



# 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.

**Boenian Language Version**

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