maziwa mgando, samaki wenye vifupa, mboga za majani-kijani kwa mfano brokoli. Kalsium ni muhimu kwa mifupa migumu na imara.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Kula matunda na mboga za majani mfano machungwa na karoti ili kupata vitamini A na C. Vitamini A ni muhimu kwa ajili ya macho na ngozi ya mwili. Vitamini C inasaidia vizi za meno zisipatwe na madhara ya magonjwa.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Kula vyakula vilivyo na wingi wa madini aina chuma ambayo yanauwezesha mwili kutumia nguvu. Madini haya yapo kwenye vyakula kama nyama, kuku, samaki na maharagwe kavu.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Ongezea nyama, vyakukula vitokanavyo na bahari, au majini, na kuku, katika milo yako ili vikuinge na madhara ya upungafu wa madini ya zinki mwilini. Madini ya zinki yanasaidia kuonya majeraha ya mwili kwa haraka zaidi.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Jitahidi kufanya mazoezi ya mwili. Mwili unaweza kutengeneza vitamini D kutokana na nguvu za jua ukifanya mazoezi nje.

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Better Health for Mother and Baby

Afya Bora kwa Mama na Watoto

1. **Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.**

Epukana na vinywaji vinayolevya, au kulisimua kama vile kahawa na vinywaji baridi vilivyo na kafeini.

2. **Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.**

Kula vyakula vilivyo na madini ya kalsium (calcium) kila siku, kwa mfano maziwa, jibini, maziwa mgando, samaki yenye vifupa, na mboga za majani kijani.

3. **Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.**

Ili kupata protini (protein), kula nyama, samaki, au maharagwe makavu kati ya mara 2-3 kila siku.

4. **Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.**

Kula matunda na mboga za majani kijani angalau mara 5 kwa siku ili kupata aina fula za madini na vitamini. Kwa mfano ndizi mbivu wakati wa chakula cha asubuhi pamoja na nafaka mchanganyiko, mchana kula tunda aina ya apple, karoti, brokoli na jioni kula saladi (mchanganyiko wa mboga za kijani).

5. **Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.**

Kula nafaka mbali mbali kwa ajili ya kuongeza afya na nguvu kama vile mkate wa shairi au mchele wa kahawia.

6. **See your doctor early in your pregnancy.**

Onana na daktari wako mapema sana wakati wa ujauzito.

7. **Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.**

Hakikisha umeongeza uzito wa kutosha, kati ya ratili 25-35. Muulize daktari wako kwa maelezo zaidi.

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Good Food for Kids

Chakula Bora kwa Watoto

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Madini ya kalsium (chokaa) yanahitajika mwilini kunjenga na kuimarisha mifupa pamoja na kukua. Madini ya chokaa yanapatikana kwenye vyakula kama maziwa, maziwa mgando, samaki wenye vijifupa, na badhi ya mboga za majani kijani kwa mfano brokoli.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Madini aina chuma husaidia mwili kutoa nguvu. Yanaweza kupatikana kwenye vyakula kama nyama nyekundu, kuku, samaki na maharagwe makavu.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Karoti, spinachi na matunda mengineyo yanayo kiwango cha juu sana cha vitamini A na C. Vitamini A ni nzuru kwa macho kuona vizuri na kuweka ngozi ya mwili kuwa nyororo. Vitamini C inasaidia kukinga maradhi yasizia dhiri vizi za macho.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Nguvu ni muhimu na inatokana na vyakula vya nafaka mkate, mchele na pasta.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Chagua asusa zenye afya ka mfano matunda, mboga za majani, bidhaa zitokanazo na mifugo na mbegu za mafuta. Vyakula hivi vina lishe nzuri na havihatanishi uimara wa meno ya watoto kama vile soda, peremende na vyakula vienye sukari nyingi kama keki na chips.

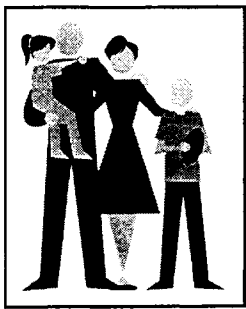
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Mazoezi ya viungo na mwili kwa watoto ni muhimu kwa afya na nguvu za miili yao inayokua.

Swahili Language Version

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service. For more information call (404) 651-2542.





Better Health Begins With You!

Afya Nzuri Inaanza na Wewe Mwenyewe

1. **Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Kula mkate usio na mafuta au siagi nyingi nafaka mchele angalau mara 6-11 kwa siku. Kwa mfano kula nafaka mchanganyiko asubuhi, mchana kula sandwichi na wali kwa chakula cha jioni.

2. **Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Kula matunda na mboga za majani ngalau mara 5 kila siku. Kwa mfano, unaweza kunywa maji ya machungwa asubuhi, mboga za majani mchana, na kwa chakula cha jioni unaweza kula maharagwe na viazi ulaya vilivyochemshwa, na pia mizabibu.

3. **Drink at least 8 glasses of pure, fresh water every day.**

Kunywa glasi 8 za maji safi kwa siku

4. **Eat lean, low-fat meats, such as chicken or fish.**

Kula nyama zisizo na mafuta mengi au nono sana kwa mfano kuku na samaki

5. **Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Kunywa maziwa ya mgando au maziwa yasio na mafuta au siagi nyingi.

6. **Limit your intake of sweets and alcoholic beverages.**

Punguza matumizi ya vyakula vya sukari nyingi pamoja na vinwaji vinavyo levyaa

7. **Take part in some form of physical activity every day. Take a walk, dance, or play.**

Jitahidi kufanya mazoezi ya mwili kila siku. Kwa mfano kutembea, kudansi au michezo na kwata (mazoezi ya viungo vya mwili).

8. **Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Tumia mafuta yatokanayo na mimea kwa kupikia, badala ya mafuta yatokanayo na wanyama ili kuepukana na kolestro.

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The Food Pyramid

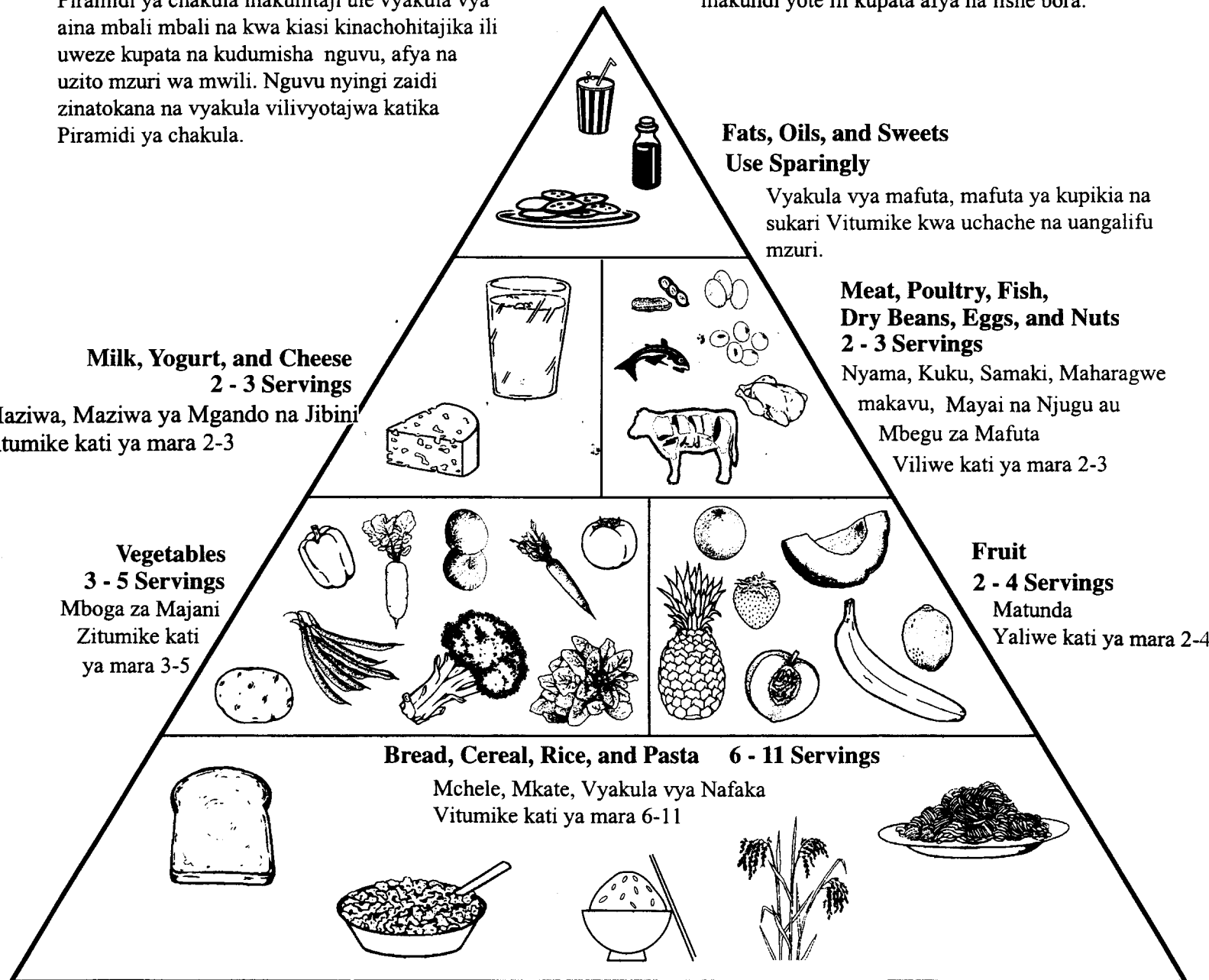
Piramidi ya Chakula Bora

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Maelekezo ya Piramidi ya Chakula bora ni maelezo ya jumla tu yatakayokuwezesha kuchagua lishe bora kufuatana na afya yako. Piramidi ya chakula inakuhitaji ule vyakula vya aina mbali mbali na kwa kiasi kinachohitajika ili uweze kupata na kudumisha nguvu, afya na uzito mzuri wa mwili. Nguvu nyingi zaidi zinatokana na vyakula vilivyotajwa katika Piramidi ya chakula.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Vyakula vilivyotajwa kwenye kila kundi vinakupatia kiasi fulani tu cha lishe unayohitaji na sio kila kitu. Vyakula vilivyo kwenye kundi moja haviwezi kuwa bora kuliko vya kundi jingine; na kwa sababu hiyo unahitaji kula vyakula vilivyotajwa kwenye makundi yote ili kupata afya na lishe bora.



Swahili Language Version



Good Food for Kids

Chakula Bora kwa Watoto

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Madini ya kalsium (chokaa) yanahitajika mwilini kunjenga na kuimarisha mifupa pamoja na kukua. Madini ya chokaa yanapatikana kwenye vyakula kama maziwa, maziwa mgando, samaki wenye vijifupa, na badhi ya mboga za majani kijani kwa mfano brokoli.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Madini aina chuma husaidia mwili kutoa nguvu. Yanaweza kupatikana kwenye vyakula kama nyama nyekundu, kuku, samaki na maharagwe makavu.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Karoti, spinachi na matunda mengineyo yanayo kiwango cha juu sana cha vitamini A na C. Vitamini A ni nzuru kwa macho kuona vizuri na kuweka ngozi ya mwili kuwa nyororo. Vitamini C inasaidia kukinga maradhi yasizia dhiri vizi za macho.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Nguvu ni muhimu na inatokana na vyakula vya nafaka mkate, mchele na pasta.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Chagua asusa zenye afya ka mfano matunda, mboga za majani, bidhaa zitokanazo na mifugo na mbegu za mafuta. Vyakula hivi vina lishe nzuri na havihatanishi uimara wa meno ya watoto kama vile soda, peremende na vyakula vienye sukari nyingi kama keki na chips.

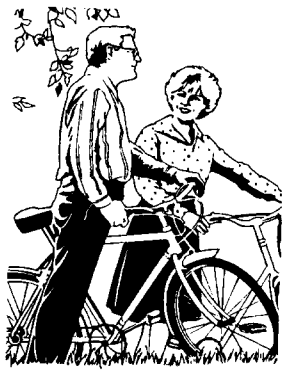
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Mazoezi ya viungo na mwili kwa watoto ni muhimu kwa afya na nguvu za miili yao inayokua.

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Better Nutrition for Mature Adults

Lishe Bora kwa Watu wa Makamo

1. Drink 6 - 8 glasses of water every day.

Kunywa maji safi kati ya glasi 6 - 8 kila siku.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Kula vyakula vilivyo na madini ya kalsium kama vile maziwa, jibini, maziwa mgando, samaki wenye vifupa, mboga za majani-kijani kwa mfano brokoli. Kalsium ni muhimu kwa mifupa migumu na imara.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Kula matunda na mboga za majani mfano machungwa na karoti ili kupata vitamini A na C. Vitamini A ni muhimu kwa ajili ya macho na ngozi ya mwili. Vitamini C inasaidia vizi za meno zisipatwe na madhara ya magonjwa.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Kula vyakula vilivyo na wingi wa madini aina chuma ambayo yanauwezesha mwili kutumia nguvu. Madini haya yapo kwenye vyakula kama nyama, kuku, samaki na maharagwe kavu.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Ongezea nyama, vyakukula vitokanavyo na bahari, au majini, na kuku, katika milo yako ili vikuinge na madhara ya upungafu wa madini ya zinki mwilini. Madini ya zinki yanasaidia kuponya majeraha ya mwili kwa haraka zaidi.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Jitahidi kufanya mazoezi ya mwili. Mwili unaweza kutengeneza vitamini D kutokana na nguvu za jua ukifanya mazoezi nje.

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Better Health for Mother and Baby

Afya Bora kwa Mama na Watoto

1. **Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.**

Epukana na vinywaji vinayolevya, au kulisimua kama vile kahawa na vinywaji baridi vilivyo na kafeini.

2. **Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.**

Kula vyakula vilivyo na madini ya kalsium (calcium) kila siku, kwa mfano maziwa, jibini, maziwa mgando, samaki yenye vifupa, na mboga za majani kijani.

3. **Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.**

Ili kupata protini (protein), kula nyama, samaki, au maharagwe makavu kati ya mara 2-3 kila siku.

4. **Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.**

Kula matunda na mboga za majani kijani angalau mara 5 kwa siku ili kupata aina fula za madini na vitamini. Kwa mfano ndizi mbivu wakati wa chakula cha asubuhi pamoja na nafaka mchanganyiko, mchana kula tunda aina ya apple, karoti, brokoli na jioni kula saladi (mchanganyiko wa mboga za kijani).

5. **Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.**

Kula nafaka mbali mbali kwa ajili ya kuongeza afya na nguvu kama vile mkate wa shairi au mchele wa kahawia.

6. **See your doctor early in your pregnancy.**

Onana na daktari wako mapema sana wakati wa ujauzito.

7. **Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.**

Hakikisha umeongeza uzito wa kutosha, kati ya ratili 25-35. Muulize daktari wako kwa maelezo zaidi.

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Diabetes

โรคเบาหวาน

Thai

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เอกสารฉบับนี้เป็นเอกสารที่จัดทำขึ้นโดยโครงการโภชนาการการศึกษาสำหรับชาวอเมริกันยุคใหม่ ซึ่งเป็นโครงการของภาควิชามานุษยวิทยาและภูมิศาสตร์ มหาวิทยาลัยแห่งรัฐจอร์เจีย เมืองแอตแลนต้า รัฐจอร์เจีย โดยได้รับการสนับสนุนเงินทุนจากกระทรวงเกษตรอาหารและบริการผู้บริโภคสำหรับครอบครัวที่อยู่ภายใต้โครงการสแตมป์อาหารของสหรัฐ ตามกฎหมายของรัฐบาลกลางและนโยบายของกระทรวงเกษตร สถาบันนี้จะต้องไม่มีการกีดกันทางเชื้อชาติ สีผิว ถิ่นกำเนิด เพศ อายุ ศาสนา ความเชื่อทางการเมือง หรือความทุพพลภาพ หากต้องการรายละเอียดเพิ่มเติมโปรดโทร (404) 651-2542



Diabetes

โรคเบาหวาน



What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

โรคเบาหวานคืออะไร?

โรคเบาหวานคือโรคที่ร่างกายไม่สามารถผลิตหรือนำสารอินซูลินไปใช้ได้อย่างเหมาะสม

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

สารอินซูลินคือฮอร์โมนชนิดหนึ่งที่เปลี่ยนน้ำตาล แป้ง และอาหารชนิดอื่นๆ เป็นพลังงานที่ร่างกายจำเป็นต้องใช้ในการดำเนินชีวิตตามปกติ

How is diabetes managed?

โรคเบาหวานสามารถดูแลได้อย่างไร?

The management of diabetes has three parts:

การดูแลผู้ป่วยที่เป็นโรคเบาหวานสามารถแยกออกได้เป็น 3 ส่วนคือ:

- ◆ Healthy Eating
การรับประทานอาหารที่มีประโยชน์ต่อร่างกาย
- ◆ Physical Activity
การออกกำลังกาย
- ◆ Medication (if needed)
การรักษาพยาบาล (ถ้าจำเป็น)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

จะควบคุมโรคเบาหวานของตัวเองได้อย่างไร?

คุณเองก็สามารถช่วยควบคุมระดับน้ำตาลในเลือด (เรียกอีกอย่างว่ากลูโคสในเลือด) และโรคเบาหวานได้ เมื่อคุณรับประทานอาหารที่มีประโยชน์ต่อสุขภาพ ออกกำลังกายอย่างเพียงพอ และควบคุมน้ำหนักให้อยู่ในระดับที่เหมาะสม

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

ระดับน้ำหนักที่เหมาะสมยังช่วยให้คุณสามารถควบคุมไขมันในเส้นโลหิต (คอเลสเตอรอล) และลดความดันในเส้นโลหิตได้อีกด้วย

Many people with diabetes also need to take medicine to help control their blood sugar.

ผู้ป่วยหลายรายที่เป็นโรคเบาหวานจำเป็นต้องรับประทานยาควบคุมไปด้วยเพื่อช่วยควบคุมระดับน้ำตาลในเส้นโลหิต

Eat Healthy

ประโยชน์ต่อร่างกาย

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

การใช้คู่มือรับประทานอาหารปิรามิดจะช่วยให้คุณรับประทานอาหารที่มีประโยชน์ต่อร่างกายได้อย่างหลากหลาย คำว่าหลากหลายหมายถึงการรับประทานอาหารแต่ละหมวดได้ทุกวัน เมื่อรับประทานอาหารต่างๆในแต่ละวัน คุณจะได้รับวิตามินและแร่ธาตุที่ร่างกายต้องการ

Here is an example of getting a variety of foods each day.

ด้านล่างนี้คือตัวอย่างการเลือกรับประทานอาหารให้มีความหลากหลายในแต่ละวัน



	Day 1 วันที่ 1	Day 2 วันที่ 2
Grains: ข้าวและแป้ง:	tortilla ทอทียา	brown rice ข้าวกล้อง
Fruit: ผลไม้:	apple แอปเปิล	mango มะม่วง
Vegetable: ผัก:	broccoli บร็อคโคลี่	tomatoes มะเขือเทศ
Dairy: นม:	milk นม	yogurt โยเกิร์ต
Protein: โปรตีน:	chicken ไก่	beans ถั่ว

Eat From all the Food Groups

ประโยชน์ต่อสุขภาพได้ครบ ทุกหมวด

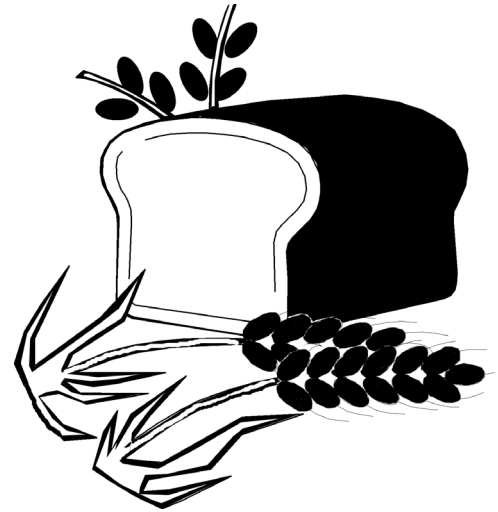


- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
เลือกซื้อขนมปังชนิดโฮลเกรนและอาหารธัญพืช เช่น ขนมปังชนิดโฮลเกรน (Whole grain breads) อาหารธัญพืชทำจากรำข้าว (Bran flakes) ข้าวกล้อง (Brown rice) พาสต้าโฮลวีท (Whole-wheat pasta) ข้าวสาลีกรอบ (Bulgur) และดอกแอมาราเนธ (Amaranth)
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
รับประทานอาหารประเภทแป้งทอดที่มีไขมันสูง เช่น ขนมอบ (Pastries) ขนมปังกรอบ (Biscuits) หรือมัฟฟิน (Muffins) ให้น้อยลง
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
อาหารที่ควรเลือกรับประทานมากที่สุดคือผลไม้สด เมื่อเลือกซื้อผลไม้กระป๋อง ให้มองหาคำว่า “บรรจุกระป๋องในน้ำของผลไม้” บนฉลาก
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
เลือกซื้อผลไม้ชิ้นเล็กๆ และดื่มน้ำผลไม้ในปริมาณเพียงเล็กน้อย.
- ◆ Eat raw and cooked vegetables with very little fat.
รับประทานผักสดและผักต้มที่มีปริมาณไขมันเพียงเล็กน้อย
- ◆ Use mustard instead of mayonnaise on a sandwich.
รับประทานผักสดและผักต้มที่มีปริมาณไขมันเพียงเล็กน้อย
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
ใช้น้ำมันพืชปรุงอาหารแทนน้ำมัน ไขมัน เนยหรือมาการีน หรือน้ำมันหมู
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
เทคนิคการทำอาหารที่ดีสำหรับคุณคือ: อบ ต้ม ทอดและคนขณะไฟแรงโดยใช้น้ำมันน้อย ปิ้ง นึ่ง เคี้ยว และย่าง โดยหลีกเลี่ยงการทำอาหารที่ต้องใช้น้ำมันจำนวนมาก.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
เลือกซื้อเนื้อที่มีไขมันน้อยเช่น: ไก่ ไก่วง เมื่อซื้อหมู เนื้อ และแฮมมาให้เลาะมันส่วนเกินทิ้ง
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
เลือกซื้ออาหารประเภทนมชนิดปลอดมันเนย (skim) หรือพร่องมันเนย (1%)

Grains, Beans and Starchy Vegetables

และผักที่ให้

คาร์โบไฮเดรตมีอะไรบ้าง



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

แป้งหรือคาร์โบไฮเดรตมีอะไรบ้าง?

อาหารจำพวกแป้งได้แก่ขนมปัง ข้าว ธัญพืช พาสต้า ถั่ว หรือผักบางชนิด รับประทานแป้ง/คาร์โบไฮเดรตบ้างในอาหารแต่ละมื้อ บางคนอาจบอกว่าคุณไม่ควรรับประทานแป้ง/คาร์โบไฮเดรตให้มาก ซึ่งปัจจุบันไม่ใช่คำแนะนำที่ถูกต้องอีกต่อไป การรับประทานแป้ง/คาร์โบไฮเดรตทำให้เราทุกคน รวมทั้งผู้ป่วยที่เป็นโรคเบาหวานด้วย มีสุขภาพดี

How many starches/carbohydrates do I need each day? 6–11 servings each day ควรรับประทานแป้ง/คาร์โบไฮเดรตแค่ไหนในแต่ละวัน? วันละ 6-11 อย่าง

The number of servings you should eat each day depends on:

จำนวนอาหารแต่ละอย่างที่คุณควรรับประทานในแต่ละวันจะต้องขึ้นอยู่กับ:

- ◆ The calories you need
จำนวนแคลอรีที่ร่างกายของคุณต้องการ
- ◆ Your diabetes plan
วิธีการรักษาโรคเบาหวานของคุณ

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

แป้งและคาร์โบไฮเดรตมีประโยชน์อะไรต่อร่างกาย? แป้งให้พลังงาน วิตามินบี แร่ธาตุ และเส้นใยอาหารแก่ร่างกาย ข้าวที่มีกากใยมีประโยชน์ต่อร่างกาย เพราะให้วิตามิน แร่ธาตุ และกากใยมากกว่า กากใยจะช่วยให้อวัยวะภายในร่างกายมีการเคลื่อนไหวเป็นปกติ นอกจากนี้ยังช่วยควบคุมระดับน้ำตาลในเลือดอีกด้วย

Grains, Beans and Starchy Vegetables (continued)

และผักที่ให้คาร์โบไฮเดรตมีอะไรบ้าง

How much is one serving of starch/carbohydrate?

ควรรับประทานแป้งและคาร์โบไฮเดรตแต่ละอย่างเท่าไร?

- ◆ 1 slice of bread
ขนมปัง 1 แผ่น
- ◆ 1 small potato, casaba or plantain
มันฝรั่ง แดง หรือกล้วย (Plantain) 1 ชิ้นเล็กๆ
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
ธัญพืช เช่น ข้าวโอ๊ต คริมจากข้าวสาลี ½ ถ้วย
- ◆ ¾ cup dry cereal such as corn flakes
ธัญพืชแห้ง เช่น คอร์นเฟล็ก ¾ ถ้วย
- ◆ ⅓ cup of cooked rice
ข้าวสวย ⅓ ถ้วย
- ◆ 1 small tortilla, roti bread or enjira bread
ทอเทียน่า แป้งโรตตี หรือแป้งเอนจिरา 1 ชิ้นเล็กๆ

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

คุณอาจต้องรับประทานอาหารที่ทำด้วยแป้ง/คาร์โบไฮเดรต 1, 2 หรือ 3 อย่างในหนึ่งมื้อ ถ้าต้องรับประทานอาหารมากกว่า 1 อย่างในหนึ่งมื้อ ให้เลือกรับประทานอาหารหลายๆชนิดในหมวดนี้ ตัวอย่างเช่น:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

อาหารเช้า: ธัญพืชแห้ง ¾ ถ้วยกับขนมปัง 1 แผ่น—2 อย่าง

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

อาหารกลางวัน: ข้าว ⅓ ถ้วยกับกล้วยสุก (Cooked plantain) ½ ถ้วย—2 อย่าง

Dinner: ½ cup of pasta and one bread stick—2 servings

อาหารเย็น: พาสต้า ½ ถ้วยกับขนมปัง 1 แท่ง—2 อย่าง

Snack: 6 crackers—1 serving

อาหารว่าง: ขนมปังกรอบ 6 ชิ้น—1 อย่าง

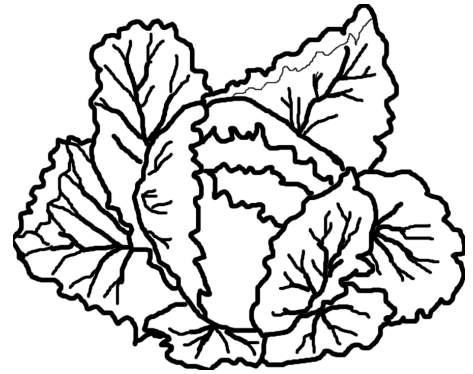
Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

รวมทั้งวัน: 7 อย่าง โปรดสังเกตว่าในแต่ละมื้อจะมีอาหารคาร์โบไฮเดรตสมดุลกัน ซึ่งจะช่วยให้คุณควบคุมระดับน้ำตาลในเลือดได้

Vegetables

ผัก

Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.



ผักเป็นอาหารที่มีประโยชน์ต่อสุขภาพสำหรับทุกคน รวมทั้งผู้ป่วยที่เป็นโรคเบาหวาน รับประทานผักสดและผักต้มทุกวัน ผักเป็นอาหารที่ให้วิตามิน แร่ธาตุ และกากใยอาหาร โดยมีแคลอรีต่ำ เลือกซื้อผักที่มีสีสดใส เช่น แครอท พริกไทย มะเขือ บร็อคโคลี่ มะเขือเทศ และผักขม

You should have 3 to 5 servings every day.
คุณควรรับประทานผัก 3-5 อย่างเป็นประจำทุกวัน

How much is a serving of vegetables?

ควรรับประทานผักครั้งละเท่าไร?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
ผักต้ม ½ ถ้วย เช่น ถั่วลันเตาต้ม มะเขือต้ม ผักขมต้ม และฟักต้ม
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
ผักสด 1 ถ้วย เช่น สลัด แครอทหั่นเป็นแท่ง หรือแตงกวาหั่นเป็นชิ้นๆ
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
น้ำผัก ½ ถ้วย เช่น น้ำมะเขือเทศหรือน้ำแครอท

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

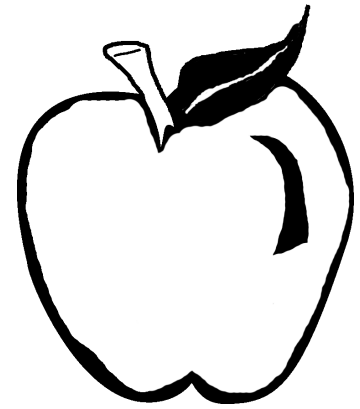
คุณอาจต้องรับประทานอาหารที่ทำด้วยผักมากกว่า 1, 2 หรือ 3 อย่างในหนึ่งมื้อ ถ้าต้องรับประทานอาหารผักมากกว่า 1 อย่างในหนึ่งมื้อ ให้เลือกรับประทานผักหลายๆชนิด หรือผักชนิดเดียวปรุงเป็นอาหารสองหรือสามอย่าง

Fruits

ผลไม้

Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

ผลไม้เป็นอาหารที่มีประโยชน์ต่อร่างกายสำหรับทุกคน รวมทั้งผู้ป่วยที่เป็นโรคเบาหวานด้วย ผลไม้เป็นอาหารที่ให้พลังงาน วิตามิน แร่ธาตุ และกากใยอาหารแก่ร่างกาย



How many servings of fruit do I need?

ควรรับประทานผลไม้กี่อย่าง?

2 to 4 servings

2 ถึง 4 อย่าง

What is a serving of fruit?

ผลไม้แต่ละอย่างควรมีอะไรบ้าง?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
แอปเปิ้ลหรือสาลี่ 1 ลูก (ขนาดเท่าข้อมือผู้หญิงโดยประมาณ)
- ◆ ½ cup of apple or orange juice
น้ำแอปเปิ้ลหรือน้ำส้ม ½ ถ้วย
- ◆ ½ of a grapefruit
เกรฟฟรุต (Grapefruit) ½ ลูก
- ◆ 1 small banana or ½ of a large banana
กล้วยลูกเล็ก 1 ลูก หรือลูกใหญ่ ½ ลูก
- ◆ ½ cup of chopped fruit
ผลไม้หั่นเป็นชิ้นๆ ½ ถ้วย
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
ลูกเกดหรือผลไม้แห้ง ¼ ถ้วย (ขนาดวางได้พอดีบนฝ่ามือโดยประมาณ)

You might need to eat one or two servings of fruit at a meal.

คุณอาจต้องรับประทานผลไม้ 1 หรือ 2 อย่างในหนึ่งมื้อ

How should I eat fruit?

ควรรับประทานผลไม้อย่างไร?

- ◆ Eat fruits raw, or as juice with no sugar added.
รับประทานผลไม้สด หรือน้ำผลไม้คั้นโดยไม่ต้องเติมน้ำตาล
- ◆ Buy smaller pieces of fruit.
เลือกซื้อผลไม้เป็นชิ้นเล็กๆ

Milk and Yogurt Foods

โยเกิร์ตมีอะไรบ้าง

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

นมและโยเกิร์ตชนิดปลอดไขมันและพร่องไขมันเป็นอาหารที่มีประโยชน์ต่อร่างกายสำหรับทุกคน รวมทั้งผู้ป่วยที่เป็นโรคเบาหวานด้วย นมและโยเกิร์ตให้พลังงาน โปรตีน แคลเซียม วิตามินเอ รวมทั้งวิตามินอื่นๆ และแร่ธาตุแก่ร่างกาย



Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

ดื่มนมปลอดไขมัน (ชนิดskimหรือไม่มีไขมัน) หรือนมพร่องไขมัน (1%) ทุกวัน รับประทานโยเกิร์ตปลอดไขมันหรือพร่องไขมัน ทั้งนมและโยเกิร์ตเป็นอาหารที่มีไขมัน ไขมันอิ่มตัว และคอเลสเตอรอลน้อย

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

ควรรับประทานกี่อย่างในแต่ละวัน? 2 ถึง 3 อย่างต่อวัน *หมายเหตุ: ถ้าอยู่ระหว่างตั้งครรภ์หรือให้นมลูก ควรรับประทานนมและโยเกิร์ต 4-5 ครั้งต่อวัน*

How much is a serving of milk and yogurt?

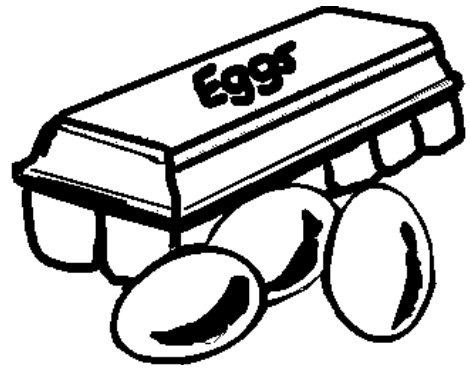
ควรรับประทานนมและโยเกิร์ตครั้งละเท่าไร?

- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
โยเกิร์ตปลอดไขมันแบบธรรมดา 1 ถ้วย (มองหาโยเกิร์ตรสแอสปาร์เทมด้วย)
- ◆ 1 cup skim or low-fat milk
นมปลอดไขมันหรือพร่องไขมัน 1 ถ้วย

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.
หมายเหตุ: หลีกเลี่ยงการรับประทานโยเกิร์ตที่เขียนบนฉลากว่า "ใส่ผลไม้" เพราะมีน้ำตาลสูง

Meat, Poultry, Fish, Eggs and Nuts

เนื้อ ไก่ ปลา ไข่ และถั่ว



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

อาหารหมวดนี้ประกอบไปด้วยเนื้อ (เนื้อวัว เนื้อหมู เนื้อแกะ) ไก่ ไก่จวง ไข่ ปลา ถั่ว รวมถึงเต้าหู้และผลิตภัณฑ์จากถั่วเหลือง
รับประทานอาหารบางอย่างในกลุ่มนี้ในปริมาณเพียงเล็กน้อยเท่านั้นในแต่ละวัน
อาหารในหมวดนี้เป็นอาหารที่ให้โปรตีนแก่ร่างกาย

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

อาหารโปรตีนจะช่วยสร้างเนื้อเยื่อและกล้ามเนื้อให้แก่ร่างกาย นอกจากนี้ยังให้วิตามินและแร่ธาตุอีกด้วย

How many protein foods do I need each day? 2 to 3 servings

ร่างกายต้องการอาหารโปรตีน วันละเท่าไร? 2 ถึง 3 อย่าง

How much is a serving of meat, poultry, fish, eggs and nuts?

ควรรับประทานอาหารประเภทเนื้อ ไก่ ปลา ไข่ และถั่วอย่างละเท่าไร?

- ◆ 2 to 3 ounces of cooked fish
ปลา 2 ถึง 3 ออนซ์
- ◆ 2 to 3 ounces cooked chicken
ไก่ 2 ถึง 3 ออนซ์
- ◆ 3 to 4 ounces tofu (½ cup)
เต้าหู้ 3 ถึง 4 ออนซ์ (½ ถ้วย)
- ◆ 1 egg (equals one ounce of protein)
ไข่ 1 ฟอง (เท่ากับโปรตีน 1 ออนซ์)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
เนยแข็ง 1 แผ่น หรือ 1 ออนซ์ (ขนาดเท่ากับแบตเตอรี่ D โดยประมาณ)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
เนยถั่ว 2 ช้อนโต๊ะ (เท่ากับ 1 ออนซ์)

Meat, Poultry, Fish, Eggs and Nuts (continued)

เนื้อ ไก่ ปลา ไข่ และถั่ว

Helpful Tips:

ข้อเสนอแนะที่เป็นประโยชน์:

- ◆ The serving size you eat now may be too big.
ขนาดที่รับประทานอยู่ในปัจจุบันอาจจะมากเกินไป
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
ดูจากการ์ดในสำรับ ขนาดดังกล่าวจะเท่ากับ 2 ถึง 3 ออนซ์
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
เลือกซื้อเนื้อวัว เนื้อหมู แสม และเนื้อแกะที่มีมันน้อย เลาะมันส่วนเกินออก
- ◆ Eat chicken or turkey without the skin.
ทานไก่และไก่งวงเฉพาะส่วนที่เป็นเนื้อเท่านั้น ไม่ทานหนัง
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
ทำอาหารโปรตีนโดยใช้วิธีปรุงไขมันต่ำ: ผิง ย่าง ทอดและคนในไฟแรงโดยใช้น้ำมันขลุกขลิกลง บั๊ง นึ่ง ต้ม หรือเคี้ยว
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
ใช้น้ำมันปรุงอาหารประเภทเนื้อแต่เพียงเล็กน้อยเท่านั้น หรือใช้สเปรย์ทำอาหารแทนน้ำมัน
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
รับประทานอาหารที่ไม่มีเนื้อ โดยใช้ถั่วหรือเต้าหู้เป็นโปรตีนแทนเนื้อ

Fats, Oils and Sweets

ไขมัน น้ำมัน



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

อาหารที่เป็นไขมันและน้ำมันประกอบด้วยเนย มargarin น้ำมันหมู และน้ำมัน ที่ใช้ในการเติมหรือปรุงอาหาร น้ำมันบางชนิดทำมาจากเมล็ดคาโนลา มะกอก และพืช นอกจากนั้นยังพบไขมันได้ในเนื้อสัตว์ อาหารประเภทนมเนย อาหารขบเคี้ยว และขนมบางอย่างอีกด้วย ดังนั้นในการควบคุมโรคเบาหวานคุณจึงควรรับประทานอาหารที่มีไขมันและไขมันอิ่มตัวน้อย (ไขมันที่ได้จากเนื้อสัตว์และผลิตภัณฑ์จากสัตว์)

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

ขนมหวานเป็นอาหารที่มีปริมาณน้ำตาลและแคลอรีสูง แต่มีวิตามินและแร่ธาตุต่ำ นอกจากนั้นขนมบางชนิดยังมีไขมันสูงอีกด้วย เช่น เค้ก พาย และคุกกี้

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

การรับประทานอาหารที่หวานจัดและมีไขมันสูงมากเกินไปจะทำให้คุณควบคุมปริมาณน้ำตาลในเลือดและน้ำหนักได้ยาก ถ้าต้องรับประทานอาหารที่มีไขมันและหวานจัด ให้รับประทานในสัดส่วนที่น้อย

How much is a serving of fats, oils and sweets?

ควรรับประทานไขมัน น้ำมัน และขนมหวาน แต่ละอย่างเท่าไร?

- ◆ 1 teaspoon oil
น้ำมัน 1 ช้อนชา
- ◆ 1 tablespoon regular salad dressing
น้ำสลัดปกติ 1 ช้อนโต๊ะ
- ◆ 2 teaspoons light mayonnaise
มายองเนสชนิดอ่อน 2 ช้อนชา
- ◆ 1 strip of bacon
เบคอน 1 ชิ้น
- ◆ 1 cookie
คุกกี้ 1 ชิ้น
- ◆ 1 plain doughnut
โดนัทไม่มีหน้า 1 ชิ้น
- ◆ 1 tablespoon syrup
น้ำเชื่อม 1 ช้อนโต๊ะ
- ◆ 10–15 chips
มันฝรั่งทอด 10–15 ชิ้น

Thai

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. For more information call (404) 651-2542.

เอกสารฉบับนี้เป็นเอกสารที่จัดทำขึ้นโดยโครงการโภชนาการการศึกษาสำหรับชาวอเมริกันยุคใหม่ ซึ่งเป็นโครงการของภาควิชามานุษยวิทยาและภูมิศาสตร์ มหาวิทยาลัยแห่งรัฐจอร์เจีย เมืองแอตแลนต้า รัฐจอร์เจีย โดยได้รับการสนับสนุนเงินทุนจากกระทรวงเกษตรอาหารและบริการผู้บริโภคสำหรับครอบครัวที่อยู่ภายใต้โครงการสแตมป์อาหารของสหรัฐ ตามกฎหมายของรัฐบาลกลางและนโยบายของกระทรวงเกษตร สถาบันนี้จะต้องไม่มีการกีดกันทางเชื้อชาติ สีผิว ถิ่นกำเนิด เพศ อายุ ศาสนา ความเชื่อทางการเมือง หรือความทุพพลภาพ หากต้องการรายละเอียดเพิ่มเติมโปรดโทร (404) 651-2542



The Food Pyramid

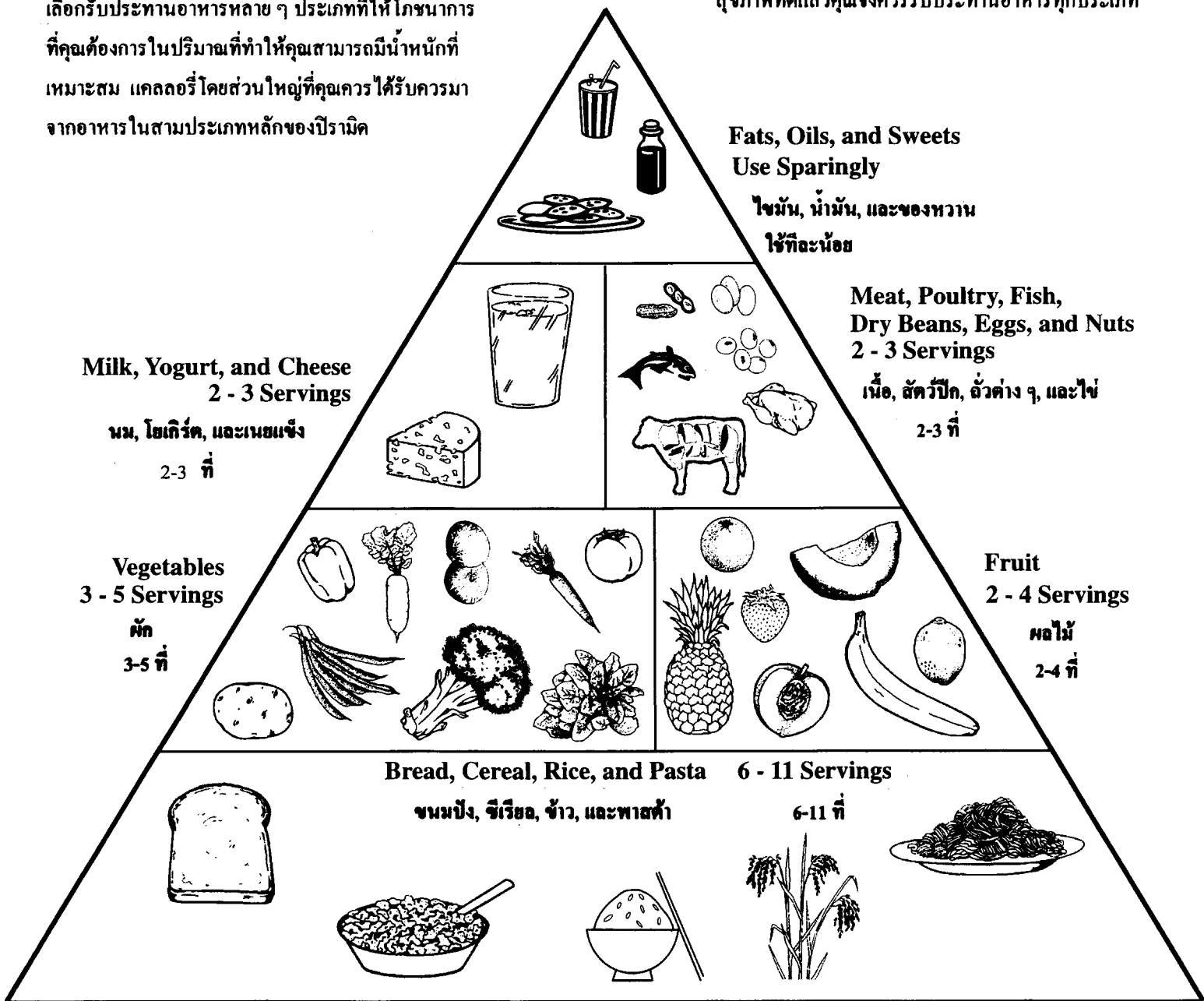
(ปิรามิดอาหาร)

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

ปิรามิดอาหารเป็นแนวทางทั่วไปที่ทำให้คุณสามารถเลือกรับประทานอาหารที่ถูกต้องและถูกสุขลักษณะ โดยเลือกรับประทานอาหารหลาย ๆ ประเภทที่ให้โภชนาการที่คุณต้องการในปริมาณที่ทำให้คุณสามารถมีน้ำหนักที่เหมาะสม แคลลอรี่โดยส่วนใหญ่ที่คุณควรได้รับควรมาจากอาหารในสามประเภทหลักของปิรามิด

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

อาหารในแต่ละประเภทให้โภชนาการบางส่วน แต่ไม่ใช่ทั้งหมดที่คุณควรได้รับ ดังนั้นอาหารในประเภทหนึ่งจึงไม่สามารถทดแทนอาหารในอีกประเภทหนึ่งได้ และไม่มีอาหารประเภทไหนที่สำคัญกว่าอาหารประเภทอื่น สำหรับสุขภาพที่ดีแล้วคุณจึงควรรับประทานอาหารทุกประเภท



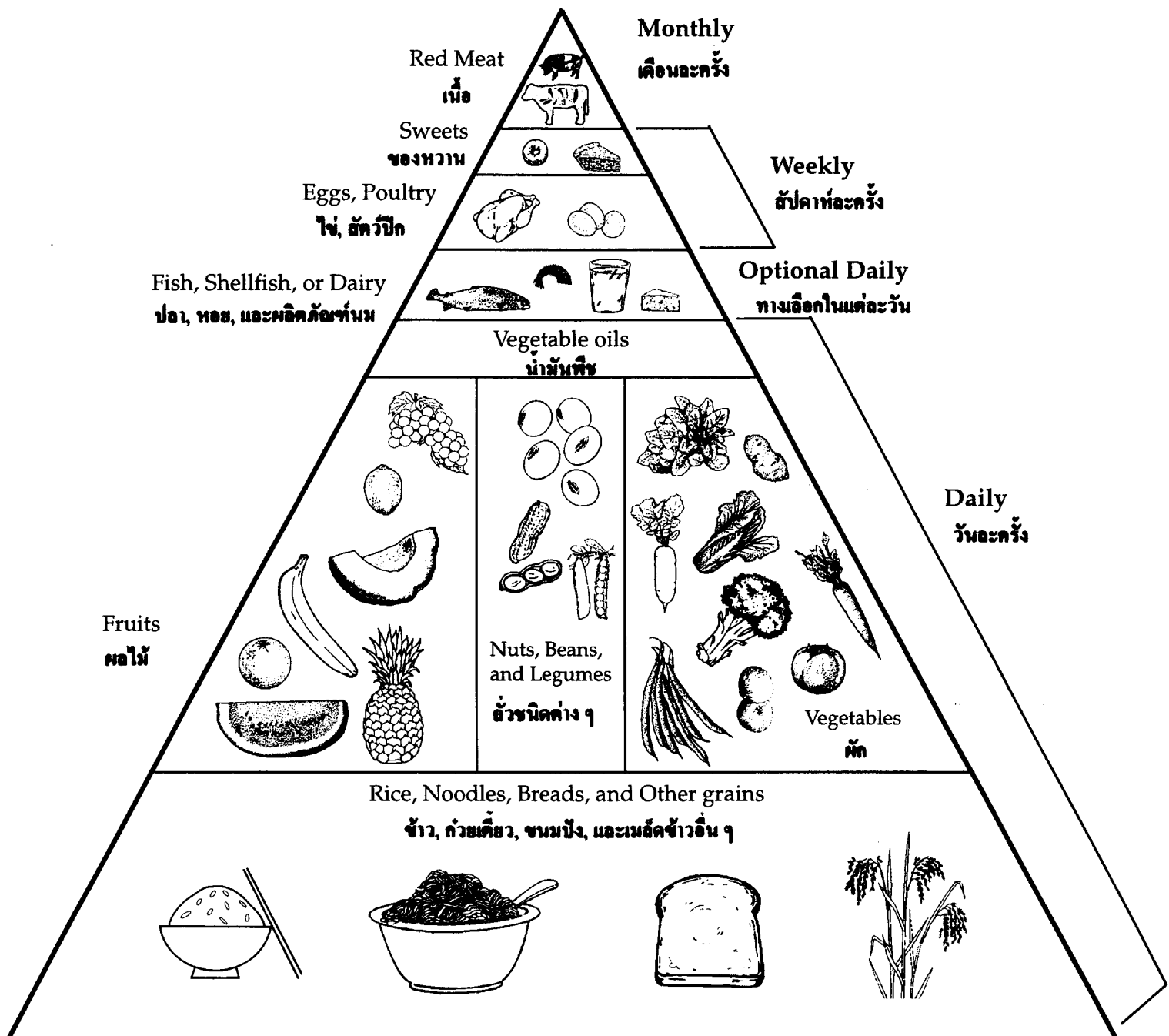
Thai Language Version

Asian Food Pyramid

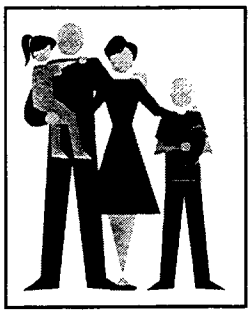
(ปิรามิดอาหารแบบเอเชีย)

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Thai Language Version



Better Health Begins With You!

สุขภาพที่ดีขึ้นเริ่มต้นที่คุณ

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

รับประทานขนมปังไขมันต่ำ, ซีเรียล, ข้าว, หรือเส้นพาสต้า 6-11 ที่ในแต่ละวัน เช่น เลือกข้าวโอ๊ตสำหรับมื้อเช้า, แซนวิชสำหรับมื้อกลางวัน, และข้าวสวยสำหรับมื้อเย็น

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

รับประทานผักและผลไม้ 5 ที่ ทุกวัน เช่น ดื่มน้ำส้มคั้นสำหรับมื้อเช้า, สลัดสำหรับมื้อกลางวัน ส่วนมื้อเย็นรับประทานถั่วเขียว, มันฝรั่งต้ม, และองุ่น

3. Drink at least 8 glasses of pure, fresh water every day.

ดื่มน้ำสะอาดอย่างน้อย 8 แก้วทุกวัน

4. Eat lean, low-fat meats, such as chicken or fish.

รับประทานเนื้อที่มีไขมันต่ำ เช่น ไก่หรือปลา

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

เลือกผลิตภัณฑ์นมที่มีไขมันต่ำหรือปราศจากไขมัน เช่น นมไขมันต่ำ และ โยเกิร์ตแช่แข็ง

6. Limit your intake of sweets and alcoholic beverages.

จำกัดการบริโภคของหวานและเครื่องดื่มมีแอลกอฮอล์

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ออกกำลังกายเป็นประจำทุกวัน เช่น เดิน, เต้นรำ, หรือ เล่นกีฬา

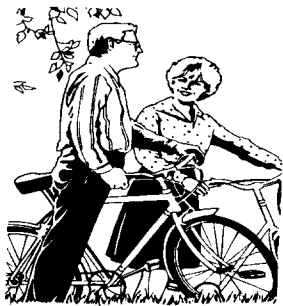
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ใช้น้ำมันพืชหรือน้ำมันคาโนลาแทนน้ำมันจากไขมันสัตว์ในการประกอบอาหาร เพราะน้ำมันพืชไม่มีคอเลสเตอรอลผสมอยู่

Thai Language Version

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Better Nutrition for Mature Adults

โภชนาการที่ดีขึ้นสำหรับผู้ใหญ่

1. Drink 6 - 8 glasses of water every day.

ดื่มน้ำ ๖-๘ แก้ว ทุกวัน

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

รับประทานอาหารที่อุดมไปด้วยแคลเซียม เช่น นม, เนยแข็ง, โยเกิร์ต, ปลาที่มีกระดูก และผักใบเขียวแก่ เช่น บรอกคอลลี แคลเซียมช่วยในการมีกระดูกที่แข็งแรง

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

รับประทานผักและผลไม้สด เช่น แครอทและส้ม เพื่อให้ได้วิตามินเอและ วิตามินซี วิตามินเอมีประโยชน์ต่อสายตาและผิวหนัง วิตามินซีช่วยให้เหงือกแข็งแรงและป้องกันการติดเชื้อ

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

รับประทานอาหารที่อุดมไปด้วยแร่เหล็ก ซึ่งช่วยร่างกายในการเผาผลาญอาหาร แร่เหล็กมีมากในเนื้อ, สัตว์ปีก, ปลา, และถั่วชนิดแห้งต่างๆ

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

เนื้อ, อาหารทะเล, และสัตว์ปีก ช่วยทำให้ร่างกายลดการขาดแร่สังกะสี ซึ่งเป็นประโยชน์ในการทำให้บาดแผลหายเร็วขึ้น

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

ออกกำลังกายอย่างสม่ำเสมอ โดยเฉพาะกิจกรรมกลางแจ้ง เพราะร่างกายจะได้รับวิตามินดีจากแสงแดด

Thai Language Version

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Good Food for Kids

อาหารที่ดีสำหรับเด็ก

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

แร่แคลเซียมจำเป็นสำหรับการเติบโตและพัฒนาการทางกระดูก ซึ่งพบมากในนม, โยเกิร์ต, ปลาที่มีกระดูก, และผักใบสีเขียวแก่ เช่น บรอกคอลลี

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

แร่เหล็กช่วยร่างกายในการสร้างพลังงาน ซึ่งพบได้ในเนื้อสีแดง, สัตว์ปีก, ปลา และถั่ว

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

วิตามินเอและวิตามินซีมีมากในแครอท, ผักขม, ผลไม้ และผัก วิตามินเอสำคัญต่อการมีสายตาและผิวหนังที่ดี วิตามินซีช่วยให้เหงือกแข็งแรงและป้องกันการติดเชื้อ

4. Energy is important and comes from breads, rice, cereal, and pasta.

พลังงานเป็นสิ่งสำคัญ ซึ่งพบมากในขนมปัง, ข้าว, ซีเรียล, และเส้นพาสต้า

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

เลือกรับประทานของว่างที่มีประโยชน์ เช่น ผลไม้, ผัก, ผลิตภัณฑ์นม และถั่ว สิ่งเหล่านี้มีคุณค่าทางอาหาร และเหมาะสมสำหรับฟันของเด็กมากกว่าโซดา, ขนมคบเคี้ยว และของหวาน

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

การออกกำลังกายในแต่ละวันเป็นสิ่งสำคัญสำหรับเด็ก ซึ่งจะช่วยให้เขาเติบโตอย่างแข็งแรง และมีสุขภาพที่สมบูรณ์

Thai Language Version

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Better Health for Mother and Baby

สุขภาพที่ดีขึ้นสำหรับมารดาและบุตร

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

หลีกเลี่ยงเครื่องดื่มมีแอลกอฮอล์และคาเฟอีน เช่น กาแฟและเครื่องดื่มชนิดไม่มีแอลกอฮอล์

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

รับประทานอาหารที่มีแคลเซียมทุกวัน เช่น นม, เนย, โยเกิร์ต, ปลาที่มีกระดูก, และผักใบเขียวแก่

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

รับประทานเนื้อ, ปลา, ไข่ หรือถั่วชนิดแห้ง ๒-๓ ที่ ทุกวันเพื่อให้ได้โปรตีน

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

รับประทานผักและผลไม้อย่างน้อย ๕ ที่ ทุกวัน เพื่อให้ได้วิตามินและเกลือแร่ ตัวอย่างเช่น ผ่ากล้วยผสมลงในซีเรียลมื้อเช้า, รับประทานอาหารกลางวันพร้อมกับแครอทหรือผักขึ้นฉ่าย และรับประทานของหวาน เช่น แอปเปิ้ล ส่วนอาหารเย็นเลือกรับประทานบรอกโคลีและสลัด

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

รับประทานข้าว, ขนมปัง, หรือ ข้าวสาลีน้ำตาล เพื่อการมีสุขภาพที่แข็งแรง

6. See your doctor early in your pregnancy.

ปรึกษาแพทย์ตั้งแต่ระยะเริ่มแรกของการตั้งครรภ์

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

ควรจะมีน้ำหนักเพิ่มขึ้นในระดับที่เหมาะสมในช่วงระยะเวลาการตั้งครรภ์

สำหรับผู้หญิงส่วนใหญ่ น้ำหนักจะเพิ่มขึ้นประมาณ ๒๕-๓๕ ปอนด์

หรือปรึกษาแพทย์เพื่อขอคำแนะนำ

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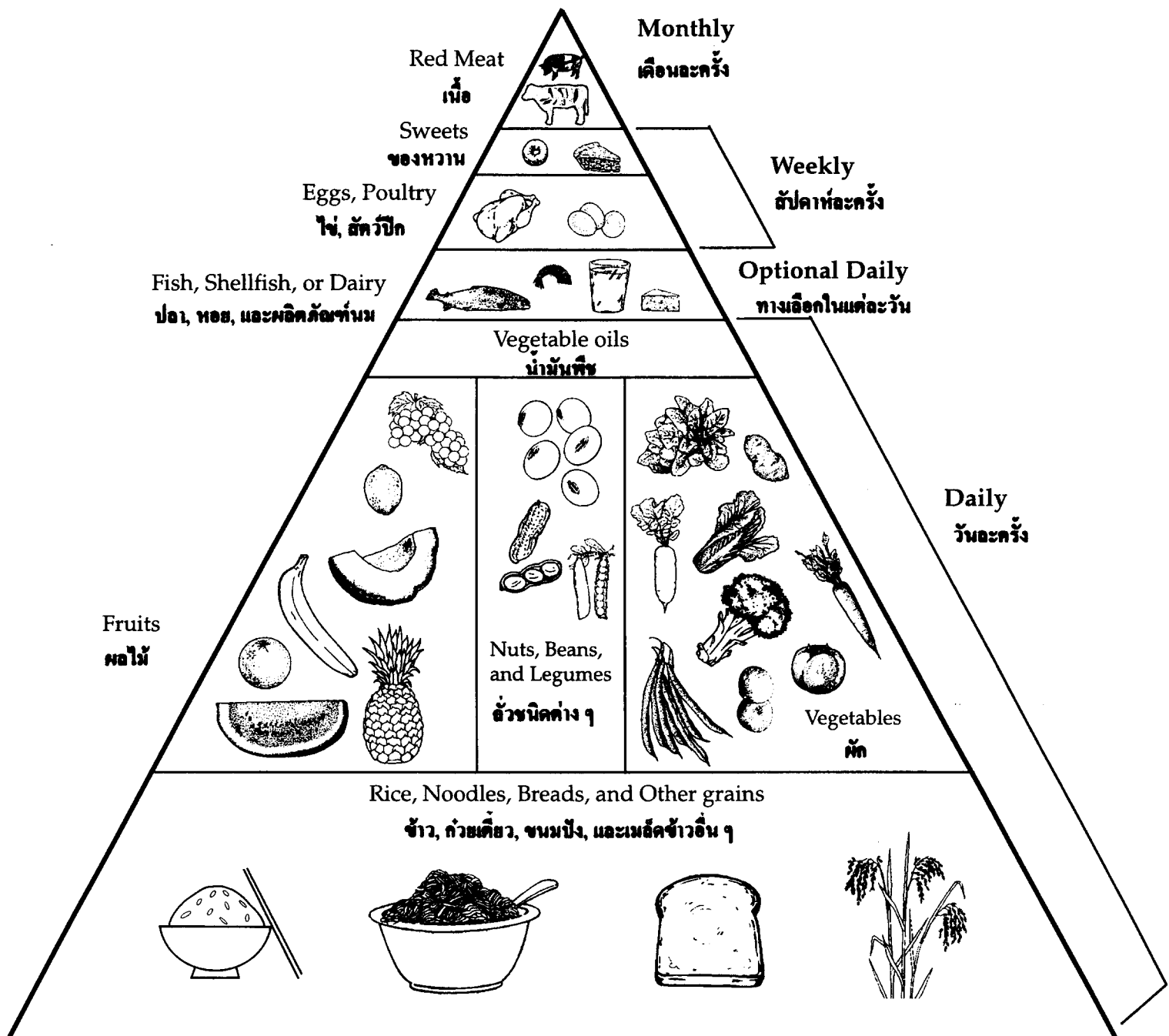


Asian Food Pyramid

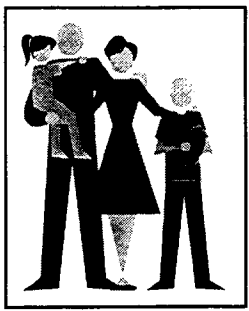
(ปิรามิดอาหารแบบเอเชีย)

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Thai Language Version



Better Health Begins With You!

สุขภาพที่ดีขึ้นเริ่มต้นที่คุณ

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

รับประทานขนมปังไขมันต่ำ, ซีเรียล, ข้าว, หรือเส้นพาสต้า 6-11 ที่ในแต่ละวัน เช่น เลือกข้าวโอ๊ตสำหรับมื้อเช้า, แซนวิชสำหรับมื้อกลางวัน, และข้าวสวยสำหรับมื้อเย็น

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

รับประทานผักและผลไม้ 5 ที่ ทุกวัน เช่น ดื่มน้ำส้มคั้นสำหรับมื้อเช้า, สลัดสำหรับมื้อกลางวัน ส่วนมื้อเย็นรับประทานถั่วเขียว, มันฝรั่งต้ม, และองุ่น

3. Drink at least 8 glasses of pure, fresh water every day.

ดื่มน้ำสะอาดอย่างน้อย 8 แก้วทุกวัน

4. Eat lean, low-fat meats, such as chicken or fish.

รับประทานเนื้อที่มีไขมันต่ำ เช่น ไก่หรือปลา

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

เลือกผลิตภัณฑ์นมที่มีไขมันต่ำหรือปราศจากไขมัน เช่น นมไขมันต่ำ และ โยเกิร์ตแช่แข็ง

6. Limit your intake of sweets and alcoholic beverages.

จำกัดการบริโภคของหวานและเครื่องดื่มมีแอลกอฮอล์

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ออกกำลังกายเป็นประจำทุกวัน เช่น เดิน, เต้นรำ, หรือ เล่นกีฬา

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ใช้น้ำมันพืชหรือน้ำมันคาโนลาแทนน้ำมันจากไขมันสัตว์ในการประกอบอาหาร เพราะน้ำมันพืชไม่มีคอเลสเตอรอลผสมอยู่

Thai Language Version

These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service. For more information, call (404) 651-2542.



The Food Pyramid

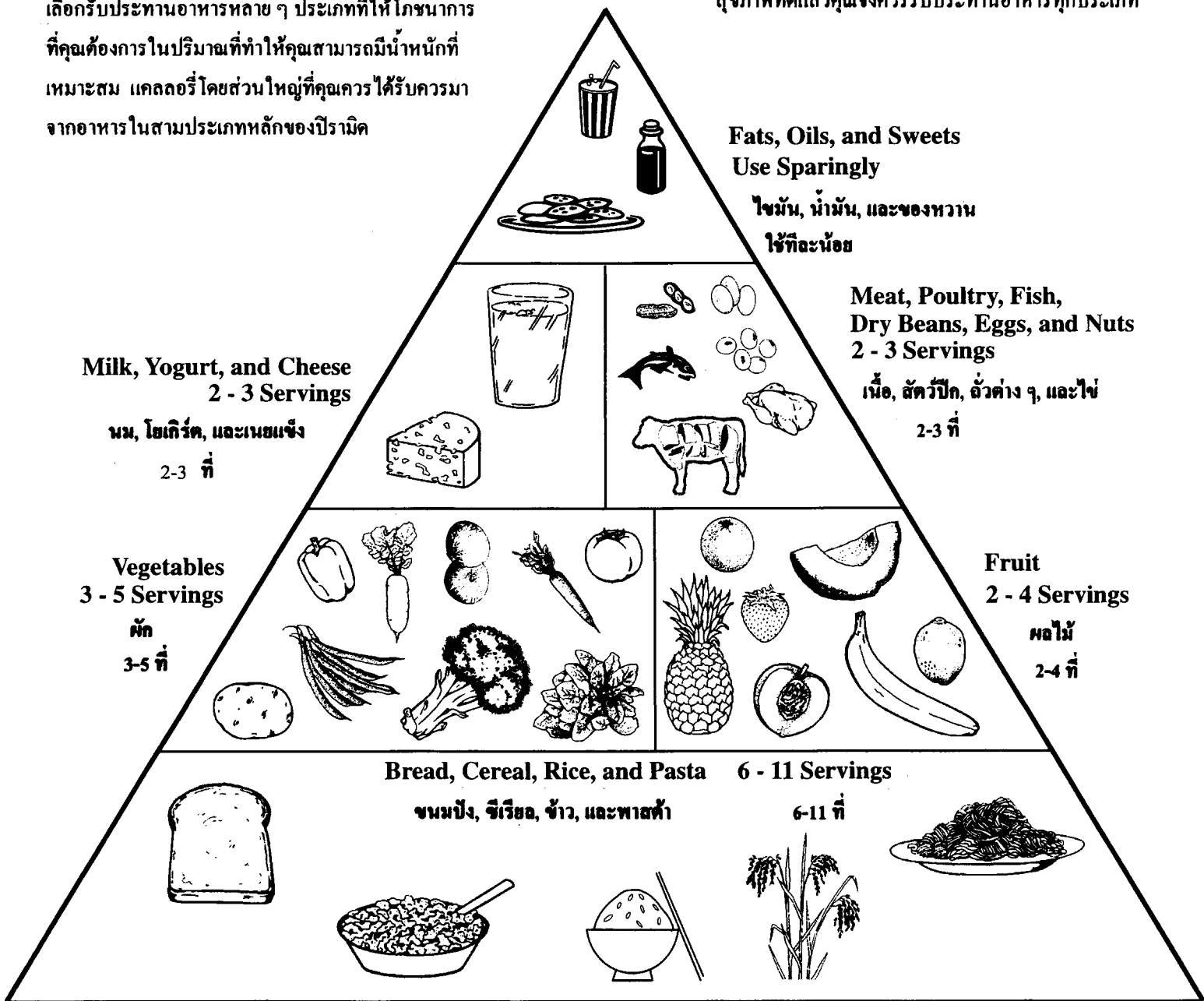
(ปิรามิดอาหาร)

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

ปิรามิดอาหารเป็นแนวทางทั่วไปที่ทำให้คุณสามารถเลือกรับประทานอาหารที่ถูกต้องและถูกสุขลักษณะ โดยเลือกรับประทานอาหารหลาย ๆ ประเภทที่ให้โภชนาการที่คุณต้องการในปริมาณที่ทำให้คุณสามารถมีน้ำหนักที่เหมาะสม แคลลอรี่โดยส่วนใหญ่ที่คุณควรได้รับควรมาจากอาหารในสามประเภทหลักของปิรามิด

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

อาหารในแต่ละประเภทให้โภชนาการบางส่วน แต่ไม่ใช่ทั้งหมดที่คุณควรได้รับ ดังนั้นอาหารในประเภทหนึ่งจึงไม่สามารถทดแทนอาหารในอีกประเภทหนึ่งได้ และไม่มีอาหารประเภทไหนที่สำคัญกว่าอาหารประเภทอื่น สำหรับสุขภาพที่ดีแล้วคุณจึงควรรับประทานอาหารทุกประเภท



Thai Language Version



Good Food for Kids

อาหารที่ดีสำหรับเด็ก

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

แร่แคลเซียมจำเป็นสำหรับการเติบโตและพัฒนาการทางกระดูก ซึ่งพบมากในนม, โยเกิร์ต, ปลาที่มีกระดูก, และผักใบสีเขียวแก่ เช่น บรอกคอลลี

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

แร่เหล็กช่วยร่างกายในการสร้างพลังงาน ซึ่งพบได้ในเนื้อสีแดง, สัตว์ปีก, ปลา และถั่ว

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

วิตามินเอและวิตามินซีมีมากในแครอท, ผักขม, ผลไม้ และผัก วิตามินเอสำคัญต่อการมีสายตาและผิวหนังที่ดี วิตามินซีช่วยให้เหงือกแข็งแรงและป้องกันการติดเชื้อ

4. Energy is important and comes from breads, rice, cereal, and pasta.

พลังงานเป็นสิ่งสำคัญ ซึ่งพบมากในขนมปัง, ข้าว, ซีเรียล, และเส้นพาสต้า

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

เลือกรับประทานของว่างที่มีประโยชน์ เช่น ผลไม้, ผัก, ผลิตภัณฑ์นม และถั่ว สิ่งเหล่านี้มีคุณค่าทางอาหาร และเหมาะสมสำหรับฟันของเด็กมากกว่าโซดา, ขนมคบเคี้ยว และของหวาน

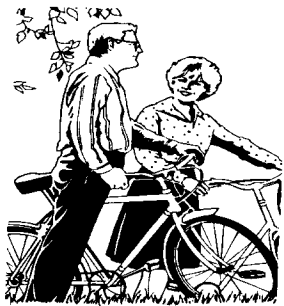
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

การออกกำลังกายในแต่ละวันเป็นสิ่งสำคัญสำหรับเด็ก ซึ่งจะช่วยให้เขาเติบโตอย่างแข็งแรง และมีสุขภาพที่สมบูรณ์

Thai Language Version

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service. For more information call (404) 651-2542.





Better Nutrition for Mature Adults

โภชนาการที่ดีขึ้นสำหรับผู้ใหญ่

1. Drink 6 - 8 glasses of water every day.

ดื่มน้ำ ๖-๘ แก้ว ทุกวัน

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

รับประทานอาหารที่อุดมไปด้วยแคลเซียม เช่น นม, เนยแข็ง, โยเกิร์ต, ปลาที่มีกระดูก และผักใบเขียวแก่ เช่น บรอกคอลลี แคลเซียมช่วยในการมีกระดูกที่แข็งแรง

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

รับประทานผักและผลไม้สด เช่น แครอทและส้ม เพื่อให้ได้วิตามินเอและ วิตามินซี วิตามินเอมีประโยชน์ต่อสายตาและผิวหนัง วิตามินซีช่วยให้เหงือกแข็งแรงและป้องกันการติดเชื้อ

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

รับประทานอาหารที่อุดมไปด้วยแร่เหล็ก ซึ่งช่วยร่างกายในการเผาผลาญอาหาร แร่เหล็กมีมากในเนื้อ, สัตว์ปีก, ปลา, และถั่วชนิดแห้งต่างๆ

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

เนื้อ, อาหารทะเล, และสัตว์ปีก ช่วยทำให้ร่างกายลดการขาดแร่สังกะสี ซึ่งเป็นประโยชน์ในการทำให้บาดแผลหายเร็วขึ้น

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

ออกกำลังกายอย่างสม่ำเสมอ โดยเฉพาะกิจกรรมกลางแจ้ง เพราะร่างกายจะได้รับวิตามินดีจากแสงแดด

Thai Language Version

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Better Health for Mother and Baby

สุขภาพที่ดีขึ้นสำหรับมารดาและบุตร

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

หลีกเลี่ยงเครื่องดื่มมีแอลกอฮอล์และคาเฟอีน เช่น กาแฟและเครื่องดื่มชนิดไม่มีแอลกอฮอล์

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

รับประทานอาหารที่มีแคลเซียมทุกวัน เช่น นม, เนย, โยเกิร์ต, ปลาที่มีกระดูก, และผักใบเขียวแก่

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

รับประทานเนื้อ, ปลา, ไข่ หรือถั่วชนิดแห้ง ๒-๓ ที่ ทุกวันเพื่อให้ได้โปรตีน

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

รับประทานผักและผลไม้อย่างน้อย ๕ ที่ ทุกวัน เพื่อให้ได้วิตามินและเกลือแร่ ตัวอย่างเช่น ผ่ากล้วยผสมลงในซีเรียลมื้อเช้า, รับประทานอาหารกลางวันพร้อมกับแครอทหรือผักขึ้นฉ่าย และรับประทานของหวาน เช่น แอปเปิ้ล ส่วนอาหารเย็นเลือกรับประทานบรอกคอลลีและสลัด

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

รับประทานข้าว, ขนมปัง, หรือ ข้าวสีน้ำตาล เพื่อการมีสุขภาพที่แข็งแรง

6. See your doctor early in your pregnancy.

ปรึกษาแพทย์ตั้งแต่ระยะเริ่มแรกของการตั้งครรภ์

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

ควรจะมีน้ำหนักเพิ่มขึ้นในระดับที่เหมาะสมในช่วงระยะเวลาการตั้งครรภ์

สำหรับผู้หญิงส่วนใหญ่ น้ำหนักจะเพิ่มขึ้นประมาณ ๒๕-๓๕ ปอนด์

หรือปรึกษาแพทย์เพื่อขอคำแนะนำ

Thai Language Version

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The Food Pyramid

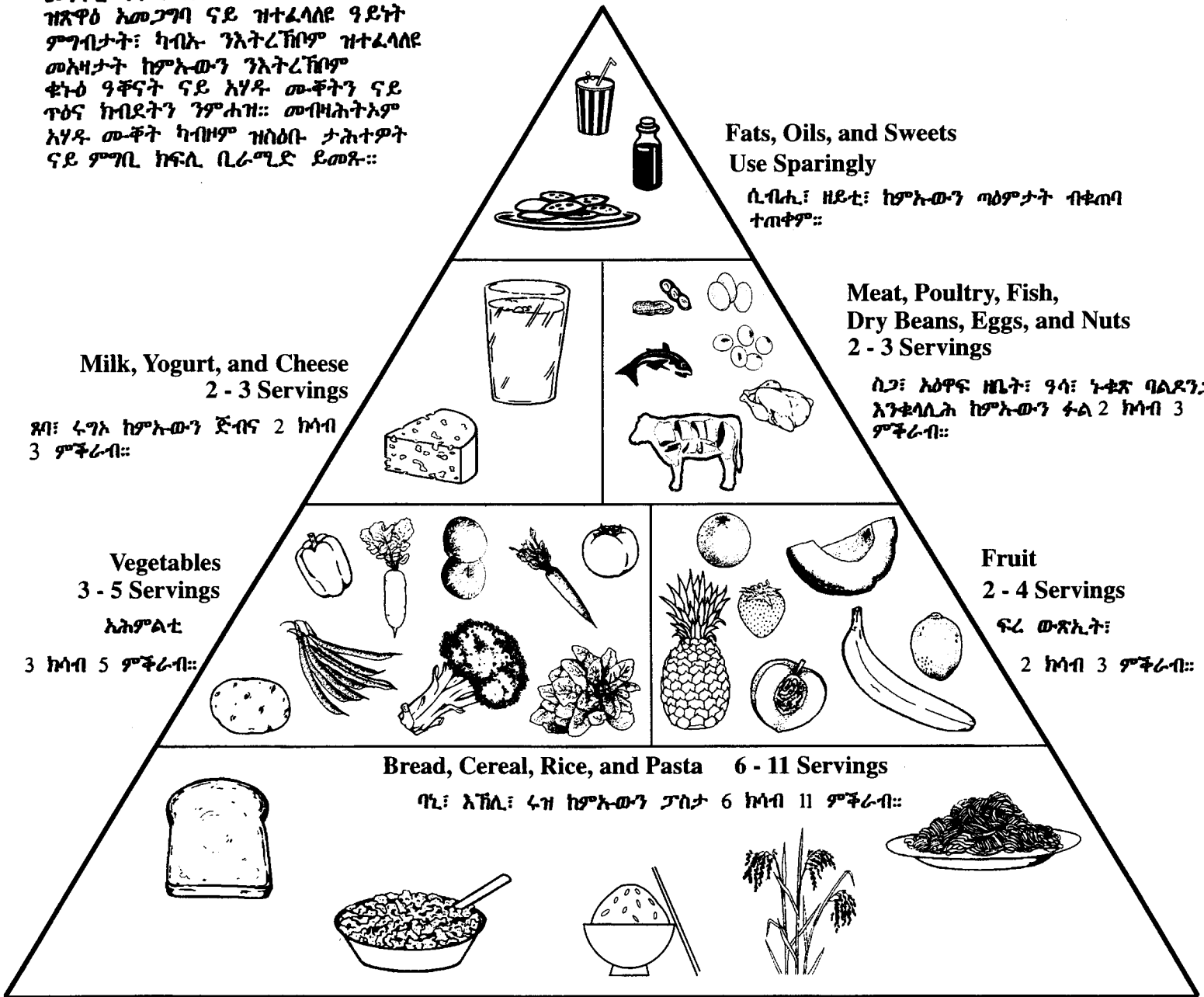
ናይ ምግብ ቢራሚድ

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

ናይ ምግብ መምሪሒ ቢራሚድ በጠቅላላው መምሪሒ ናብቲ ቁነዕ አማራጺ ናይ ጥዕና ምግብ ዝመርኦ ቁነዕ መንገዲ ንዓኻ እዩ። ቢራሚድ ዝጸዋዕ አመጋግብ ናይ ዝተፈላለዩ ዓይነት ምግብታት፣ ካብኡ ንእትረኽቡም ዝተፈላለዩ መአዛታት ከምኡውን ንእትረኽቡም ቁነዕ ዓቕናት ናይ አሃዳ መቐትን ናይ ጥዕና ክብደትን ንምሓዝ። መብዛኢትአም አሃዳ መቐት ካብዞም ዝሰዕቡ ታሕተዎት ናይ ምግብ ክፍሊ ቢራሚድ ይመዱ።

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

ካብዞም ጉጅሊታት፣ ኩሉም ዘይኮነስ ቁሩብ ካብቲ እትደልዮ መአዛታት ይህቡኻ። ሓዲ ዓይነት ናይ ምግብ ጉጅሊ ግን ነቲ ሓዲ ዓይነት ይትክእ ማለት አይኮነን። ከምኡውን ሓዲ ዓይነት ናይ ምግብ ጉጅሊ ካብቲ ካልእ ዝበልጸሉ አብነት የልቡን። ንጸብቕ ጥዕና ኩሉም ጉጅሊታት የድልዩኻ።



Fats, Oils, and Sweets
Use Sparingly

ሲብሒ፣ ዘይቲ፣ ከምኡውን ጣዕምታት ብቁጠባ ተጠቀም።

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts
2 - 3 Servings

ሲጋ፣ አዕዋና ዘቤት፣ ዓሳ፣ ነቁጽ ባልደንጋ፣ እንቁላሊት ከምኡውን ፉል 2 ክሳብ 3 ምቕራብ።

Milk, Yogurt, and Cheese
2 - 3 Servings

ጸባ፣ ፋግኦ ከምኡውን ጅብና 2 ክሳብ 3 ምቕራብ።

Vegetables
3 - 5 Servings
አኢምላቲ

3 ክሳብ 5 ምቕራብ።

Fruit
2 - 4 Servings
ፍረ ውጽኢት፣

2 ክሳብ 3 ምቕራብ።

Bread, Cereal, Rice, and Pasta 6 - 11 Servings

ባሲ፣ እኽሊ፣ ፋዝ ከምኡውን ፓሲታ 6 ክሳብ 11 ምቕራብ።



Better Health Begins With You!

ዝህልዳ ጥዕና ባኣኻ ይጀምር

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

እብ መጻላቲ ካብ 6 ጅሳብ 11 ዝተኣተ ስቢሒ ዘለዎ ባህ : እኸሊ : ፋዝ ወይ ካእ ፓሲታ ብጎ። ንመዘኻኸሪ ዝኣኣኣ ኮሞ እኸሊ ንቆርሲ : እምቡቲቶ ንምላሕ : ኮሞኡ ውን ንዚይኑ ዝበሰሰ ፋዝ (ብዘይ ትመጻ ትመም) ንድራር ምረጽ ።

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

እብ መጻላቲ ካብ 5 ዘይውሕድ ፍረ-ውጽኢት : ኣእምላቲ ተመዝብ ። ንምጥቃስ ዝኣኣኣ : ጽግቓ ናይ ብርቱኢን እብ ግዜ ቁርሲ ምስታይ : ሰላግ እብ ግዜ ምላሕ ምብላ። ኮሞእውን ባልደገጋን : ዝበሰሰ ድንጎን : ዘቢብን እብ ግዜ ድራር ምዝውታር ።

3. Drink at least 8 glasses of pure, fresh water every day.

ብዘየሓደ እብ መጻላቲ 8 ብርጭቆ ጽፋይ ማይ ምስታይ ።

4. Eat lean, low-fat meats, such as chicken or fish.

ዝወኣደ ስቢሒ ዘለዎ ስጋ ብጎ። ንኣብነት ኮሞ ደርህ : ዓላ ።

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ዝወኣደ ወይኣኣ ስቢሒ ዘይብሉ ናይ ጸባ ውጽኢት ምረጽ ። ንኣብነት ኣጅቦ : ኮሞኡ-ውን ድሰኩላ ርግኣ ።

6. Limit your intake of sweets and alcoholic beverages.

ንእትወሲዶ ምቁር : ኣልኮህላ ዘለዎ መስተን ዓቕን ።

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ናይ ሰውነት ምንቅሊቻስ እብ ዕለታዊ ናብራኻ ኣዘውትር ። ንኣብነት ኮሞ ምኻድ : ምስህላ። ኮሞኡ ውን ምጽዋት ።

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ክትክሽን እንክሉኻ : እብ ክንዲ ካብ ናይ እንጎሳ : ካብ ናይ ኣእምላቲ ዝወጸ ዘይቲ ተጠቐም : ምኸንያቲ ካብ ስቢሒ ነጻ ብሙጂኑ ።

Tigrinian Language Version

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Better Nutrition for Mature Adults

ዝብላጽ ምግብ ንመንጎሳዎት

1. Drink 6 - 8 glasses of water every day.

6 ክፍለ 8 ብርጭቆ ሜ ዓይ መጻፍት ስተ ::

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

አብ መጻፍታዊ ምግብኻ : ብጠብሒ ካልዩም ዝሓዘሎ ምግብ : ኮም ጸባ : ድብና : ርግኦ : ዓላ ምስ ዓጽሙ : እሕምላቲ ኮም ስደና ተጠቀም :: ካልዩም ፕንኩር ዓጽሚ ንኸትሃንጽ ይሕግዞ ::

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

ብጠብሒ ፍራውጽኢት : እሕምላትን ብምጠጎፊ : ሺታሚን-ኤይ : ኮምኡ ውን ሺታሚን-ሲ : ንኸትረከብ ይሕግዞ :: ንአብነት : ኮም ካሮቲን : ብርትኒን ሺታሚን-ኤይ ዝሓዘሎ ምግብ ንዓይኒን : ቆርቦትን ይጠቅም :: ሺታሚን-ሲ ዝሓዘሎ ምግብ ካእ ንደርጊ ስኒን : ኮምኡ ውን ክብ አጥቃዕቲ ሕጻናት ይጠገሉልካ ::

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

ዝለዓለ ሓዲን (አደርን) ዘለዎ ምግብ እዘውትር :: እዚ ካእ : አብ ሰውነትካ ሓዲ ንኸትረከብ ይሕግዞ :: ሓዲን (አደርን) ብጠብሒ አብ ቀይሕ ስጋ : ክብ አዕዋፍ-ዘቤት ዝርከብ ስጋ : ዓላ : ኮምኡ ውን : አብ ዝጥቅጽ ባልደንጋ : ደርኮብ ::

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

ብጠቅጠላ : ስጋ : ናይ ባሕሪ ስጋ : ኮምኡ ውን : ክብ አዕዋፍ-ዘቤት ዝርከብ ስጋ : አብ መጻፍታዊ ምግብኻ እዘውትር :: እዚ ካእ ክብ ናይ ዚንክ ውሕደት ይጠገሉልካ :: ዚንክ : ንዝጥጎ ዓይነት ቁጠሊ አብ ሰውነትካ ብዝቆላጠፈ ንኸኣውይ ይሕግዞ ::

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

መጻፍታዊ ናይ ሰውነት ምንቅስቃስ እዘውትር :: ምንቅስቃስኻ አብ ኅልጎል ንኸኸውን ምረጽ :: ምኸንያቲ : ሰውነትካ ናይ ጸሓይ መቐት ብምርካብ : ሺታሚን-ዲ ንኸትረከብ ይሕግዞ ::

Tigrinian Language Version

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Better Health for Mother and Baby

ዝብላጽ ጥዕና ፡ ነደን ፣ ውሳድን

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

ካብ አልኮሎል ፡ ካፈሪን ዘለዎ መስተታት ተቐጠሊ ።

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

ካልሲየም ዝሓዘ ምግብ ኣብ ዕለታዊ ምግብኺ ኣዘውትሪ ። እዚ ኻእ ኮም ጸባ ፣ ጅብና ፣ ርግእ ፣ ዓላ ምስ ዓጽሙ ፣ ኮምኡ ውን ቀጠል ኣትምልቲ ።

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

ካብ 2 ክሳብ 3 ናይ ስጋ ፣ ዓላ ፣ እንቁሊሕ ወይ ካእ ፣ ንጽጽ ባልደንጋ ኣብ ዕለታዊ ምግብኺ ኣዘውትሪ ። እዚ ካእ ፕሮቲን ንኸትረኽቢ ይትግዘኪ ።

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

ብውሓድ ፡ 5 ፍራውጽኢት ፣ ኣትምልቲ ፣ ኣብ ዕለታዊ ምግብኺ ኣዘውትሪ ። እዚ ካእ ፡ ቪታሚን ፣ ሚኒራልን ንኸትረኽቢ ይትግዘኺ ። ንኣብነት ንእብተይ ቁራጽ ሙዝ (ቡና) ፣ ኣብ ልዕሊ እኽቢ ፣ ኣብ ናይ ንግሥ ቁርብኺ ፣ ኮምኡ ውን ተተሕ ፣ ኣብ ናይ ድሕሪ ቀትሪ ጠግሞትኪ ፣ ብተወሳኺ ፣ ካርቲ ወይ ስደኖ ፣ ኣብ ግዜ ምላሕ ፣ ካውሎ-ፍሮሪን ፣ ሰላግን ፣ ካእ ኣብ ግዜ ድራር ።

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

ካብ 6 ክሳብ 11 ፡ ኣብ ዕለታዊ ምግብኺ ፡ ስም ኣዘውትሪ ። እዚ ካእ ፡ ቀንዲ ጥቕሙ ፣ ጥዕናን ፣ ሓይልን ይህብኪ ። ኮምኡ ውን ፡ ናይ ስም ባሊ ፣ ናይ ቡናዊ ፋዝ የጠቓልል ።

6. See your doctor early in your pregnancy.

ኣብ መጀመርያ ናይ ጥንኳኺ ግዜ ፡ ናብ ደክተርኪ ብጽሑ ።

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

ኣብ ግዜ ጥንኳኺ ፡ እቲ ናይ ሰውነትኪ ክበደት ምውሳኽ መጠኑ ምዃን ኣረጋግጺ ። ንመጠክትሉን ደቂ ኣጎትዮ ፡ እቲ ክበደት ኣብ ምሃን 25 ክሳብ 35 ፓውንድ እዩ ። ጠቆላ እዚ ፡ ካብ ደክተርኪ ሓብራታ ንኸትረኽቢ ጸግሪ ።

Tigrinian Language Version

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Good Food for Kids

ዝበለጸ ምግብ ንቕልዑ

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

አዕጽምቲ ንኸድልድሉን ፡ ሰውነት ንኸህጽን ፡ ካልቡም የድልቡም ። እዚ ካእ ካብ ጸብ ፡ ርግሕ ፡ ዓሳ ምስ ዓጽሙ ፡ አሕምልቲ ደርከቡ ። ንአብነት ከም እኒ ሰደኖ ።

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

ሓዲን (አደርን) ንሰውነት ሓዲሊ ንክፈጥር ይሕግዞ ። እዚ ካእ ፡ ካብ ቀይሕ ሰጋ ፡ አዕዋፍ-ዘቤት ፡ ዓሳ ፡ ከምኡ ውን ፡ ካብ ንቕጽ ባልደንጋ ንረኸቦ ።

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

ካርቲ ፡ ሰፒናት (ዕይነት ሓምሊ) ፡ ፍራ-ጽግታ ፡ ከምኡ ውን ፡ አሕምልቲ ፡ ዝለዓለ ቪታሚን-ኤይን ፡ ቪታሚን-ሲን ሓምሊ ደርከቡ ። ቪታሚን-ኤይ ፡ ዓይነ ብቅነዕ ንኸርእ ፡ ከምኡ ውን ጥዕና ዘለዎ ቆርብት ንክህልዎን ይሕግዞን ። ቪታሚን-ሲ ካእ ፡ ጥዕና ዘለዎ ደርጊ ሰጊ ንክህልዎን ይሕግዞን ። ከምኡ ውን ካብ ዝሆነ አጥቃፂ ዓይነት ሕጻናት ፡ ንምክልኻል ይጠቓመክ ።

4. Energy is important and comes from breads, rice, cereal, and pasta.

ናይ ሰውነት ሓዲሊ ፡ ቀንዲ ተደላይ እዩ ። እዚ ካእ ካብ ባጊ ፡ ፍዝ ፡ እኸሊ ፡ ከምኡ ውን ካብ ፓሰታ ትረኸቦ ።

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

ጥዕና ዝህቡ ጠገታት ምረጽ ። ንአብነት ከም እኒ ፍራ-ጽግታ ፡ አሕምልቲ ፡ ውጽኢት ናይ አዕዋፍ-ዘቤት ፡ ከምኡ ውን ፋል ። ንቕልዑ ዝጠቓሙ ብዙሕ ጥዕና ዝህቡ መግብታት አለው ። ካብ ንአሰናኖም ዘጠጡ ዓይነት መግቢ ምሃብ ተቐጠብ ። ንአብነት ከም ቅልው-ደንኸ ፡ ኮረጫላ ፡ ከምኡ ውን ጋዝ ዘለዎም ምቁር መሰተታት ።

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

መዓልታዊ ናይ ሰውነት ምንቅሊቻን ንቕልዑ አደጋይ እዩ። እዚ ካእ ፡ ሰውነትም ደልዲሉ ፡ ብጥዕና ንኸገብዩ ይሕግዞም ።

Tigrinian Language Version

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Better Health Begins With You!

ዝህልዳ ጥዕና ባኣኻ ይጀምር

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

እብ መጻላቲ ካብ 6 ጅሳብ 11 ዝተኣተ ስቢሒ ዘለዎ ባህ : እኸሊ : ፋዝ ወይ ካእ ፓሲታ ብጎ። ንመዘኻኸሪ ዝኣኣኣ ኮሞ እኸሊ ንቕርሲ : እምቡቲቶ ንምላሕ : ኮሞኡ ውን ንዚይኑ ዝበሰሰ ፋዝ (ብዘይ ትመጻ ትመም) ንድራር ምረጽ ።

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

እብ መጻላቲ ካብ 5 ዘይውሕድ ፍረ-ውጽኢት : ኣእምላቲ ተመዝብ ። ንምጥቃስ ዝኣኣኣ : ጽግቓ ናይ ብርቱኢን እብ ግዜ ቁርሲ ምስታይ : ሰላግ እብ ግዜ ምላሕ ምብላ። ኮሞእውን ባልደገጋን : ዝበሰሰ ድንጎን : ዘቢብን እብ ግዜ ድራር ምዝውታር ።

3. Drink at least 8 glasses of pure, fresh water every day.

ብዘየሓደ እብ መጻላቲ 8 ብርጭቆ ጽፋይ ማይ ምስታይ ።

4. Eat lean, low-fat meats, such as chicken or fish.

ዝወኣደ ስቢሒ ዘለዎ ስጋ ብጎ። ንኣብነት ኮሞ ደርህ : ዓላ ።

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ዝወኣደ ወይኣኣ ስቢሒ ዘይብሉ ናይ ጸባ ውጽኢት ምረጽ ። ንኣብነት ኣጅቦ : ኮሞኡ-ውን ድሰኩላ ርግኣ ።

6. Limit your intake of sweets and alcoholic beverages.

ንእትወሲዶ ምቁር : ኣልኮህላ ዘለዎ መስተን ዓቕን ።

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ናይ ሰውነት ምንቅሊቻስ እብ ዕለታዊ ናብራኻ ኣዘውትር ። ንኣብነት ኮሞ ምኻድ : ምስህላ። ኮሞኡ ውን ምጽዋት ።

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ክትክሽን እንክሉኻ : እብ ክንዲ ካብ ናይ እንጎሳ : ካብ ናይ ኣእምላቲ ዝወጸ ዘይቲ ተጠቓም : ምኸንያቲ ካብ ስቢሒ ነጻ ብሙጂኑ ።

Tigrinian Language Version

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The Food Pyramid

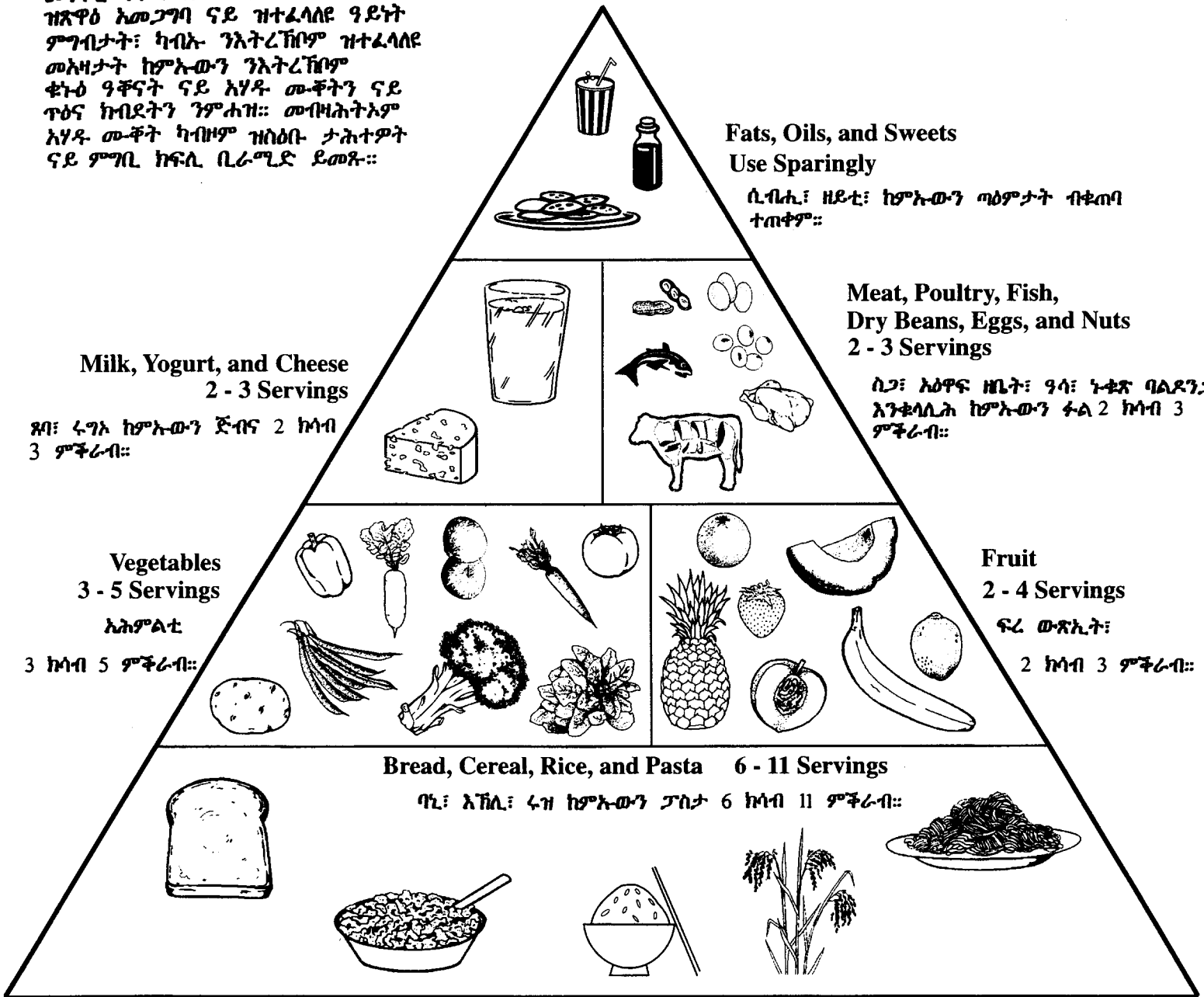
ናይ ምግብ ቢራሚድ

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

ናይ ምግብ መምሪሒ ቢራሚድ በጠቅላላው መምሪሒ ናብቲ ቁኑዕ አማራጺ ናይ ጥዕና ምግብ ዝመርኡ ቁኑዕ መንገዲ ንዓኻ እዩ። ቢራሚድ ዝጸዋዕ አመጋግብ ናይ ዝተፈላለዩ ዓይነት ምግብታት፣ ካብኡ ንእትረኽቡም ዝተፈላለዩ መአዛታት ከምኡውን ንእትረኽቡም ቁኑዕ ዓቕናት ናይ አሃዱ መቐትን ናይ ጥዕና ክጠይቡን ንምሓዝ። መብዛኡትአም አሃዱ መቐት ካብዞም ዝሰዕቡ ታሕተዎት ናይ ምግብ ክፍሊ ቢራሚድ ይመዱ።

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

ካብዞም ጉጅሊታት፣ ኩሉም ዘይኮነስ ቁሩብ ካብቲ እትደልዮ መአዛታት ይህቡኻ። ሓደ ዓይነት ናይ ምግብ ጉጅሊ ግን ነቲ ሓደ ዓይነት ይትክእ ማለት አይኮነን። ከምኡውን ሓደ ዓይነት ናይ ምግብ ጉጅሊ ካብቲ ካልእ ዝበልጸሉ አብነት የልቡን። ንጸቡቕ ጥዕና ኩሉም ጉጅሊታት የድልዩኻ።



Fats, Oils, and Sweets
Use Sparingly

ሲብሒ፣ ዘይቲ፣ ከምኡውን ጣዕምታት ብቁጠባ ተጠቀም።

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts
2 - 3 Servings

ሲጋ፣ አዕዋፍ ዘቤት፣ ዓሳ፣ ኑቱጽ ባልደንጋ፣ እንቁላሊት ከምኡውን ፉል 2 ክሳብ 3 ምቕራብ።

Milk, Yogurt, and Cheese
2 - 3 Servings

ጸባ፣ ፋግኦ ከምኡውን ጅብና 2 ክሳብ 3 ምቕራብ።

Vegetables
3 - 5 Servings
አካምላቲ

3 ክሳብ 5 ምቕራብ።

Fruit
2 - 4 Servings
ፍረ ውጽኢት፣

2 ክሳብ 3 ምቕራብ።

Bread, Cereal, Rice, and Pasta 6 - 11 Servings

ባሲ፣ እኽሊ፣ ፋዝ ከምኡውን ፓሲታ 6 ክሳብ 11 ምቕራብ።



Good Food for Kids

ዝበለጸ ምግብ ንቕልዑ

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

አዕጽምቲ ንኸድልድሉን ፡ ሰውነት ንኸህጽን ፡ ካልቡም የድልቡም ። እዚ ካእ ካብ ጸብ ፡ ርግሕ ፡ ዓሳ ምስ ዓጽሙ ፡ አሕምልቲ ደርከቡ ። ንአብነት ከም እኒ ሰደኖ ።

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

ሓዲን (አደርን) ንሰውነት ሓዲሊ ንክፈጥር ይሕግዞ ። እዚ ካእ ፡ ካብ ቀይሕ ሰጋ ፡ አዕዋፍ-ዘቤት ፡ ዓሳ ፡ ከምኡ ውን ፡ ካብ ንቕጽ ባልደንጋ ንረኸቦ ።

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

ካርቲ ፡ ሰፒናት ሠይነት ሓምሊ) ፡ ፍራ-ጽግታ ፡ ከምኡ ውን ፡ አሕምልቲ ፡ ዝለዓለ ቪታሚን-ኤይን ፡ ቪታሚን-ሲን ሓምሊ ደርከቡ ። ቪታሚን-ኤይ ፡ ዓይነ ብቅነዕ ንኸርእ ፡ ከምኡ ውን ጥዕና ዘለዎ ቆርብት ንክህልዎን ይሕግዞን ። ቪታሚን-ሲ ካእ ፡ ጥዕና ዘለዎ ደርጊ ሰጊ ንክህልዎን ይሕግዞን ። ከምኡ ውን ካብ ዝሆነ አጥቃፂ ዓይነት ሕጻናት ፡ ንምክልኻል ይጠቓመክ ።

4. Energy is important and comes from breads, rice, cereal, and pasta.

ናይ ሰውነት ሓዲሊ ፡ ቀንዲ ተደላይ እዩ ። እዚ ካእ ካብ ባጊ ፡ ፍዝ ፡ እኸሊ ፡ ከምኡ ውን ካብ ፓሰታ ትረኸቦ ።

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

ጥዕና ዝህቡ ጠገታት ምረጽ ። ንአብነት ከም እኒ ፍራ-ጽግታ ፡ አሕምልቲ ፡ ውጽኢት ናይ አዕዋፍ-ዘቤት ፡ ከምኡ ውን ፋል ። ንቕልዑ ዝጠቓሙ ብዙሕ ጥዕና ዝህቡ መግብታት አለው ። ካብ ንአሰናኖም ዘጠቡ ዓይነት መግብ ምሃብ ተቐጠብ ። ንአብነት ከም ቅልው-ደንኽ ፡ ኮረጫላ ፡ ከምኡ ውን ጋዝ ዘለዎም ምቁር መሰተታት ።

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

መዓልታዊ ናይ ሰውነት ምንቅሊቻን ንቕልዑ አድላይ እዩ። እዚ ካእ ፡ ሰውነትም ደልዲሉ ፡ ብጥዕና ንኸገብዩ ይሕግዞም ።

Tigrinian Language Version

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Better Nutrition for Mature Adults

ዝጠለጸ ምግብ ንመንእሲያት

1. Drink 6 - 8 glasses of water every day.

6 ክፍለ 8 ብርጭቆ ሚይ ኣብ መዓልቲ ስተ ::

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

ኣብ መዓልታዊ ምግብኻ : ብጠብሒ ካልዩም ዝሓዘሉ ምግብ : ኮም ጸብ : ድብና : ርግኣ : ዓሳ ምስ ዓጽሙ : ኣሕምልቲ ኮም ስደና ተጠቀም :: ካልዩም ፕንኩር ዓጽሚ ንኸትሃንጽ ይሕግዞ ::

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

ብጠብሒ ፍራውጽኢት : ኣሕምልትን ብምጠጎፊ : ሺታሚን-ኤይ : ኮምኡ ውን ሺታሚን-ሲ : ንኸትረክብ ይሕግዞ :: ንኣብኣት : ኮም ካሮቲን : ብርትኒን ሺታሚን-ኤይ ዝሓዘሉ ምግብ ንዓይኒን : ቆርቦትን ይጠቀም :: ሺታሚን-ሲ ዝሓዘሉ ምግብ ካኣ ንደርጊ ስኒን : ኮምኡ ውን ክብ ኣጥቃዕቲ ሕጻናት ይጠቐሙ ::

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

ዝለዓለ ሓዲን (ኣደርን) ዘለዎ ምግብ ኣዘውትር :: ኣዚ ካኣ : ኣብ ሰውነትካ ሓዲ ንኸትረክብ ይሕግዞ :: ሓዲን (ኣደርን) ብጠብሒ ኣብ ቀይሕ ስጋ : ክብ ኣዕዋፍ-ዘቤት ዝርከብ ስጋ : ዓሳ : ኮምኡ ውን : ኣብ ዝጥቀስ ባልደንጋ : ደርኮብ ::

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

ብጠቐሙሉ : ስጋ : ናይ ባሕሪ ስጋ : ኮምኡ ውን : ክብ ኣዕዋፍ-ዘቤት ዝርከብ ስጋ : ኣብ መዓልታዊ ምግብኻ ኣዘውትር :: ኣዚ ካኣ ክብ ናይ ዚንክ ውሕደት ይጠቐሙ :: ዚንክ : ንዝጥነ ዓይነት ቁጥሊ ኣብ ሰውነትካ ብዝቐለጠፈ ንክኣውይ ይሕግዞ ::

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

መዓልታዊ ናይ ሰውነት ምንቅሊኻን ኣዘውትር :: ምንቅሊኻን ኣብ ኅልገላ ንክኣውን ምረጽ :: ምኸንያቲ : ሰውነትካ ናይ ጸሓይ መቐት ብምርካብ : ሺታሚን-ዲ ንኸትረክብ ይሕግዞ ::

Tigrinian Language Version

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Better Health for Mother and Baby

ዝብላጽ ጥዕና ፡ ነገን ፣ ውሳድን

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

ካብ አልኮሎል ፡ ካፈሪን ዘለዎ መስተታት ተቐጠሊ ።

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

ካልሲየም ዝሓዘ ምግብ ኣብ ዕለታዊ ምግብኺ ኣዘውትሪ ። እዚ ኻእ ኮም ጸባ ፣ ጅብና ፣ ርግእ ፣ ዓላ ምስ ዓጽመ ፣ ኮምኡ ውን ቀጠል ኣትምልቲ ።

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

ካብ 2 ክሳብ 3 ናይ ስጋ ፣ ዓላ ፣ እንቁሊሕ ወይ ካእ ፣ ንጽጽ ባልደንጋ ኣብ ዕለታዊ ምግብኺ ኣዘውትሪ ። እዚ ካእ ፕሮቲን ንኸትረኽቢ ይትግዘኪ ።

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

ብውሓድ ፡ 5 ፍራውጽኢት ፣ ኣትምልቲ ፣ ኣብ ዕለታዊ ምግብኺ ኣዘውትሪ ። እዚ ካእ ፡ ቪታሚን ፣ ሚኒራልን ንኸትረኽቢ ይትግዘኺ ። ንኣብነት ንእሽተይ ቁራጽ መዝ (ቡና) ፣ ኣብ ልዕሊ እሽሊ ፣ ኣብ ናይ ንግሆ ቁርብኺ ፣ ኮምኡ ውን ተተሕ ፣ ኣብ ናይ ድሕሪ ቀትሪ ጠገምትኪ ፣ ብተወሳኺ ፣ ካርቲ ወይ ስደኖ ፣ ኣብ ግዜ ምላሕ ፣ ካውሎ-ፍሮሪን ፣ ሰላግን ፣ ካእ ኣብ ግዜ ድራር ።

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

ካብ 6 ክሳብ 11 ፡ ኣብ ዕለታዊ ምግብኺ ፡ ስም ኣዘውትሪ ። እዚ ካእ ፡ ቀንዲ ጥቕመ ፣ ጥዕናን ፣ ሓይልን ይህብኪ ። ኮምኡ ውን ፡ ናይ ስም ባሊ ፣ ናይ ቡናዊ ፋዝ የጠቓልል ።

6. See your doctor early in your pregnancy.

ኣብ መጀመርያ ናይ ጥንኳን ግዜ ፡ ናብ ደክተርኪ ብጽሑ ።

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

ኣብ ግዜ ጥንኳን ፡ እቲ ናይ ሰውነትኪ ክበደት ምውሳኽ መጠኑ ምዃን ኣረጋግጺ ። ንመጠነትኣን ደቂ ኣገትዮ ፡ እቲ ክበደት ኣብ ምሃን 25 ክሳብ 35 ፓውንድ እዩ ። ጠቓሚ እዚ ፡ ካብ ደክተርኪ ሓብራታ ንኸትረኽቢ ጸግሪ ።

Tigrinian Language Version

These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service. For more information, call (404) 651-2542.





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Diabetes

Diyabet

Turkish

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Diabetes

Diyabet



What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

Diyabet (Şeker Hastalığı) Nedir? Diyabet (Şeker hastalığı) vücudun insülin hormonunu üretememesi ve iyi bir şekilde kullanamaması neticesinde ortaya çıkan bir hastalıktır.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

İnsülin şeker, nişasta ve diğer besinleri günlük yaşam için gerekli enerjiye dönüştüren bir hormondur.

How is diabetes managed?

Şeker Hastalığı Nasıl Kontrol Edilir?

The management of diabetes has three parts:
Şeker hastalığının kontrolü üç şekilde olur.

- ◆ Healthy Eating
Sağlıklı Yemek
- ◆ Physical Activity
Fiziksel Aktivite
- ◆ Medication (if needed)
İlaç (gerekirse)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

Şeker Hastalığımı Nasıl Kontrol Ederim? Kan şekerinizi (kanda glükoz da denir) ve şeker hastalığınızı sağlıklı yiyerek, kafi miktarda fiziksel aktivite yaparak, ve kilonuzu sağlıklı bir limitte tutarak kontrol altında tutabilirsiniz.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Sağlıklı kilo hem kan yağ oranınızı (kolesterol) hem de tansiyonunuzu kontrolde yardımcı olur.

Many people with diabetes also need to take medicine to help control their blood sugar.

Şeker hastalığı olan çok kimse kandaki şeker miktarını kontrol için ilaç almalıdır.

Eat Healthy

Sağlıklı Yemek

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

Yiyecek Piramidi kılavuzunu kullanarak sağlığa yararlı çeşitli besinler alabilirsiniz. Çeşitli demekle gün de her gruptan besin alınmasını kastediyoruz. Hergün ayrı besin olarak ihtiyacınız olan vitamin ve mineralleri alırsınız.

Here is an example of getting a variety of foods each day.
Aşağıda hergün alacağınız besin çeşitlerinden bir örnek görüyorsunuz.



	Day 1	Day 2
	1. Gün	2. Gün
Grains:	tortilla	brown rice
Tahillar:	tortilla (meksika pidesi)	esmer pirinç
Fruit:	apple	mango
Meyva:	elma	mango
Vegetable:	broccoli	tomatoes
Sebze:	brokoli	domates
Dairy:	milk	yogurt
Süt ürünleri:	süt	yoğurt
Protein:	chicken	beans
Protein:	tavuk	baklagil (fasülye, nohut, mercimek)

Eat From all the Food Groups

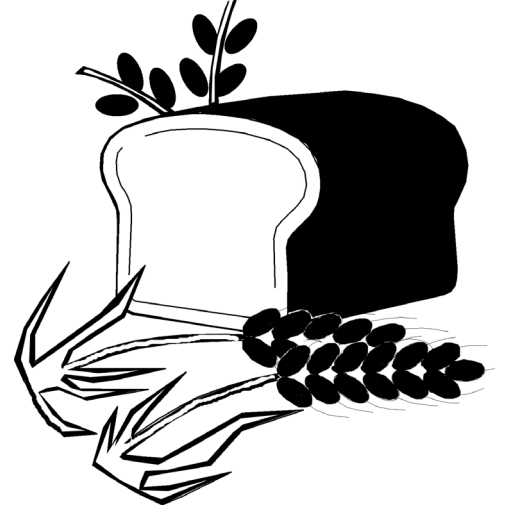
Bütün Yiyecek Gruplarından yemek



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Buğday, mısır gevreği gibi doğal hububat ürünlerini satın alın. Örneğin, kepekli ekme, kepekli un, esmer pirinç, kepekli makarna, bulgur ve amarant.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Kızartma ve fazla yağlı hamur işinden, örneğin, börek, çörek kurabiyeden az yiyin.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Taze meyva en iyi bir seçenektir. Konserve meyva alırken, “kendi suyu ile konserve edilmiştir” yazısına dikkat edin.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Az miktarda meyva satın alın ve meyva sularından az için.
- ◆ Eat raw and cooked vegetables with very little fat.
Sebzeleri çiğ yiyin veya az yağda pişirin.
- ◆ Use mustard instead of mayonnaise on a sandwich.
Sandüviçinizde mayonez yerine hardal kullanın.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Yemek pişirirken tepsinizin altına biraz bitkisel yağ püskürtün; margarin ve tereyağı gibi hayvani yağlar kullanmayın.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
Yemeklerinizi fırında, ızgarada, haşlayarak, rosto yaparak, buharda, hafif ateşte kaynatarak ve şışde pişirin. Çok miktarda yağ kullanmayın.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Et alırken az yağlı alın. Domuz eti, sığır ve jambon alırken fazla olan yağları atın.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Yağsız veya az yağlı (1%) süt veya süt ürünleri seçin.

Grains, Beans and Starchy Vegetables

Tahıl, baklagil ve nişastalı sebzeler



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal.

People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

Nişasta veya karbonhidrat nedir? Nişastalar ekmek ve tahıl ürünleri, kahvaltılık mısır gevreği, makarna, baklagil ve nişastalı sebzelerde bulunur. Her öğünde biraz nişasta/karbonhidrat yiyin. Bazı kimseler size nişasta/karbonhidratlı yiyecekler yememenizi önerebilirler, fakat bu artık doğru bir öğüt değildir. Nişasta/karbonhidrat yemek herkes için olduğu gibi şeker hastaları içinde sağlıklıdır.

How many starches/carbohydrates do I need each day? 6–11 servings each day
Her gün ne kadar nişasta/karbonhidrata ihtiyacım var? Her gün 6 ila 11 porsiyon

The number of servings you should eat each day depends on:
Her gün yemeniz gereken porsiyon sayısı aşağıdakilere bağlıdır:

- ◆ The calories you need
İhtiyacınız olan kalori
- ◆ Your diabetes plan
Şeker hastalığınızın tedavi planı

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

Nişasta ve karbonhidratlar vücudum için nasıl yararlıdır? Nişastalı ürünler vücudunuza enerji, B vitaminleri, mineral ve elyaf verirler. Kepekli tahıl ürünleri daha fazla vitamin, mineral, ve elyaf içerdiğinden daha sağlıklıdır. Elyaf bağırsaklarımızın düzenli çalışmasına yardım eder. Elyaf aynı zamanda kan şekerinin daha iyi kontrolüne yardımcıdır.

Grains, Beans and Starchy Vegetables (continued) Tahıl, baklagil ve nişastalı sebzeler (devamı)

How much is one serving of starch/carbohydrate?

Bir porsiyon nişasta/karbonhidrat ne kadardır?

- ◆ 1 slice of bread
1 dilim ekmek
- ◆ 1 small potato, casaba or plantain
1 küçük patates, kavun, ve plantain (bir çeşit muz)
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ kap (125 gram) yulaf unu, veya buğdaydan yapılan pişirilmiş kahvaltılık yiyecek
- ◆ ¾ cup dry cereal such as corn flakes
¾ kap (175 gram) kahvaltılık mısır gevreği
- ◆ ⅓ cup of cooked rice
⅓ kap (75 gram) pilav
- ◆ 1 small tortilla, roti bread or enjira bread
1 küçük tortilla, roti veya enjira ekmeği

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example: Her öğünde bir, iki, veya üç nişasta/karbonhidrat porsiyonu yemeye ihtiyacınız olabilir. Eğer bir öğünde bir porsiyondan fazla yemeniz gerekiyorsa, bu yiyecek grubundan değişik yiyecekler seçin. Örneğin:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Kahvaltı: ¾ kap (175 gram) mısır gevreği ve 1 dilim ekmek—2 porsiyon

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Öğle Yemeği: ⅓ kap (75 gram) pilav ve ½ (125 gram) kap pişmiş plantain—2 porsiyon

Dinner: ½ cup of pasta and one bread stick—2 servings

Akşam Yemeği: ½ kap (125 gram) makarna ve 1 dilim ekmek—2 porsiyon

Snack: 6 crackers—1 serving

Ara öğün: 6 kraker—1 porsiyon

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Günlük Toplam: 7 porsiyon. Öğünlerdeki karbonhidratların dengeli olduğunu dikkatinize sunarız. Bu kan şekerinizi kontrol etmede size yardım edebilir.

Vegetables

Sebzeler



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Sebzeler herkes için olduđu gibi şeker hastaları için de sađlıklıdır. Hergún çiđ ve pişmiş sebze yiyin. Sebzeler sizin vitamin, mineral ve elyaf ihtiyacınızı karşılar ve az kalori içerirler. Parlak renkli sebzeleri arayın. Örneđin havuç, biber, patlıcan, brokoli, domates ve ıspanak.

You should have 3 to 5 servings every day.
Günde 3 ila 5 porsiyon yemelisiniz

How much is a serving of vegetables?

Her oturuşda ne kadar sebze yemeli?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
½ kap (125 gram) pişmiş sebze pişmiş taze fasulye, patlıcan, ıspanak ve kabak gibi
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
1 kap (250 gram) çiđ sebze salata, havuç veya salatalık gibi
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
½ kap sebze suyu domates veya havuç suyu gibi

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

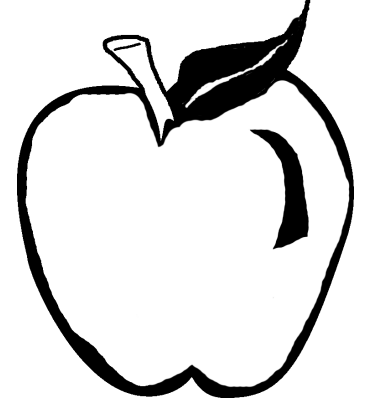
Her yemekde, bir, iki, veya üç porsiyon sebzeye ihtiyacınız vardır. Eğer yemekde bir porsiyondan fazla yemeniz gerekiyorsa, ya çeşitli sebzelerden yiyin veya aynı sebzeden iki veya üç porsiyon yiyin.

Fruits

Meyvalar

Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

Meyva şeker hastaları dahil herkes için sağlıklıdır. Meyvalar size enerji, vitaminler, mineraller ve elyaf verir.



How many servings of fruit do I need?

Kaç porsiyon meyvaya ihtiyacım var?

2 to 4 servings
2 ila 4 porsiyon

What is a serving of fruit?

Bir meyva porsiyonu nedir?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 ufak elma veya armut (aşağı yukarı bir kadın yumruğu kadar)
- ◆ ½ cup of apple or orange juice
½ kap (125 gram) elma veya portakal suyu
- ◆ ½ of a grapefruit
½ grefurt
- ◆ 1 small banana or ½ of a large banana
1 küçük muz veya ½ büyük muz
- ◆ ½ cup of chopped fruit
½ kap (125 gram) küçük parçalar halinde meyva
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ kap (63 gram) kuru üzüm veya kurutulmuş meyva (aşağı yukarı 1 avuç)

You might need to eat one or two servings of fruit at a meal.
Her yemekte bir veya iki porsiyon meyva yemeniz gerekir.

How should I eat fruit?

Meyvayı nasıl yemem gerekir?

- ◆ Eat fruits raw, or as juice with no sugar added.
Meyvaları çiğ yiyin veya şeker eklemeyen suyunu için.
- ◆ Buy smaller pieces of fruit.
Meyvayı küçük miktarda satın alın.

Milk and Yogurt Foods

Süt ve Yoğurt Ürünleri

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Yağsız veya az yağlı süt ve yoğurt herkes için olduğu gibi şeker hastaları içinde sağlıklıdır. Süt ve yoğurt size enerji, protein, kalsiyum, A vitamini, ve diğer vitaminler ve mineralleri verir.



Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Hergün yağsız veya az yağlı (1%) süt için. Az yağlı veya yağsız yoğurt yiyin. Bunlar az miktarda yağ, doymuş yağ ve kolesterol içerirler.

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

Günde kaç porsiyona ihtiyacım var? Her gün 2 ila 3 porsiyon.

Not: Eğer hamile iseniz veya emziriyorsanız, günde 4 ila 5 porsiyon süt ve yoğurt yiyin.

How much is a serving of milk and yogurt?

Bir porsiyon süt veya yoğurt ne kadardır?

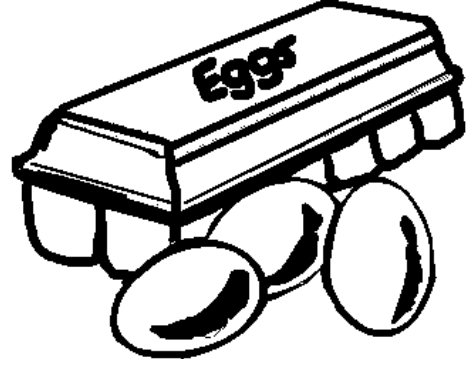
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 kap (250 gram) yağsız sade yoğurt (ayrıca aspartamla tatlandırılmış yoğurtlarda bakın)
- ◆ 1 cup skim or low-fat milk
1 kap (250 gram) yağsız veya az yağlı süt

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

Not: Yoğurt'un üstünde "altında meyva vardır." yazıyorsa yemekten sakının. Bunlar yüksek miktarda eklenmiş şeker içerirler.

Meat, Poultry, Fish, Eggs and Nuts

Et, Kúmes Hayvanları, Balık, Yumurta ve Kuruyemiş



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Bu grup et (siđır, domuz, kuzu), tavuk, hindi, yumurta, balık, kuruyemiş ve tofu veya soya úrünlerini içerir. Her gún bu yiyeceklerin bazılarında az miktarda yiyin. Bu yiyecekler vúcut için gerekli proteini sađırlar.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Proteinli úrünler vúcutta kas ve dokuları onarmada yardımcı olurlar. Aynı zamanda vúcuda vitamin ve mineral sađırlar.

How many protein foods do I need each day? 2 to 3 servings

Hergún Ne Kadar Proteine İhtiyacımız Var? 2 ila 3 porsiyon

How much is a serving of meat, poultry, fish, eggs and nuts?

Ne Kadar Miktar Et, Kúmes Hayvanı, Balık, Yumurta ve Kuruyemiş bir porsiyon eder?

- ◆ 2 to 3 ounces of cooked fish
2 ila 3 ons (60 ila 90 gram) pişmiş balık
- ◆ 2 to 3 ounces cooked chicken
2 ila 3 ons (60 ila 90 gram) pişmiş tavuk
- ◆ 3 to 4 ounces tofu ($\frac{1}{2}$ cup)
3 ila 4 ons tofu ($\frac{1}{2}$ kap -125 gram)
- ◆ 1 egg (equals one ounce of protein)
1 yumurta (1 ons - 28 gram protein içerir)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
1 dilim peynir veya 1 ons (28 gram) peynir (yaklaşık "D pili" boyutunda)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 yemek kaşığı fıstık ezmesi (1 ons'a eşit)

Meat, Poultry, Fish, Eggs and Nuts (continued) **Et , Kúmes Hayvanı, Balık, Yumurta ve Kuruyemiř (devamı)**

Helpful Tips:

Faydalı noktalar:

- ◆ The serving size you eat now may be too big.
řimdi yediđiniz porsiyon ok byk olabilir.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Iskambil kađıtları boyutlarına bakın. Grdđnz boyutlar bir porsiyona yani 2 ila 3 ons'a (60 ila 90 grama) eřittir.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
zerinde ok az yađ olan sıđır, domuz, jambon ve kuzu eti alın. Fazla yađı kesip atın.
- ◆ Eat chicken or turkey without the skin.
Tavuk ve hindiyi derisini ıkararak yiyin.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Proteinli yiyecekleri az yađ gerektiren yntemle piřirin: Fırın, Izgara, Rosto, Buhar ve Hařlama.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Etlerinizi ok az yađ ile piřirin veya yađ yerine yađ pskrtcs kullanarak piřirin.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Etsiz yemek yiyin. Protein kaynađı olarak baklagiller veya tofu deneyin.

Fats, Oils and Sweets

Katı ve Sıvı Yağlar ve Tatlılar



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Katı ve sıvı yağlar, tereyağı, margarin, domuz yağı ve sıvı yağları yiyeceklerimize ekleriz ve yiyecekleri pişirmede kullanırız. Sıvı yağlar, çiçek yağı, zeytin yağı ve sebze yağlarıdır. Yağlar ayrıca etlerde, süt ürünlerinde, ara öğün yiyeceklerinde ve bazı tatlılarda bulunur. Şekerinizi kontrol için az yağlı ve az doymuş yağlı (hayvansal ürünlerden ve etden aldığımız yağ) gıdalardan yemek en iyisidir.

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Tatlılar kalorisi çok fakat vitamin ve minerali çok olmayan şekerli yiyeceklerdir. Bazı tatlılar ayrıca çok da yağ içerirler - kek, turta, ve kurabiye gibi.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Çok şekerli ve yağlı yiyecekler yemek kan şekerinizi ve kilonuzu kontrol altında tutmayı zorlaştırır. Eğer tatlı ve yağlı yiyecekler yerseniz az miktarda yiyin.

How much is a serving of fats, oils and sweets?

Bir porsiyon katı ve sıvı yağlar ve tatlılar ne kadardır?

- ◆ 1 teaspoon oil
1 çay kaşığı yağ
- ◆ 1 tablespoon regular salad dressing
1 çorba kaşığı salata sosu
- ◆ 2 teaspoons light mayonnaise
2 çay kaşığı az kalorili mayonez
- ◆ 1 strip of bacon
1 şerit domuz veya sığır pastırması
- ◆ 1 cookie
1 kurabiye
- ◆ 1 plain doughnut
1 sade donat
- ◆ 1 tablespoon syrup
1 çorba kaşığı şekerli sos
- ◆ 10–15 chips
10–15 cips

Turkish

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Bu materyeller Atlanta, Georgia da Georgia State Üniversitesinin Antropoloji ve Coğrafya Departmanı tarafından Yeni Amerikalılar için geliştirilmiştir. Amerika Birleşik Devletleri Tarım Bakanlığı Besin ve Tüketici Servisi tarafından ailelere Besin Yardımı Programı için finanse edilmiştir. Federal yasalara ve ABD Tarım Bakanlığı kurallarına göre bu kurumun ırk, renk, ulusal köken, cinsiyet, yaş, din, politik inanış veya sakatlık üzerine ayırım yapması yasaklanmıştır. Daha fazla bilgi için (404) 651-2542 yi arayın.



The Food Pyramid

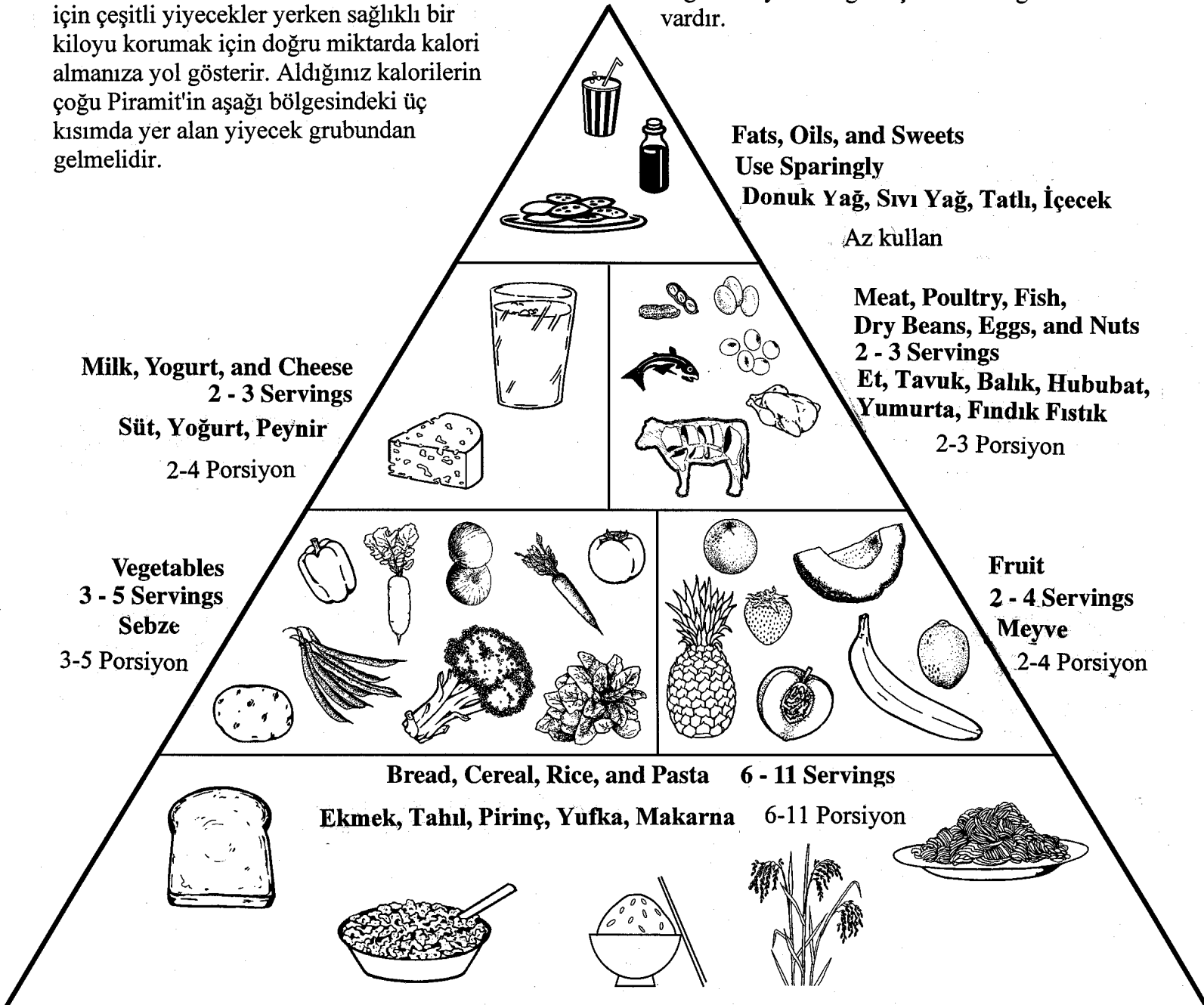
Besin Piramidi

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

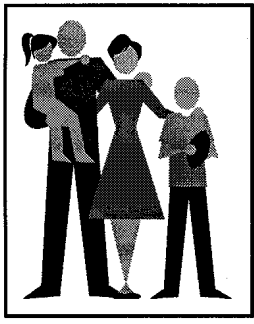
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Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Bu grupların her biri vücudunuza gerekli besinlerin tamamını değilse de bir bölümünü sağlar. Bir gruptaki besinler diğer bir gruptaki besinlerin yerini dolduramaz. Hiçbir besin grubu diğerinden daha önemli değildir. İyi bir sağlık için tümüne gerek vardır.



Turkish Language Version



Better Health Begins With You!

Daha İyi Sağlık Sizinle Başlar!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

1. Az yağlı ekmek, tahıl, pirinç ve makarna grubundan her gün 6-11 küçük porsiyon yiyin. Örneğin, kahvaltıda yulaf unu, öğle yemeğinde sandviç, akşam yemeğinde sade pilav yiyebilirsiniz.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

2. Her gün sebze ve meyve grubundan 5 porsiyon yiyin. Örneğin, kahvaltıda portakal suyu içebilir, öğle yemeğinde salata yiyebilir, akşam yemeğinde de taze fasulye, kaynamış patates ve üzüm yiyebilirsiniz.

3. Drink at least 8 glasses of pure, fresh water every day.

3. Her gün 8 bardak taze sade su için.

4. Eat lean, low-fat meats, such as chicken or fish.

4. Tavuk ve balık gibi yağsız ve az yağlı etler yiyin.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

5. Yağı alınmış süt ve dondurulmuş yoğurt (dondurma yerine) gibi az yağlı ya da yağı alınmış süt ürünlerini seçin.

6. Limit your intake of sweets and alcoholic beverages.

6. Tatlıları ve alkolik içecekleri sınırlayın.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

7. Her gün bir beden etkinliğine katılın. Yürüyüş yapın, dans edin veya oynayın.

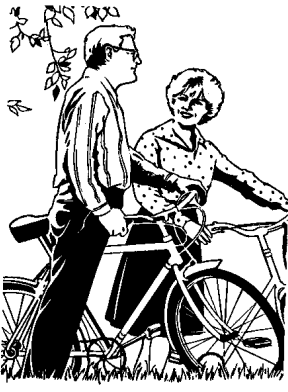
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

8. Yemeklerinizde domuz yağı veya herhangi bir hayvan yağı yerine ayçiçeği yağı veya herhangi bir sebze yağı kullanın. Sebze yağı kolesterol içermediğinden sağlığınız için daha iyidir.

Turkish Language Version

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Better Nutrition for Mature Adults

Yaşlılar için Daha İyi Beslenme

1. Drink 6 - 8 glasses of water every day.

1. Her gün 6-8 bardak su için.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

2. Kalsiyumu bol yiyecekler yiyin; örneğin, süt, peynir, yoğurt, kılçıklı balık ve kara lahana gibi koyu yeşil sebzeler. Kalsiyum kemiklerin güçlü olması için önemlidir.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

3. Havuç portakal gibi taze meyve ve sebze yiyerek bol miktarda A Vitamini ve C Vitamini alın. A Vitamini gözlere ve cilde yararlıdır. C Vitamini diş etlerini iltihaba karşı koruyarak sağlıklı kalmalarını sağlar.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

4. Vücudun enerji kullanımına yardım eden demir açısından zengin yiyecekler yiyin. Demir kırmızı ette, tavukta, balıkta ve hububatta bol miktarda bulunur.

5. Include meats, seafood, and poultry in your diet to protect against zinc deficiency. Zinc helps wounds heal faster.

5. Çinko eksikliğine karşı korunmak için besin programınızda et, deniz hayvanları ve tavuğa yer verin. Çinko yaraların çabuk iyileşmesine yardım eder.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

6. Düzenli beden etkinlikleri yapın. Açık havada yapılan etkinlikler en iyisidir; çünkü, vücudunuz güneş aracılığıyla D Vitamini yapabilir.

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Better Health for Mother and Baby

Anne ve Bebek İçin Daha İyi Sağlık

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

1. Alkollü içkiler ile kahve ve meşrubat gibi kafein içeren içecekler kullanmayın.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

2. Her gün kalsiyum içeren yiyecekler yiyin. Bu yiyecekler arasında süt, peynir, yoğurt, kılçıklı balıklar ve bazı koyu yeşil renkli sebzeler sayılabilir.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

3. Protein gereksinimini karşılamak için her gün et, balık, yumurta veya hububattan 2-3 porsiyon yiyin.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

4. Vitamin ve mineral gereksinimini karşılamak için sebze ve meyve grubundan en az 5 porsiyon yiyin. Örneğin sabah kahvaltınıza bir muz ekleyin, ikindi bir elma yiyin. Ayrıca öğle yemeğinizde havuç veya kereviz ve akşam yemeğinizde de kara lahana ve salata yiyin.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

5. Sağlık ve enerji için gerekli kepekli tahıllardan 6 – 11 küçük porsiyon yiyin. Bunlar arasında kepekli buğday ekmeği ve esmer pirinç sayılabilir.

6. See your doctor early in your pregnancy.

6. Hamileliğinizin başlarında doktora gidin.

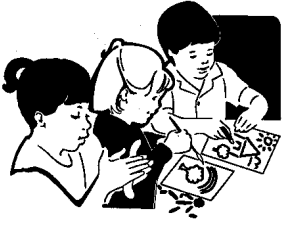
7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

7. Hamileliğiniz sırasında doğru miktarda kilo aldığınızdan emin olun. Bu bir çok kadın için 11 ile 16 kilo arası olacaktır. Doktorunuza danışın.

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Good Food for Kids

Çocuklar İçin İyi Yiyecekler

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

1. Kalsiyum kemik gelişmesi ve büyüme için gereklidir. Kalsiyum süt, yoğurt, kılçıklı balık ve kara lahana gibi koyu yeşil sebzelerde bulunur.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

2. Demir vücudun enerji üretimine yardım eder. Demir kırmızı ette, tavukta, balıkta ve hububatta bulunur.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

3. Havuç, ıspanak ve diğer sebzeler ve meyveler, A Vitamini ve C Vitamini açısından zengindir. A Vitamini iyi görme ve sağlıklı cilt için önemlidir. C Vitamini diş etlerini iltihaba karşı koruyarak sağlıklı kalmalarını sağlar.

4. Energy is important and comes from breads, rice, cereal, and pasta.

4. Enerji önemlidir ve ekmek, pirinç, tahıl ve makarnadan sağlanır.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

5. Mideyi bastırmak için meyve, sebze, süt ürünleri, fındık fıstık gibi sağlıklı yiyecekler seçin. Bu yiyecekler daha besleyici olup ayrıca çocukların dişleri için meşrubat, çıtırdak ve tatlılardan daha iyidir.

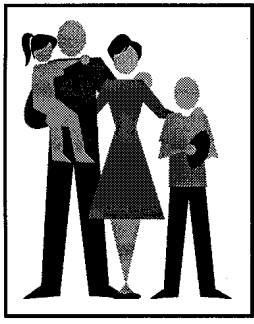
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

6. Günlük beden etkinliği çocukların bedenlerinin güçlü ve sağlıklı gelişmesi için önemlidir.

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4. Eat lean, low-fat meats, such as chicken or fish.

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The Food Pyramid

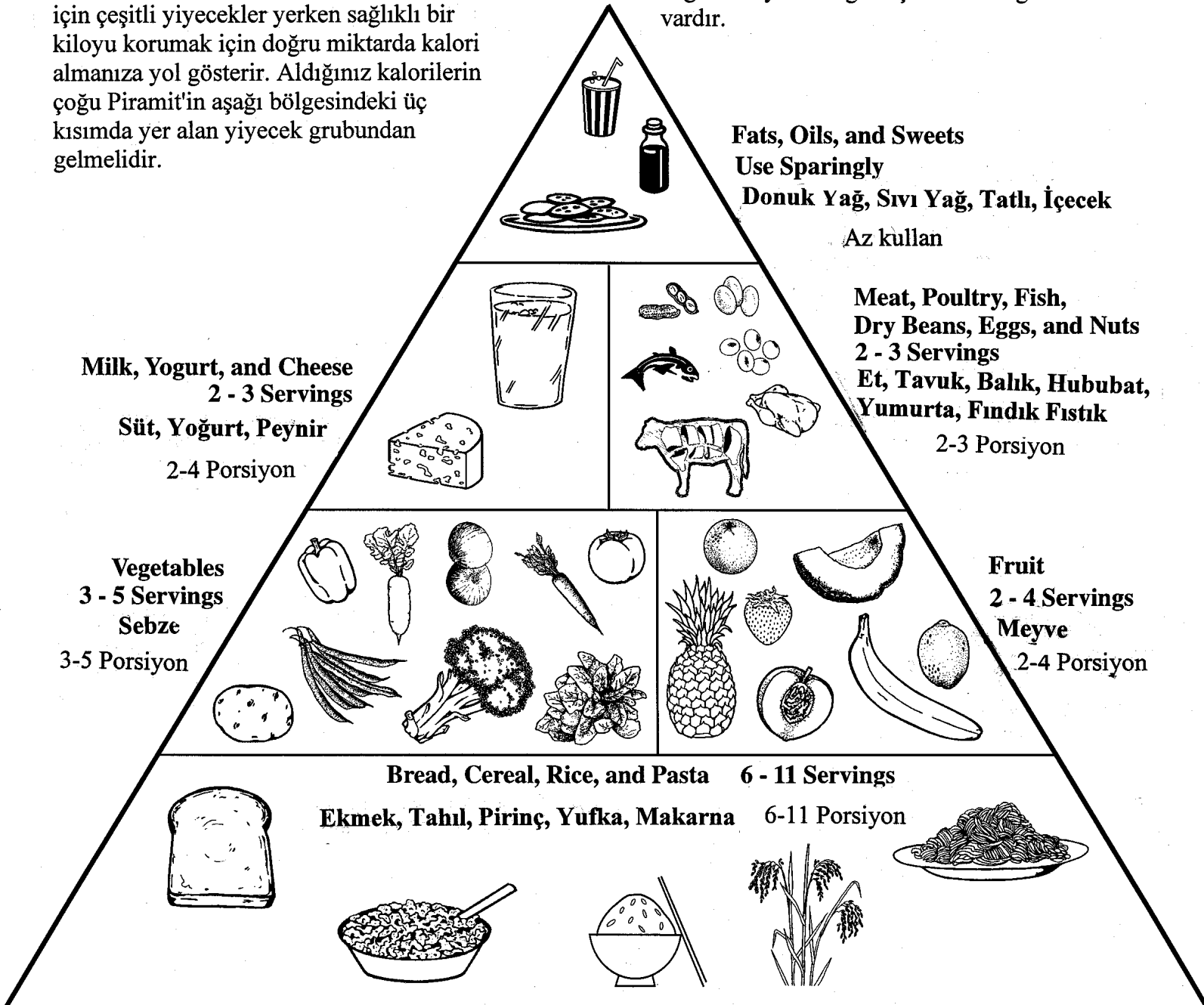
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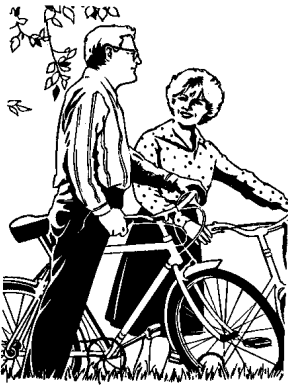
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Better Nutrition for Mature Adults

Yaşlılar için Daha İyi Beslenme

1. Drink 6 - 8 glasses of water every day.

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5. Include meats, seafood, and poultry in your diet to protect against zinc deficiency. Zinc helps wounds heal faster.

5. Çinko eksikliğine karşı korunmak için besin programınızda et, deniz hayvanları ve tavuğa yer verin. Çinko yaraların çabuk iyileşmesine yardım eder.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

6. Düzenli beden etkinlikleri yapın. Açık havada yapılan etkinlikler en iyisidir; çünkü, vücudunuz güneş aracılığıyla D Vitamini yapabilir.

Turkish Language Version

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Better Health for Mother and Baby

Anne ve Bebek İçin Daha İyi Sağlık

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

1. Alkollü içkiler ile kahve ve meşrubat gibi kafein içeren içecekler kullanmayın.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

2. Her gün kalsiyum içeren yiyecekler yiyin. Bu yiyecekler arasında süt, peynir, yoğurt, kılçıklı balıklar ve bazı koyu yeşil renkli sebzeler sayılabilir.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

3. Protein gereksinimini karşılamak için her gün et, balık, yumurta veya hububattan 2-3 porsiyon yiyin.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

4. Vitamin ve mineral gereksinimini karşılamak için sebze ve meyve grubundan en az 5 porsiyon yiyin. Örneğin sabah kahvaltınıza bir muz ekleyin, ikindi bir elma yiyin. Ayrıca öğle yemeğinizde havuç veya kereviz ve akşam yemeğinizde de kara lahana ve salata yiyin.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

5. Sağlık ve enerji için gerekli kepekli tahıllardan 6 – 11 küçük porsiyon yiyin. Bunlar arasında kepekli buğday ekmeği ve esmer pirinç sayılabilir.

6. See your doctor early in your pregnancy.

6. Hamileliğinizin başlarında doktora gidin.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

7. Hamileliğiniz sırasında doğru miktarda kilo aldığınızdan emin olun. Bu bir çok kadın için 11 ile 16 kilo arası olacaktır. Doktorunuza danışın.

Turkish Language Version

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The Food Pyramid

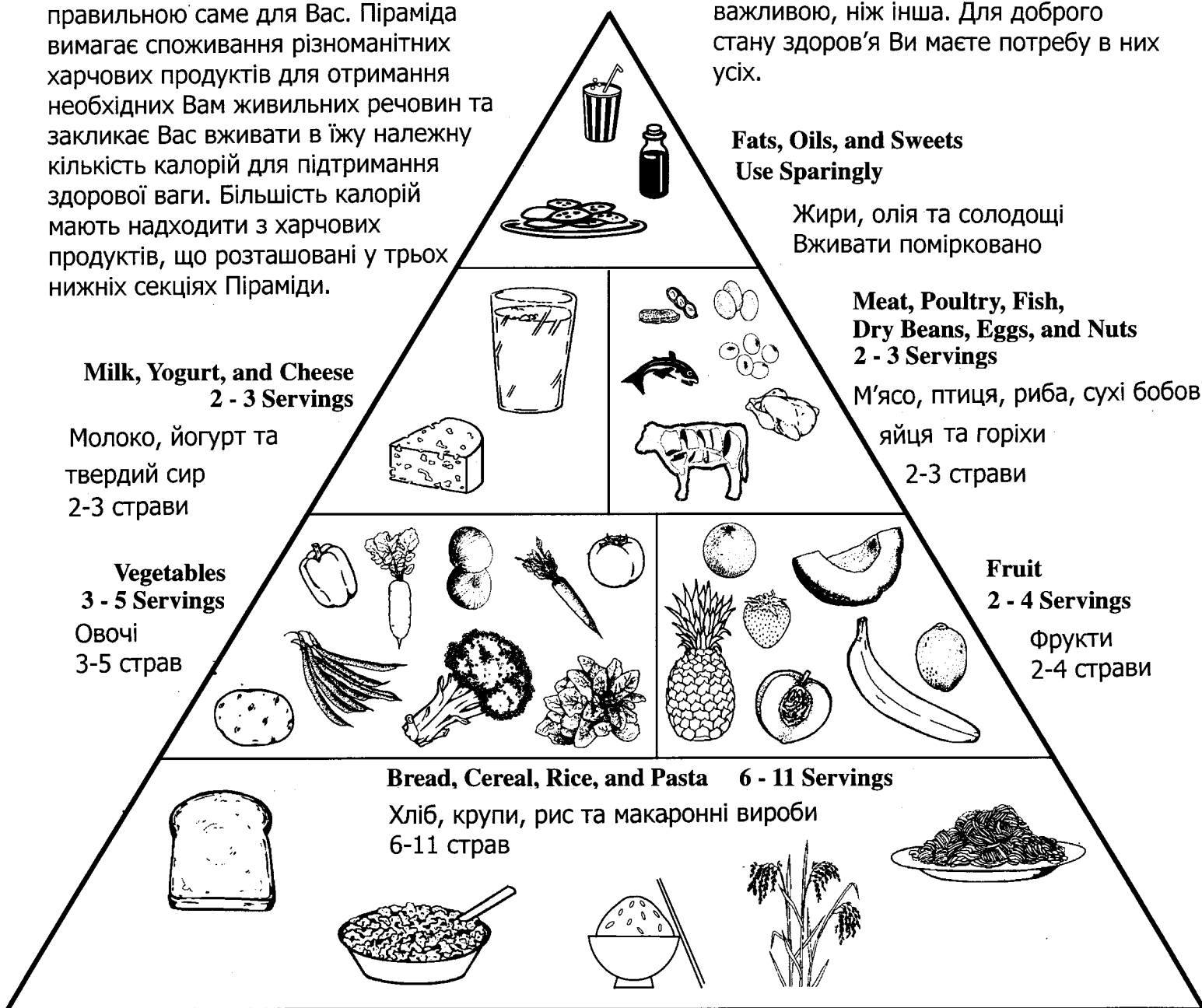
Харчова Піраміда

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Посібник "Харчова Піраміда" є загальним посібником, що дозволяє Вам вибрати здорову дієту, що є правильною саме для Вас. Піраміда вимагає споживання різноманітних харчових продуктів для отримання необхідних Вам живильних речовин та закликає Вас вживати в їжу належну кількість калорій для підтримання здорової ваги. Більшість калорій мають надходити з харчових продуктів, що розташовані у трьох нижніх секціях Піраміди.

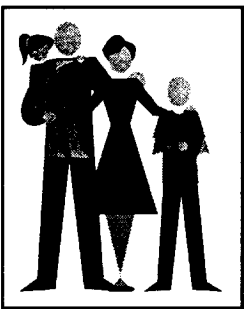
Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Кожна з цих груп надає деякі, але не всі, з живильних речовин, що необхідні Вам. Харчові продукти з однієї групи не можуть замінити ті, що належать до іншої. Жодна група харчових продуктів не є більш важливою, ніж інша. Для доброго стану здоров'я Ви маєте потребу в них усіх.



Ukrainian Language Version

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Better Health Begins With You!

Краще здоров'я починається з Вас!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

1. Щоденно їжте від 6 до 11 невеликих страв з хліба з низьким вмістом жиру, каші, рису або макаронів. Наприклад, виберіть вівсяну кашу на сніданок, бутерброд на обід та чистий рис на вечерю.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

2. Кожного дня їжте 5 порцій фруктів та овочів. Наприклад, Ви могли б випити помаранчевий сік на сніданок, з'їсти салат на обід, мати будь-які зелені бобові та відварену картоплю на вечерю та виноград - на вечерю.

3. Drink at least 8 glasses of pure, fresh water every day.

3. Пийте, принаймні, по 8 склянок чистої питної води кожного дня.

4. Eat lean, low-fat meats, such as chicken or fish.

4. Їжте пісне м'ясо з низьким вмістом жиру, таке як курка або риба.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

5. Вибирайте молочні продукти з низьким вмістом жиру, такі як зняте молоко та заморожений йогурт.

6. Limit your intake of sweets and alcoholic beverages.

6. Обмежте Ваше споживання солодощів та алкогольних напоїв.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

7. Кожного дня виконуйте будь-який вид фізичної діяльності. Гуляйте пішки, танцюйте або беріть участь в іграх.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

8. Використовуйте рослинну або соєву олію для готування їжі натомість сала або тваринного жиру. Рослинні олії більш кращі для Вас, тому що вони не містять холестерину.

Ukrainian Language Version

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Better Nutrition for Mature Adults

Краще харчування для дорослих

1. Drink 6 - 8 glasses of water every day.

1. Кожного дня пийте від 6 до 8 склянок води.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

2. Їжте багату на кальцій їжу, таку як молоко, твердий сир, йогурт, рибу з кістками та деякі темно-зелені овочі, такі як брокколі. Кальцій є важливим елементом, що підвищує міцність кісток.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

3. Отримуйте достатню кількість вітаміну А та вітаміну С через вживання фруктів та овочів, таких як морква та помаранчі. Вітамін А є гарним для Ваших очей та шкіри. Вітамін С утримує Ваші ясна здоровими та захищає від інфекції.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

4. Приймайте їжу багату на залізо, що допомагає тілу використовувати енергію. На залізо багаті чорне м'ясо, птиця, риба та сухі бобові.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

5. Включіть м'ясо, дари моря та птицю до Вашої дієти для захисту від нестачі цинку. Цинк допомагає ранам швидше загоюватися.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

6. Регулярно займайтеся фізичною діяльністю. Діяльність на вулиці є найкращою, тому що Ваше тіло може виробляти вітамін Д за допомогою сонця.

Ukrainian Language Version

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Good Food for Kids

Добре харчування для дітей

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

1. Кальцій необхідний для розвитку кісток та росту. Його можна знайти у молоці, йогурті, рибі з кістками та деяких видах темно-зелених овочів, таких як брокколи.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

2. Залізо допомагає тілу виробляти енергію. Воно знаходиться у чорному м'ясі, птиці, рибі та сухих бобових.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

3. Морква, шпинат та інші фрукти та овочі багаті на вітамін А та вітамін С. Вітамін А важливий для гарного зору та здорової шкіри. Вітамін С утримує Ваші ясна здоровими та захищає від інфекції.

4. Energy is important and comes from breads, rice, cereal, and pasta.

4. Енергія є важливою; вона надходить від хліба, рису, круп та макаронних виробів.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

5. Зробіть вибір на користь здорових закусок, таких як фрукти, овочі, молочні продукти та горіхи. Вони є більш багатими на живильні речовини та краще підходять для зубів дітей, ніж газовані напої, чіпси та солодощі.

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

6. Щоденна фізична діяльність є важливою для дітей, тому що вона допомагає, щоб їхні тіла росли сильними та здоровими.

Urkranian Language Version

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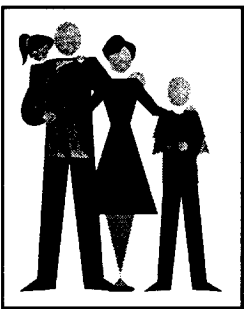
Better Health for Mother and Baby Для кращого здоров'я матері та малюка

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.
1. Уникайте алкогольних напоїв та напоїв з кофеїном, таких як кава та безалкогольні напої.
2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.
2. Кожного дня вживайте продукти харчування, що містять кальцій. Такі продукти включають молоко, твердий сир, йогурт, рибу з кістками та деякі темно-зелені овочі.
3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.
3. Кожного дня їжте по 2-3 страви з м'яса, риби, яєць або сухих бобів для отримання протеїну.
4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.
4. Кожного дня їжте, принаймні, по 5 порцій фруктів та овочів для отримання вітамінів та мінералів. Наприклад, шматочок банана з Вашою ранковою кашею та оберіть яблуко на післяобідній час. Також майте моркву або коріння сельдерею на обід, а брокколі та салат на вечерю.
5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.
5. Їжте від 6 до 11 маленьких страв з неочищених зернових, що є важливим для здоров'я та енергії. Це включає хліб з непросіяної пшеничної муки та неочищений рис.
6. See your doctor early in your pregnancy.
6. Відвідуйте свого лікаря з самого початку Вашої вагітності.
7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.
7. Переконайтеся, що Ви набуваєте належну вагу протягом вагітності. Для більшості жінок це буде 25-35 фунтів. Звертайтеся до свого лікаря за допомогою.

Ukrainian Language Version

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Better Health Begins With You!

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1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

1. Щоденно їжте від 6 до 11 невеликих страв з хліба з низьким вмістом жиру, каші, рису або макаронів. Наприклад, виберіть вівсяну кашу на сніданок, бутерброд на обід та чистий рис на вечерю.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

2. Кожного дня їжте 5 порцій фруктів та овочів. Наприклад, Ви могли б випити помаранчевий сік на сніданок, з'їсти салат на обід, мати будь-які зелені бобові та відварену картоплю на вечерю та виноград - на вечерю.

3. Drink at least 8 glasses of pure, fresh water every day.

3. Пийте, принаймні, по 8 склянок чистої питної води кожного дня.

4. Eat lean, low-fat meats, such as chicken or fish.

4. Їжте пісне м'ясо з низьким вмістом жиру, таке як курка або риба.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

5. Вибирайте молочні продукти з низьким вмістом жиру, такі як зняте молоко та заморожений йогурт.

6. Limit your intake of sweets and alcoholic beverages.

6. Обмежте Ваше споживання солодощів та алкогольних напоїв.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

7. Кожного дня виконуйте будь-який вид фізичної діяльності. Гуляйте пішки, танцюйте або беріть участь в іграх.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

8. Використовуйте рослинну або соєву олію для готування їжі натомість сала або тваринного жиру. Рослинні олії більш кращі для Вас, тому що вони не містять холестерину.

Ukrainian Language Version

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The Food Pyramid

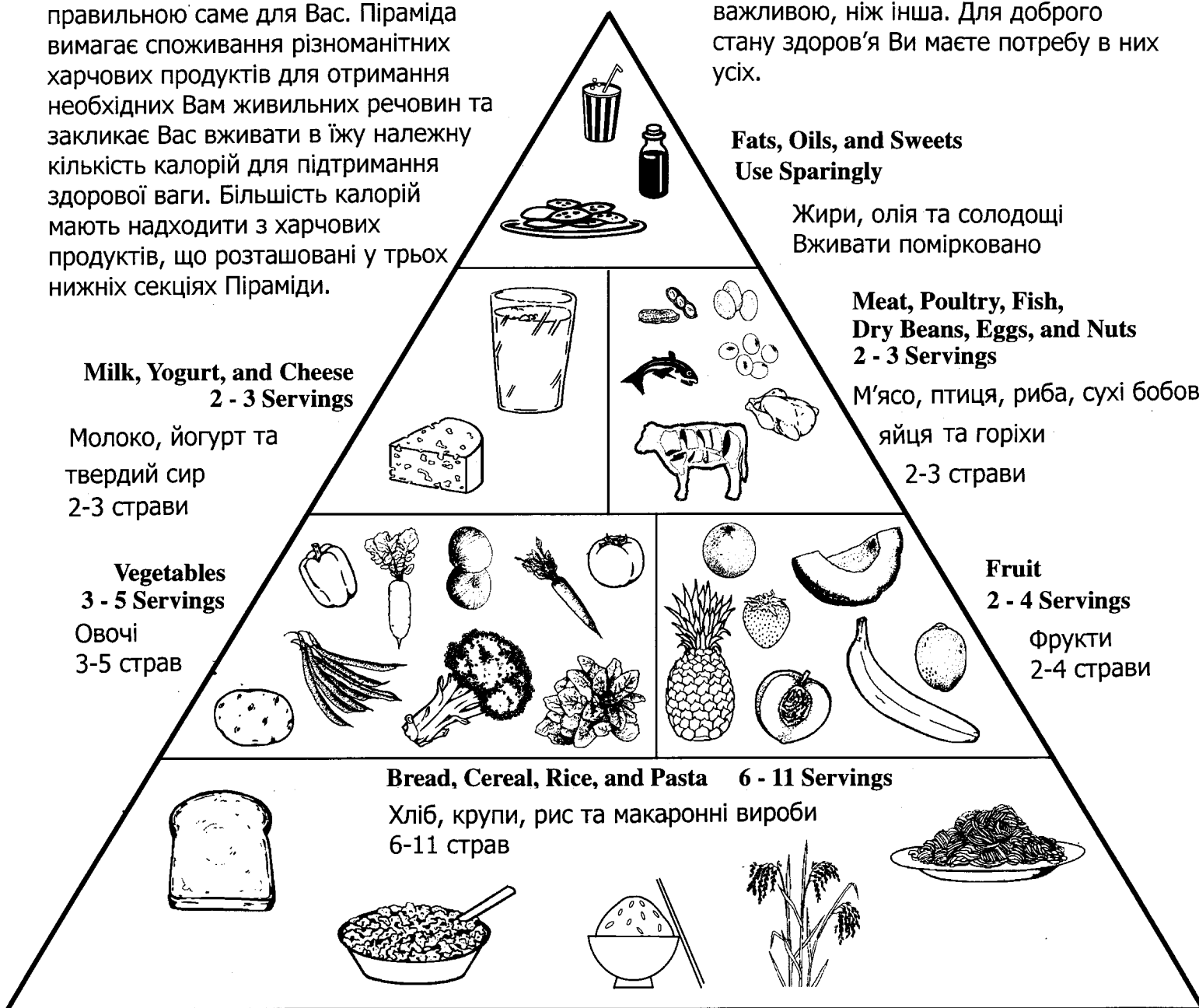
Харчова Піраміда

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Посібник "Харчова Піраміда" є загальним посібником, що дозволяє Вам вибрати здорову дієту, що є правильною саме для Вас. Піраміда вимагає споживання різноманітних харчових продуктів для отримання необхідних Вам живильних речовин та закликає Вас вживати в їжу належну кількість калорій для підтримання здорової ваги. Більшість калорій мають надходити з харчових продуктів, що розташовані у трьох нижніх секціях Піраміди.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Кожна з цих груп надає деякі, але не всі, з живильних речовин, що необхідні Вам. Харчові продукти з однієї групи не можуть замінити ті, що належать до іншої. Жодна група харчових продуктів не є більш важливою, ніж інша. Для доброго стану здоров'я Ви маєте потребу в них усіх.



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Good Food for Kids

Добре харчування для дітей

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

1. Кальцій необхідний для розвитку кісток та росту. Його можна знайти у молоці, йогурті, рибі з кістками та деяких видах темно-зелених овочів, таких як брокколи.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

2. Залізо допомагає тілу виробляти енергію. Воно знаходиться у чорному м'ясі, птиці, рибі та сухих бобових.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

3. Морква, шпинат та інші фрукти та овочі багаті на вітамін А та вітамін С. Вітамін А важливий для гарного зору та здорової шкіри. Вітамін С утримує Ваші ясна здоровими та захищає від інфекції.

4. Energy is important and comes from breads, rice, cereal, and pasta.

4. Енергія є важливою; вона надходить від хліба, рису, круп та макаронних виробів.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

5. Зробіть вибір на користь здорових закусок, таких як фрукти, овочі, молочні продукти та горіхи. Вони є більш багатими на живильні речовини та краще підходять для зубів дітей, ніж газовані напої, чіпси та солодощі.

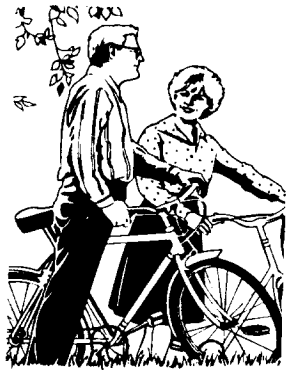
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

6. Щоденна фізична діяльність є важливою для дітей, тому що вона допомагає, щоб їхні тіла росли сильними та здоровими.

Urkranian Language Version

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Better Nutrition for Mature Adults

Краще харчування для дорослих

1. Drink 6 - 8 glasses of water every day.

1. Кожного дня пийте від 6 до 8 склянок води.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

2. Їжте багату на кальцій їжу, таку як молоко, твердий сир, йогурт, рибу з кістками та деякі темно-зелені овочі, такі як брокколі. Кальцій є важливим елементом, що підвищує міцність кісток.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

3. Отримуйте достатню кількість вітаміну А та вітаміну С через вживання фруктів та овочів, таких як морква та помаранчі. Вітамін А є гарним для Ваших очей та шкіри. Вітамін С утримує Ваші ясна здоровими та захищає від інфекції.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

4. Приймайте їжу багату на залізо, що допомагає тілу використовувати енергію. На залізо багаті чорне м'ясо, птиця, риба та сухі бобові.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

5. Включіть м'ясо, дари моря та птицю до Вашої дієти для захисту від нестачі цинку. Цинк допомагає ранам швидше загоюватися.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

6. Регулярно займайтеся фізичною діяльністю. Діяльність на вулиці є найкращою, тому що Ваше тіло може виробляти вітамін Д за допомогою сонця.

Ukrainian Language Version

These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service. For more information, call (404) 651-2542.





Better Health for Mother and Baby Для кращого здоров'я матері та малюка

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.
1. Уникайте алкогольних напоїв та напоїв з кофеїном, таких як кава та безалкогольні напої.
2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.
2. Кожного дня вживайте продукти харчування, що містять кальцій. Такі продукти включають молоко, твердий сир, йогурт, рибу з кістками та деякі темно-зелені овочі.
3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.
3. Кожного дня їжте по 2-3 страви з м'яса, риби, яєць або сухих бобів для отримання протеїну.
4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.
4. Кожного дня їжте, принаймні, по 5 порцій фруктів та овочів для отримання вітамінів та мінералів. Наприклад, шматочок банана з Вашою ранковою кашею та оберіть яблуко на післяобідній час. Також майте моркву або коріння сельдерею на обід, а брокколі та салат на вечерю.
5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.
5. Їжте від 6 до 11 маленьких страв з неочищених зернових, що є важливим для здоров'я та енергії. Це включає хліб з непросіяної пшеничної муки та неочищений рис.
6. See your doctor early in your pregnancy.
6. Відвідайте свого лікаря з самого початку Вашої вагітності.
7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.
7. Переконайтеся, що Ви набуваєте належну вагу протягом вагітності. Для більшості жінок це буде 25-35 фунтів. Звертайтеся до свого лікаря за допомогою.

Ukrainian Language Version

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Diabetes

ذیابیطس کیا ہے؟

Urdu

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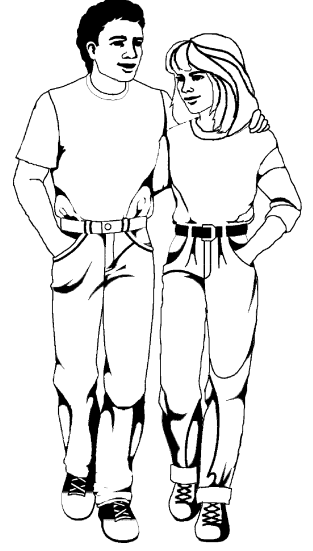
یہ مواد اسٹیٹ یونیورسٹی آف اٹلانٹا، جارجیا کے شعبہ عمرانیات و جغرافیہ کے تغذیاتی تعلیم برائے نئے امریکیان (Nutrition Education for New Americans) کے لیے تیار کیا گیا ہے۔ امریکی محکمہ زراعت کے خدمت غذا و صارفین برائے نوڈ اسٹامپ پروگرام فیملی کی طرف سے اعانت شدہ۔ رفاقی قانون اور امریکی محکمہ زراعت کی پالیسی کے مطابق اس ادارے کے لیے نسل، رنگ، قومی اصلیت، جنس، عمر، مذہب، سیاسی عقائد یا معذوری کی بنا پر امتیاز برتنا ممنوع ہے۔ مزید معلومات کے لیے (404) 651-2542 پر فون کریں۔



Diabetes

ذیابیطس کیا ہے؟

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.



ذیابیطس ایک ایسی بیماری ہے جس میں جسم انسولین نہیں پیدا کرتا یا اسے اچھی طرح استعمال نہیں کرتا۔

انسولین ایک ہارمون ہوتا ہے جو شکر، نشاستہ اور دیگر غذا کو توانائی میں تبدیل کرتا ہے جو ہماری روزمرہ زندگی کے لیے ضروری ہے۔

How is diabetes managed?

The management of diabetes has three parts:
The management of diabetes has three parts:

- ◆ Healthy Eating
Healthy Eating
- ◆ Physical Activity
Physical Activity
- ◆ Medication (if needed)
Medication (if needed)

ذیابیطس کی دیکھ بھال کیسے کی جاتی ہے؟

ذیابیطس کی دیکھ بھال کے تین حصے ہیں:

صحت مند خوراک

جسمانی محنت

دوا کا استعمال (اگر ضروری ہو)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Many people with diabetes also need to take medicine to help control their blood sugar.

میں اپنی ذیابیطس پر کیسے قابو
پاسکتا ہوں؟

آپ اپنی بلڈ شوگر (جسے بلڈ گلوکوز بھی کہتے ہیں) اور ذیابیطس کو اس حالت میں قابو میں رکھ سکتے ہیں جب آپ صحت مند غذا کھائیں، کافی جسمانی کام کریں اور اپنا وزن صحت مند سطح پر رکھیں۔

صحت مند وزن خون میں شامل چکنائیوں پر قابو رکھنے اور بلڈ شوگر میں کمی لانے میں آپ کی مدد کرتا ہے۔

ذیابیطس کے مریض بہت سے لوگوں کو اپنے بلڈ شوگر پر قابو رکھنے کے لیے دوا کھانے کی ضرورت پڑتی ہے۔

Eat Healthy

میں صحت مند غذا کیسے کھا سکتا/سکتی ہوں؟

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.



فوڈ گائیڈ پیرامیڈ کے استعمال سے آپ کئی طرح کی صحت مند غذا کھا سکتے ہیں۔ کئی طرح کا مطلب یہ ہے کہ روزانہ ہر غذائی گروہ سے خوراک منتخب کرنا۔ جب آپ روزانہ مختلف غذا کھاتے ہیں تو آپ کو ضروری وٹامن اور معدنی اجزاء حاصل ہوتے ہیں۔

Here is an example of getting a variety of foods each day.

	Day 1	Day 2
Grains:	tortilla	brown rice
Fruit:	apple	mango
Vegetable:	broccoli	tomatoes
Dairy:	milk	yogurt
Protein:	chicken	beans

یہاں مختلف اقسام کی غذائیں حاصل کرنے کی ایک مثال دی جا رہی ہے۔

پہلا دن	دوسرا دن	
اناج:	بھورا چاول	مکئی کی روٹی
پھل:	آم	سیب
سبزیاں:	ٹماٹر	گوہی
دودھ وغیرہ:	دہی	دودھ
پروٹین:	پھلیاں	مرغ

Eat From all the Food Groups

ہر غذائی گروہ سے خوراک خریدنے، پکانے اور کھانے کے صحت مند طریقے کون سے ہیں؟



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.

سالم دانے والی روٹی اور اناج خریدیں۔ اس کی بعض مثالیں سالم دانے کی روٹیاں، بھورا چاول، سالم گیہوں کا پاستا، بگرا اور سدا بہار ہیں۔

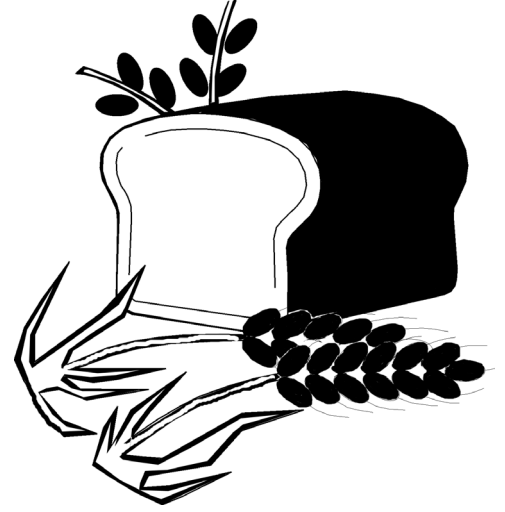
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins. بیٹری، بسکٹ اور کیک جیسی زیادہ نشاستہ دار اور تلی ہوئی چیزیں بہت کم کھائیں۔
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, "canned in its own juice." تازہ پھل بہتر ہیں انتخاب ہے۔ ڈبہ بند پھل خریدتے وقت "اپنے ہی شیرے کے ساتھ ہر بند کیا گیا" کے الفاظ دیکھ لیں۔
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts. پھلوں کے چھوٹے قطعات خریدیں اور پھلوں کا رس تھوڑا تھوڑا کر کے پیئیں۔
- ◆ Eat raw and cooked vegetables with very little fat. جکی اور بہت کم چکنائی میں پکائی گئی سبزیاں کھائیں۔
- ◆ Use mustard instead of mayonnaise on a sandwich. سینڈویچ میں مایونیس کی جگہ سرسوں استعمال کریں۔
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking. پکانے کے وہ طریقے جو آپ کے لیے اچھے ہیں: سکنا، بھاپ دینا، ابالنا، چلا کر بھوننا، اسٹو بنانا اور جالی پر سکنا۔ تیل کی زیادہ مقدار میں کھانا پکانے سے پرہیز کریں۔
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil. پکانے کے وہ طریقے جو آپ کے لیے اچھے ہیں: سکنا، بھاپ دینا، ابالنا، چلا کر بھوننا، اسٹو بنانا اور جالی پر سکنا۔ تیل کی زیادہ مقدار میں کھانا پکانے سے پرہیز کریں۔
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat. گوشت کے کم چکنائی والے ٹکڑوں کا انتخاب کریں۔ مثلاً مرغ، ڈکی، سور اور بھینس کا گوشت یا ران خریدتے ہوئے اس پر سے اضافی چکنائی ہٹا دیں۔
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods. چکنائی سے پاک (کریم نکلا ہوا) یا کم چکنائی والے (1%) دودھ یا دودھ سے بنی غذاؤں کا انتخاب کریں۔

Grains, Beans and Starchy Vegetables

دانے، پھلیاں اور نشاستہ دار سبزیاں کیا ہیں؟

What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.



نشاستہ دار اشیاء اور کاربوہائیڈریٹ کیا ہیں؟

نشاستہ دار چیزوں میں دانے، اناج، پاستا یا نشاستہ دار سبزیاں ہیں۔ ہر وقت کے کھانے میں بعض نشاستہ/کاربوہائیڈریٹ والی غذائیں کھائیں۔ لوگ آپ کو بتاتے ہوں گے کہ بہت سی نشاستہ دار اور کاربوہائیڈریٹ والی چیزیں نہ کھائیں لیکن وہ اب درست مشورہ نہیں رہ گیا ہے۔ نشاستہ دار/کاربوہائیڈریٹ والی غذائیں کھانا ہر شخص کے لیے صحت مند ہے جس میں ذیابیطس کے مریض بھی شامل ہیں۔

How many starches/carbohydrates do I need each day? 6-11 servings each day

The number of servings you should eat each day depends on:

- ◆ The calories you need
- ◆ Your diabetes plan

مجھے روزانہ کتنی نشاستہ دار/کاربوہائیڈریٹ والی غذاؤں کی ضرورت ہے؟

6-11 سرونگ روزانہ۔

روزانہ آپ کو کتنی سرونگ کھانی چاہیے یہ منحصر ہے:
آپ کے لیے ضروری کیلوریوں پر
آپ کے ذیابیطس کے علاج کے منصوبے پر

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

نشاستہ دار اور کاربوہائیڈریٹ والی غذاؤں کا ہمارے جسم پر کیا اثر پڑتا ہے؟

نشاستہ دار غذاؤں سے آپ کے جسم کو توانائی، وٹامن B، معدنی اجزاء اور ریٹھے حاصل ہوتے ہیں۔ ریٹھے دار غذاؤں سے آپ کو معدے کے صاف رہنے میں مدد ملتی ہے اور وہ آپ کو بلڈ شوگر پر قابو پانے میں مدد دیتی ہیں۔

Grains, Beans and Starchy Vegetables (continued)

داغے، پھلیاں اور نشاستہ دار سبزیاں کیا ہیں؟

How much is one serving of starch/carbohydrate?

- ◆ 1 slice of bread
- ◆ 1 small potato, casaba or plantain
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
- ◆ ¾ cup dry cereal such as corn flakes
- ◆ ⅓ cup of cooked rice
- ◆ 1 small tortilla, roti bread or enjira bread

نشاستہ دار کاربوہائیڈریٹ کی سروسنگ کتنی ہوتی ہے؟

- 1 روٹی کا ایک سلاکس
- 1 چھوٹا آلو، Casaba یا کیلا
- ½ کپ پکا ہوا اناج جیسے دلیا یا گیہوں کا کریم
- ¾ کپ خشک اناج مثلاً کارن فلکیس
- 1/3 کپ پکا ہوا چاول
- 1 چھوٹی کٹی کی روٹی، چپاتی روٹی یا انجیرا روٹی

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Dinner: ½ cup of pasta and one bread stick—2 servings

Snack: 6 crackers—1 serving

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

آپ کو ایک وقت کے کھانے میں نشاستہ دار/ کاربوہائیڈریٹ والی غذاؤں کی ایک، دو یا تین سروسنگ کھانے کی ضرورت پڑسکتی ہے۔ اگر آپ کو کسی وقت ایک سے زیادہ سروسنگ کھانی ہوں تو اس غذائی گروہ سے مختلف غذاؤں کا انتخاب کریں۔ مثال کے طور پر:

ناشتہ: ¾ کپ خشک اناج اور ایک سلاکس بریڈ — 2 سروسنگ

دوپہر کا کھانا: 1/3 کپ چاول اور ½ کپ پکا ہوا کیلا — 2 سروسنگ

رات کا کھانا: ½ کپ پاستا اور ایک بریڈ اسٹک — 2 سروسنگ

شام کا ناشتہ: 6 کرکیٹز — 1 سروسنگ

پورے دن کی مجموعی مقدار: 7 سروسنگ۔ اس کا خیال رکھیں کہ کاربوہائیڈریٹ والی غذاؤں میں توازن ہو۔ اس سے آپ کو بلڈ شوگر قابو میں رکھنے میں مدد مل سکتی ہے۔

Vegetables

سبزیاں کیا ہیں؟



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach. You should have 3 to 5 servings every day.

سبزیاں ہر شخص کے لیے صحت مند ہوتی ہیں جن میں ذیابیطس کے مریض بھی شامل ہیں۔ روزانہ کئی اور کئی ہوتی سبزیاں کھائیں۔ سبزیوں سے آپ کو وٹامن، معدنی اجزاء اور کم کیلوری والے ریٹے ملتے ہیں۔ ایسی سبزیاں تلاش کریں جو گہرے رنگ کی ہوں۔ اس کی چند مثالیں گاجر، مرچیں، بیٹن، گوبھی، ٹماٹر اور پالک ہیں۔

آپ کو روزانہ 3 سے 5 سروسنگ تک سبزیاں استعمال کرنی چاہئیں۔

How much is a serving of vegetables?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice

سبزیوں کی سروسنگ کتنی ہوتی ہے؟

1/2 کپ پکی ہوئی سبزیاں:

مثلاً پکی ہوئی ہری پھلیاں، بیٹن، پالک اور کھیرا کیا ہوا عرق۔

1 کپ پکی سبزیاں:

مثلاً سلاڈ، گاجر یا گلوڈوں میں کاٹا ہوا کھیرا۔

1/2 کپ سبزیوں کا رس:

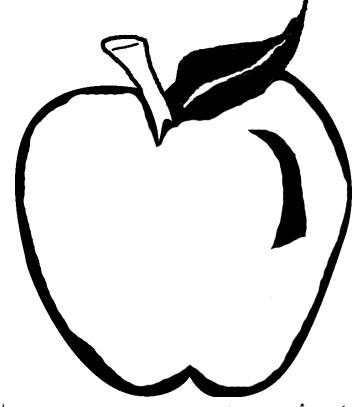
مثلاً ٹماٹر یا گاجر کا رس

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

آپ کو ایک وقت کے کھانے کے ساتھ ایک، دو یا تین سبزیوں کی سروسنگ کھانی پرکتی ہیں۔ اگر آپ کو ایک وقت میں ایک سے زیادہ سروسنگ کھانے کی ضرورت ہو تو مختلف اقسام کی سبزیوں کا انتخاب کریں یا ایک سبزی کی دو یا تین سروسنگ لیں۔

Fruits

پھل کیا ہیں؟



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

پھل ہر شخص کے لیے صحت مند ہوتے ہیں جن میں ذیابیطس کے مریض بھی شامل ہیں۔ پھل سے آپ کو توانائی وٹامن، اور معدنی اجزاء اور ریشے حاصل ہوتے ہیں۔

How many servings of fruit do I need? 2 to 4 servings

مجھے پھل کی کتنی سرونگ کی ضرورت ہے؟
2 سے 4 سرونگ

What is a serving of fruit?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
- ◆ ½ cup of apple or orange juice
- ◆ ½ of a grapefruit
- ◆ 1 small banana or ½ of a large banana
- ◆ ½ cup of chopped fruit
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)

پھل کی سرونگ کیا ہے؟
1 چھوٹا سیب یا ناشپاتی (تقریباً کسی عورت کی مٹھی کے برابر)
½ کپ سیب یا سنترے کا رس
½ چھوٹا سیب
1 چھوٹا کیلا یا ½ بڑا کیلا
½ کپ ترشے ہوئے پھل
¼ کپ کشمش یا خشک ہوئے (تقریباً آپ کی مٹھی بھر)

You might need to eat one or two servings of fruit at a meal.

ایک وقت میں آپ کو پھل کی ایک یا دو سرونگ کھانے کی ضرورت پڑ سکتی ہے۔

How should I eat fruit?

- ◆ Eat fruits raw, or as juice with no sugar added.
- ◆ Buy smaller pieces of fruit.

مجھے پھل کیسے کھانا چاہیے؟
پھلوں کو کچا کھائیں یا ان کا رس نکال کر شکر ملائے بغیر۔
چھوٹے ٹکڑوں کے پھل خریدیں۔

Milk and Yogurt Foods

دودھ اور دہی سے بنی ہوئی غذائیں کون سی ہیں؟

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.



چکنائی سے خالی اور ہلکی چکنائی والے دودھ اور دہی ہر شخص کے لیے صحت مند ہیں جن میں ذیابیطس کے مرض بھی شامل ہیں۔ دودھ اور دہی سے آپ کو توانائی، پروٹین، کیشیم، وٹامن A اور دیگر وٹامن اور معدنی اجزاء ملتے ہیں۔

چکنائی سے خالی (بغیر ملائی اور بغیر چکنائی کے) یا ہلکی چکنائی (1%) دودھ روزانہ پیئیں۔ ہلکی چکنائی یا چکنائی سے خالی دہی کھائیں ان میں مجموعی چکنائی، جذب شدہ چکنائی اور کیلورسز کی مقدار کم ہوتی ہے۔

How many servings do I need each day? 2 to 3 servings each day. Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.

مجھے روزانہ کتنی سرونگ کی ضرورت ہے؟

روزانہ 2 سے 3

نوٹ: اگر آپ حاملہ ہیں یا پھیلتی ہیں تو دودھ اور دہی کی روزانہ چار سے پانچ سرونگ استعمال کریں۔

How much is a serving of milk and yogurt?

- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
- ◆ 1 cup skim or low-fat milk

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

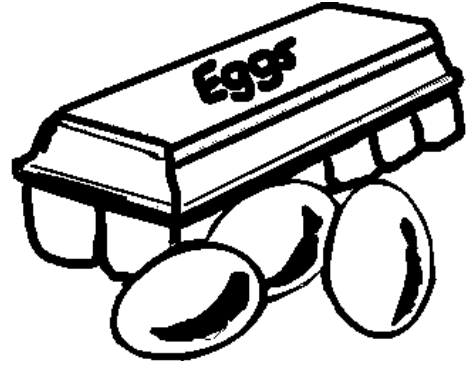
دودھ اور دہی کی سرونگ کتنی ہوتی ہے؟

1 کپ بغیر چکنائی کا سادہ دہی (ایسپیرٹین ملا ہوا دہی بھی تلاش کریں)

1 کپ بغیر ملائی کا یا کم چکنائی والا دودھ

نوٹ: ایسے دہی سے پرہیز کریں جس پر لکھا ہوا ہو "تہہ میں پھل موجود ہیں"۔ اس میں اضافی شکل کی مقدار بہت کم ہوتی ہے۔

Meat, Poultry, Fish, Eggs and Nuts



گوشت، مچھلی، انڈا اور گری دار میوے

This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

اس غذائی گروہ میں گوشت، بھینس، سور کا گوشت، بھینر، مرغ، ڈکی، اٹھ، مچھلی، گری دار میوے یا ٹوفو اور سویا سے بنی اشیاء شامل ہیں۔ ان میں سے بعض غذائیں تھوڑی مقدار میں روک کھائیں۔ یہ تمام غذائیں ہمارے جسم کو پروٹین دیتی ہیں۔

پروٹین والی غذائیں آپ کے جسم کے اندر سبجوں اور عضلات کی نشوونما میں مدد دیتے ہیں۔ ان سے آپ کے جسم کو توانی اور معدنی اجزاء بھی ملتے ہیں۔

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

مجھے روزانہ کتنی پروٹین دار

How many protein foods do I need each day? 2 to 3 servings تک

2 سے 3 سرونگ تک

نغذائیں کی ضرورت ہے؟

How much is a serving of meat, poultry, fish, eggs and nuts?

گوشت۔ مرغ، اٹھا، مچھلی اور گری دار میووں کی سرونگ کتنی ہوتی ہے؟

- ◆ 2 to 3 ounces of cooked fish
- ◆ 2 to 3 ounces cooked chicken
- ◆ 3 to 4 ounces tofu (½ cup)
- ◆ 1 egg (equals one ounce of protein)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
- ◆ 2 tablespoons of peanut butter (equals one ounce)

2 سے 3 آؤنس کچی ہوئی مچھلی

2 سے 3 آؤنس کچی ہوئی مرغی

3 سے 4 آؤنس ٹوفو (1/2 کپ)

1 اٹھا یا ایک آؤنس پروٹین کے برابر ہوتا ہے)

1 بیڑی کی ایک قاش کھن کا یا ایک آؤنس بیڑ (تقریباً D بیڑی کے سائز کا)

2 بڑے چمچ برابر موم پھلی کا کھن (ایک آؤنس کے برابر ہوتا ہے)

Helpful Tips:

- ◆ The serving size you eat now may be too big.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
- ◆ Eat chicken or turkey without the skin.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.

منفید اشارے:

سرونگ کا دو سائز جو آپ اب کھا رہے ہیں کافی بڑا ہو سکتا ہے۔

کارڈوں کے مجموعے پر نظر ڈالیں۔ یہ سائز 2 سے 3 آؤنس کے برابر ہوتا ہے۔

بھینس، سور، سور کے ران اور بھینر کے گوشت کے ایسے ٹکڑے خریدیں جن پر بہت کم چربی ہو۔ اضافی چکنائی بنا دیں۔

مرغ یا ڈکی کھال کے بغیر کھائیں۔

پروٹین دار غذائیں ہلکی چکنائی والے طریقوں سے پکائیں: بھاپ دیں، جالی پر سکیں، بھونیں، بھاپ پر پکائیں، ابلیں یا اسٹو بنا لیں۔

گوشت پکاتے وقت بہت کم مقدار میں تیل استعمال کریں یا تیل کے بجائے پکانے کا اسپرے استعمال کریں۔

ایسا کھانا کھائیں جس میں گوشت نہ ہو۔ اپنے پروٹین کے طور پر پھلیاں اور ٹوفو آزمائیں۔

Fats, Oils and Sweets

چکنائیاں، تیل اور مٹھائیاں کیا ہیں؟



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

چکنائیوں اور تیلوں میں مکھن، مصنوعی مکھن، سور کی چربی اور کھانوں میں ملائے جانے اور کھانا پکانے میں استعمال ہونے والے تیل شامل ہیں۔ گوشت، دودھ سے بنی چیزوں میں بھی چکنائی ہوتی ہے۔ اپنے ذیابیطس پر قابو رکھنے کا بہترین طریقہ یہ ہے کہ ایسی غذا کھائیں جن میں چکنائی اور جذب شدہ چکنائی (گوشت اور جانوروں سے بننے والی چیزوں سے حاصل ہونے والی چکنائی) کم ہو۔

مٹھائیاں وہ شکر دار غذا ہیں جن میں کیلوری تو ہوتی ہے لیکن بہت سے دماغ اور معدنی اجزاء نہیں ہوتے۔ بعض مٹھائیوں میں بھی زیادہ چکنائی ہوتی ہے جیسے کیک پائی اور بسکٹ۔

زیادہ شکر دار اور چکنائی والی غذا نہیں کھانے سے آپ کو اپنے بلڈ شوگر اور وزن پر قابو رکھنا مشکل ہو جائے گا۔ اگر آپ چکنائی والی غذا نہیں اور مٹھائیاں کھاتے ہیں تو کم مقدار میں کھائیں۔

How much is a serving of fats, oils and sweets?

- ◆ 1 teaspoon oil
- ◆ 1 tablespoon regular salad dressing
- ◆ 2 teaspoons light mayonnaise
- ◆ 1 strip of bacon
- ◆ 1 cookie
- ◆ 1 plain doughnut
- ◆ 1 tablespoon syrup
- ◆ 10–15 chips

چکنائی دار غذاؤں، تیلوں اور مٹھائیوں کی سرونگ کتنی ہوتی ہے؟

1 چائے کا چمچ تیل

1 بڑا چمچ مسالہ دار تیل

2 چائے کا چمچ مایونیس

1 اقاش سور کا گوشت

1 بسکٹ

1 سادی میٹھی پوری

1 بڑا چمچ عرق

10-15 چپس

Urdu

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

For more information call (404) 651-2542.

یہ مواد اسٹیٹ یونیورسٹی آف اٹلانٹا، جارجیا کے شعبہ عمرانیات و جغرافیات کے تغذیاتی تعلیم برائے نو امریکیان (Nutrition Education for New Americans) کے لیے تیار کیا گیا ہے۔ امریکی محکمہ زراعت کے خدمت غذا و صارفین برائے فوڈ اسٹامپ پروگرام فیملی کی طرف سے اعانت شدہ۔ رفاقی قانون اور امریکی محکمہ زراعت کی پالیسی کے مطابق اس ادارے کے لیے نسل، رنگ، قومی اصلیت، جنس، عمر، مذہب، سیاسی عقائد یا معذوری کی بنا پر امتیاز برتنا ممنوع ہے۔ مزید معلومات کے لیے (404) 651-2542 پر فون کریں۔



The Food Pyramid

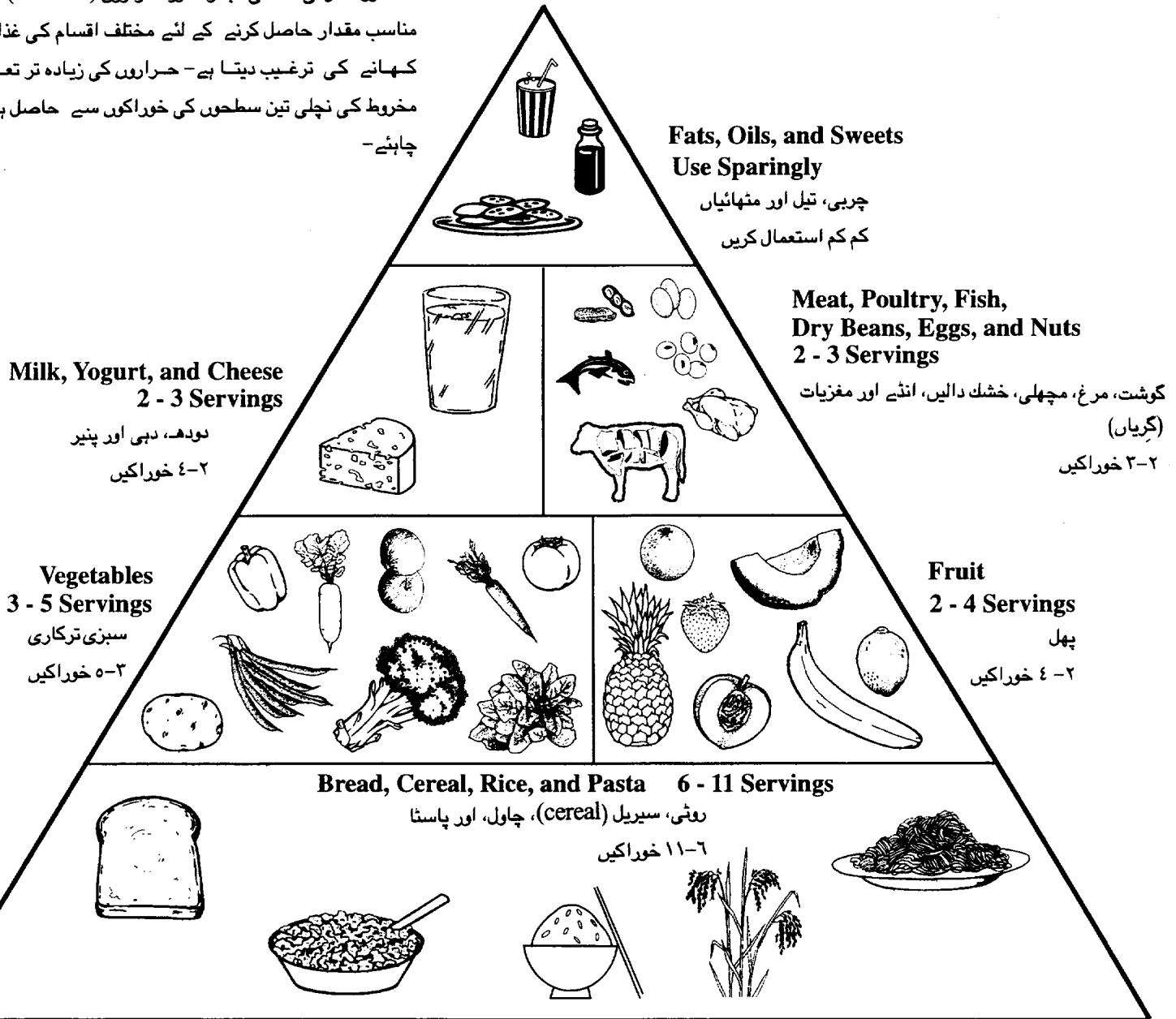
خوراک کا مخروط

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

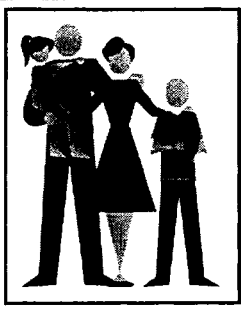
غذائی ہدایات کا مخروط ایک عمومی اشاریہ ہے جو آپ کو مناسب صحت مند خوراک منتخب کرنے میں مدد دیتا ہے۔ یہ مخروط لازمی غذائی اجزاء اور حراروں (calories) کی مناسب مقدار حاصل کرنے کے لئے مختلف اقسام کی غذائیں کھانے کی ترغیب دیتا ہے۔ حراروں کی زیادہ تر تعداد مخروط کی نچلی تین سطحوں کی خوراکیوں سے حاصل ہونی چاہئے۔

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

ان اقسام میں سے ہر ایک قسم چند ضروری غذائی اجزاء تو فراہم کرتی ہے لیکن سبھی اجزا نہیں۔ ایک قسم کی اشیاء کے بدلے دوسری قسم کی غذائیں کام نہیں آتی ہیں۔ کوئی ایک قسم کسی دوسری قسم سے زیادہ اہم نہیں ہے۔ اچھی صحت کے لئے یہ سب لازمی ہیں۔



Urdu Language Version



Better Health Begins With You!

اچھی صحت کی ابتدا خود آپ ہی سے ہوتی ہے!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

کم چربی والی روٹی، سیریل، چاول اور پیسٹا کی 6 سے 11 تک چھوٹی چھوٹی خوراکیں روزانہ کھالیں۔ مثلاً ناشتہ کے لئے اوٹ میل، دوپہر کو سینٹوچ، اور شام کے کھانے کے لئے سادہ چاول لے لیں۔

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

روزانہ پانچ خوراکیں پھلوں کی لیں۔ مثلاً ناشتے میں سنگترے کا رس، دوپہر کو سلاد، شام کو سبز پھلیاں یا ابالے ہوئے آلو، اور رات کو انگور کھالیں۔

3. Drink at least 8 glasses of pure, fresh water every day.

روزانہ کم سے کم آٹھ گلاس تازہ صاف پانی پی لیں۔

4. Eat lean, low-fat meats, such as chicken or fish.

کم چربی والا گوشت مثلاً مرغ یا مچھلی استعمال کریں۔

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

دودھ جس میں سے مکھن نکالا گیا ہو یا یخ بستہ دہی جیسی کم چربی والی یا بنا چربی کی اشیا استعمال کریں۔

6. Limit your intake of sweets and alcoholic beverages.

مٹھائیوں اور شراب کا استعمال محدود کریں۔

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

روزانہ کسی طرح کی جسمانی ورزش کریں۔ مثلاً چہل قدمی، رقص یا کھیل کود

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

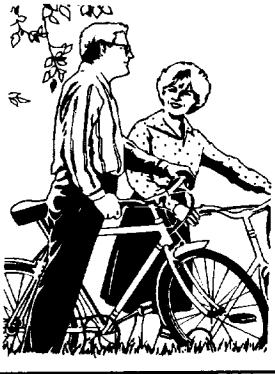
سور کی چربی یا حیوانی چربیوں کی بجائے سبزی کے تیل یا کینولا تیل کا استعمال کریں۔ سبزی کے تیل مفید

ہیں کیونکہ ان میں کولسٹرول (cholesterol) نہیں ہوتا ہے۔

Urdu Language Version

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Better Nutrition for Mature Adults

بالغوں کے لئے بہرپور غذا

1. Drink 6 - 8 glasses of water every day.

روزانہ چھ سے آٹھ گلاس تک پانی پی لیں۔

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

ایسی غذائیں کھالیں جن میں کیلشیم کافی مقدار میں موجود ہو مثلاً دودھ، دہی، کانٹے والی مچھلی اور بعض کھری سبز ترکاریاں جیسے براکلی۔ کیلشیم ہڈیوں کی مضبوطی کے لئے ضروری ہے۔

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

پھل اور سبزییاں جیسے گاجر اور سنگترے کھا کر وافر مقدار میں وٹامن A اور C حاصل کریں۔ وٹامن A آپ کی آنکھوں اور جلد کے لئے مفید ہے۔ وٹامن C مسوڑوں کی حفاظت کرتا ہے اور لاگ والی بیماریوں سے بچا لیتا ہے۔

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

ایس غذائیں کھائیں جن میں لوہے کی مقدار زیادہ ہو۔ اس سے جسم کو قوت استعمال کرنے میں مدد ملتی ہے۔ لوہا گوشت، مرغ، مچھلی اور خشک دالوں میں موجود ہوتا ہے۔

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

گوشت، سمندری غذائیں اور مرغ خوراک میں شامل رکھیں تاکہ جست کی کمی نہ ہو جائے۔ جست سے زخم جلدی مندمل ہو جاتے ہیں۔

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

باقاعدہ ورزش کرتے رہیں۔ گھر سے باہر ورزش کرنا زیادہ بہتر ہے کیونکہ جسم سورج کی روشنی میں وٹامن D بنا سکتا ہے۔

Urdu Language Version

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Better Health for Mother and Baby

ماں اور بچے کے لئے بہتر صحت

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

الکھول اور کیفین والی مشروبات جیسے کافی اور ہلکی مشروبات سے پرہیز کریں۔

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

روزانہ ایسی غذائیں کھائیں جن میں کیلشیم موجود ہو۔ مثلاً دودھ، پنیر، دہی، کانٹے والی مچھلی اور کچھ گہرے سبز رنگ کی ترکاریاں۔

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

پروٹین حاصل کرنے کے لئے روزانہ گوشت، مچھلی، انڈے یا خشک دالوں کی ۲-۳ خوراکیں کھائیں

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

وٹامن (حیاتیاتین) اور معدنیات حاصل کرنے کے لئے ہر روز پھلوں اور سبزیوں کی کم سے کم پانچ خوراکیں کھائیں۔ مثلاً صبح کو سیریل پر کیلے کے کچھ ٹکڑے کتر دیں، نوپہر کے بعد ایک سیب کھائیں۔ نوپہر کے کھانے کے ساتھ گاجر یا سیلیری (celery) کے کچھ ٹکڑے اور رات کے کھانے کے ساتھ براکی اور سلاد لیں۔

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

اناچ کی ۶ سے ۱۱ ٹک خوراکیں کھائیں۔ یہ صحت اور قوت کے لئے لازمی ہیں۔ اس میں چھان کے سمیت گندم کی روٹی اور بھورے چاول شامل ہیں۔

6. See your doctor early in your pregnancy.

حمل کے ابتدائی دنوں ہی میں ڈاکٹر سے مشورہ کریں۔

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

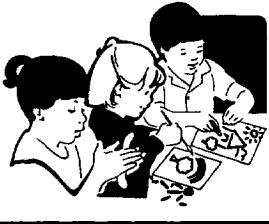
خیال رکھیں کہ حمل کے دوران آپ کے وزن میں مناسب اضافہ ہوتا رہے۔ اکثر عورتوں کے لئے یہ ۲۵ سے ۳۵ پونڈ تک

ہوگا۔ ڈاکٹری مشورہ حاصل کریں۔

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Good Food for Kids

بچوں کے لئے اچھی خوراک

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

جسم کے بڑھنے اور ہڈیوں کی بننے کے لئے کیلشیم ضروری ہے۔ یہ دودھ، دہی، کانتوں والی مچھلی، اور کچھ گہری

سبز ترکاریوں مثلاً براکلی میں ہوتا ہے۔

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

لوہا جسم کو طاقت پیدا کرنے میں مدد دیتا ہے۔

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

کاجر، پالک اور دوسری ترکاریوں اور پھلوں میں وٹامن A اور C کی وافر مقدار ہوتی ہے۔ وٹامن A اچھی بینائی اور

صحت مند جلد کے لئے اہم ہے۔ وٹامن C مسوڑوں کو صحت مند رکھتا ہے اور متعدی امراض سے بچاتا ہے۔

4. Energy is important and comes from breads, rice, cereal, and pasta.

قوت اہم ہے اور یہ روٹی، چاول، سیریل اور پاستا سے حاصل ہوتی ہے۔

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

صحت مند ہلکی غذاؤں کا انتخاب کریں مثلاً پھل، سبزیوں، دودھ اور دودھ سے حاصل ہونے والی اشیاء، اور مغزیات

(گریاں)۔ یہ چیزیں سوڈا، چپس (chips) اور منہائیوں سے زیادہ مقوی اور بچوں کے دانتوں کے لئے اچھی ہوتی ہیں۔

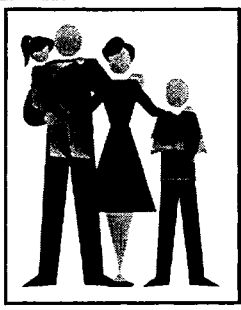
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

بچوں کی مضبوط اور صحت مند پرورش کے لیے جسمانی ورزش ضروری ہے۔

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Better Health Begins With You!

اچھی صحت کی ابتدا خود آپ ہی سے ہوتی ہے!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

کم چربی والی روٹی، سیریل، چاول اور پیسٹا کی 6 سے 11 تک چھوٹی چھوٹی خوراکیں روزانہ کھالیں۔ مثلاً ناشتہ کے لئے اوٹ میل، دوپہر کو سینٹوچ، اور شام کے کھانے کے لئے سادہ چاول لے لیں۔

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

روزانہ پانچ خوراکیں پھلوں کی لیں۔ مثلاً ناشتے میں سنگترے کا رس، دوپہر کو سلاد، شام کو سبز پھلیاں یا ابالے ہوئے آلو، اور رات کو انگور کھالیں۔

3. Drink at least 8 glasses of pure, fresh water every day.

روزانہ کم سے کم آٹھ گلاس تازہ صاف پانی پی لیں۔

4. Eat lean, low-fat meats, such as chicken or fish.

کم چربی والا گوشت مثلاً مرغ یا مچھلی استعمال کریں۔

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

دودھ جس میں سے مکھن نکالا گیا ہو یا یخ بستہ دہی جیسی کم چربی والی یا بنا چربی کی اشیا استعمال کریں۔

6. Limit your intake of sweets and alcoholic beverages.

مٹھائیوں اور شراب کا استعمال محدود کریں۔

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

روزانہ کسی طرح کی جسمانی ورزش کریں۔ مثلاً چہل قدمی، رقص یا کھیل کود

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

سور کی چربی یا حیوانی چربیوں کی بجائے سبزی کے تیل یا کینولا تیل کا استعمال کریں۔ سبزی کے تیل مفید

ہیں کیونکہ ان میں کولسٹرول (cholesterol) نہیں ہوتا ہے۔

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The Food Pyramid

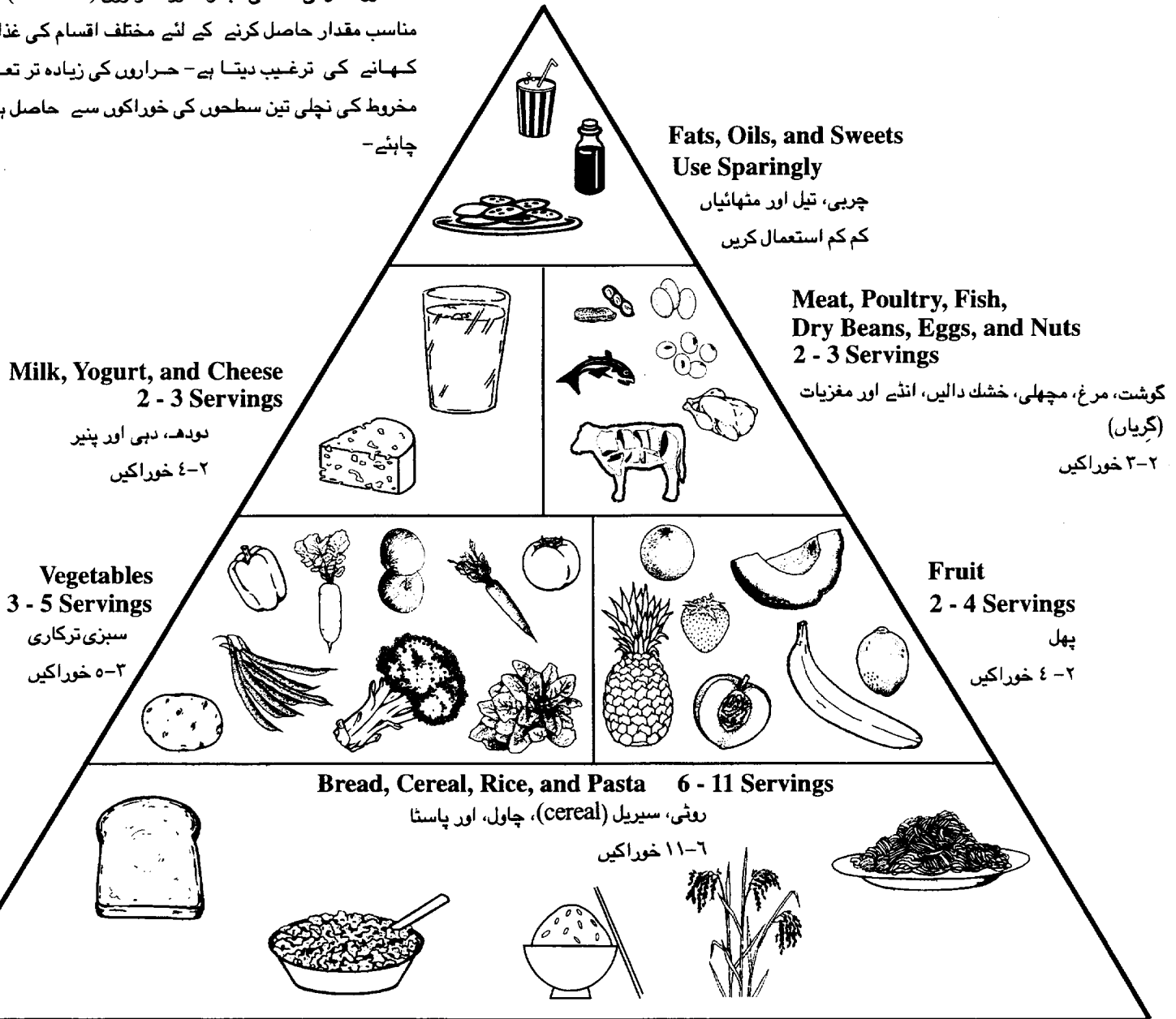
خوراک کا مخروط

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

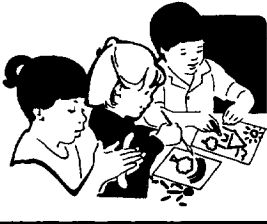
غذائی ہدایات کا مخروط ایک عمومی اشاریہ ہے جو آپ کو مناسب صحت مند خوراک منتخب کرنے میں مدد دیتا ہے۔ یہ مخروط لازمی غذائی اجزاء اور حراروں (calories) کی مناسب مقدار حاصل کرنے کے لئے مختلف اقسام کی غذائیں کھانے کی ترغیب دیتا ہے۔ حراروں کی زیادہ تر تعداد مخروط کی نچلی تین سطحوں کی خوراکیوں سے حاصل ہونی چاہئے۔

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

ان اقسام میں سے ہر ایک قسم چند ضروری غذائی اجزاء تو فراہم کرتی ہے لیکن سبھی اجزا نہیں۔ ایک قسم کی اشیاء کے بدلے دوسری قسم کی غذائیں کام نہیں آتی ہیں۔ کوئی ایک قسم کسی دوسری قسم سے زیادہ اہم نہیں ہے۔ اچھی صحت کے لئے یہ سب لازمی ہیں۔



Urdu Language Version



Good Food for Kids

بچوں کے لئے اچھی خوراک

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

جسم کے بڑھنے اور ہڈیوں کی بننے کے لئے کیلشیم ضروری ہے۔ یہ دودھ، دہی، کانتوں والی مچھلی، اور کچھ گہری

سبز ترکاریوں مثلاً براکلی میں ہوتا ہے۔

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

لوہا جسم کو طاقت پیدا کرنے میں مدد دیتا ہے۔

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

کاجر، پالک اور دوسری ترکاریوں اور پھلوں میں وٹامن A اور C کی وافر مقدار ہوتی ہے۔ وٹامن A اچھی بینائی اور

صحت مند جلد کے لئے اہم ہے۔ وٹامن C مسوڑوں کو صحت مند رکھتا ہے اور متعدی امراض سے بچاتا ہے۔

4. Energy is important and comes from breads, rice, cereal, and pasta.

قوت اہم ہے اور یہ روٹی، چاول، سیریل اور پاستا سے حاصل ہوتی ہے۔

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

صحت مند ہلکی غذاؤں کا انتخاب کریں مثلاً پھل، سبزیوں، دودھ اور دودھ سے حاصل ہونے والی اشیاء، اور مغزیات

(گریاں)۔ یہ چیزیں سوڈا، چپس (chips) اور منہائیوں سے زیادہ مقوی اور بچوں کے دانتوں کے لئے اچھی ہوتی ہیں۔

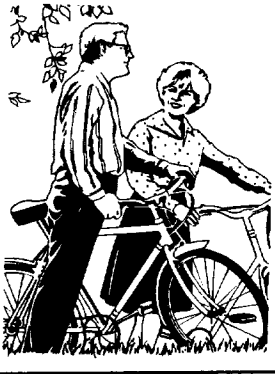
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

بچوں کی مضبوط اور صحت مند پرورش کے لیے جسمانی ورزش ضروری ہے۔

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Better Nutrition for Mature Adults

بالغوں کے لئے بہرپور غذا

1. Drink 6 - 8 glasses of water every day.

روزانہ چھ سے آٹھ گلاس تک پانی پی لیں۔

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

ایسی غذائیں کھالیں جن میں کیلشیم کافی مقدار میں موجود ہو مثلاً دودھ، دہی، کانٹے والی مچھلی اور بعض کھری

سبز ترکاریاں جیسے براکلی۔ کیلشیم ہڈیوں کی مضبوطی کے لئے ضروری ہے۔

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

پھل اور سبزییاں جیسے گاجر اور سنگترے کھا کر وافر مقدار میں وٹامن A اور C حاصل کریں۔ وٹامن A آپ کی آنکھوں

اور جلد کے لئے مفید ہے۔ وٹامن C مسوڑوں کی حفاظت کرتا ہے اور لاگ والی بیماریوں سے بچا لیتا ہے۔

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

ایس غذائیں کھائیں جن میں لوہے کی مقدار زیادہ ہو۔ اس سے جسم کو قوت استعمال کرنے میں مدد ملتی ہے۔ لوہا

گوشت، مرغ، مچھلی اور خشک دالوں میں موجود ہوتا ہے۔

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

گوشت، سمندری غذائیں اور مرغ خوراک میں شامل رکھیں تاکہ جست کی کمی نہ ہو جائے۔ جست سے زخم جلدی مندمل

ہو جاتے ہیں۔

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

باقاعدہ ورزش کرتے رہیں۔ گھر سے باہر ورزش کرنا زیادہ بہتر ہے کیونکہ جسم سورج کی روشنی میں وٹامن D بنا

سکتا ہے۔

Urdu Language Version

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