



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

Bosnian 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.

