

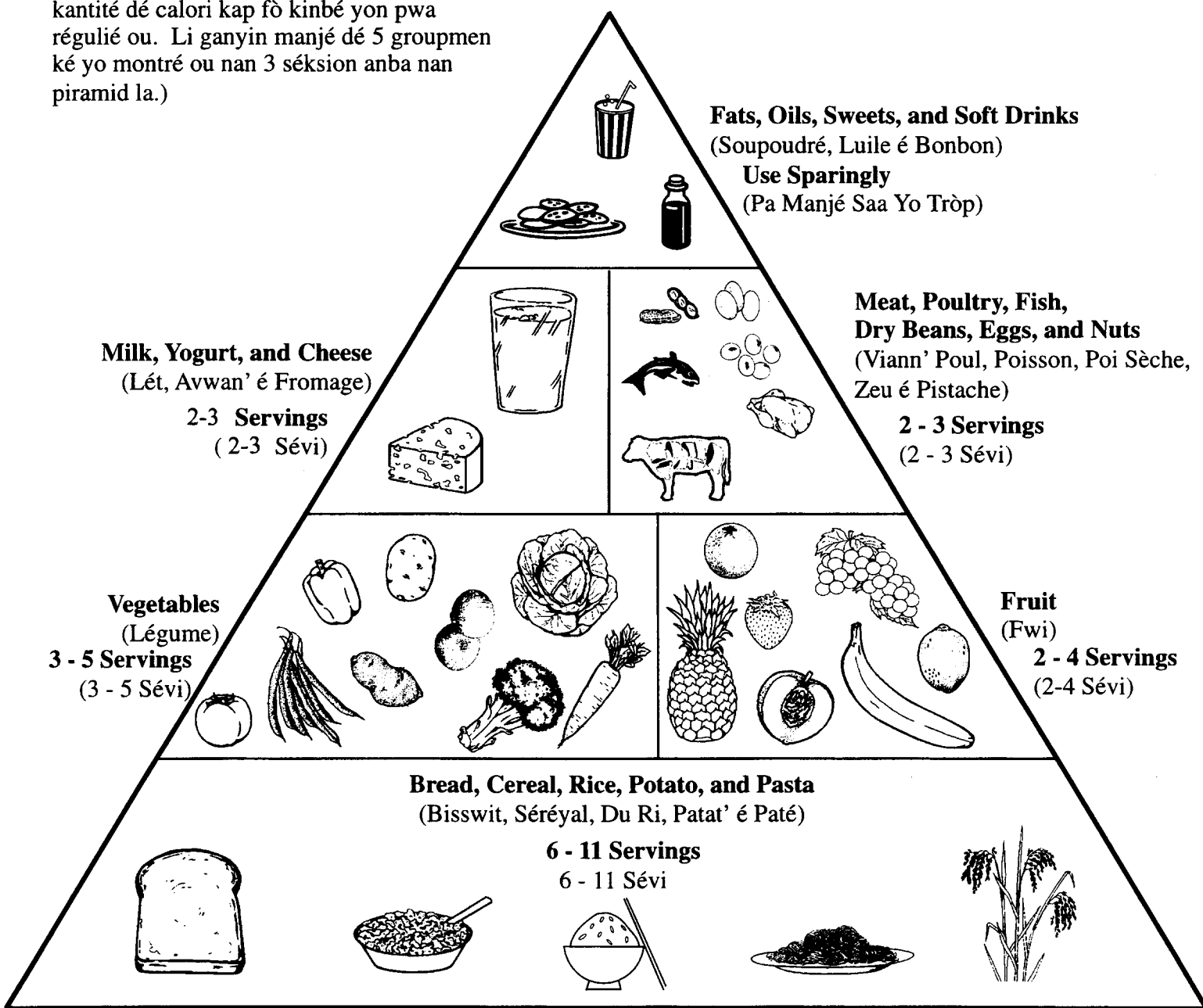
The Food Pyramid (Manjé Piramid Amerikin)

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.)

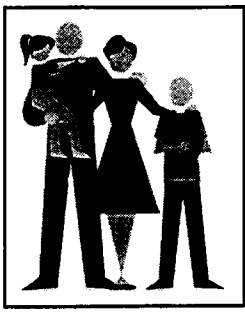
Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

(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

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!

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.

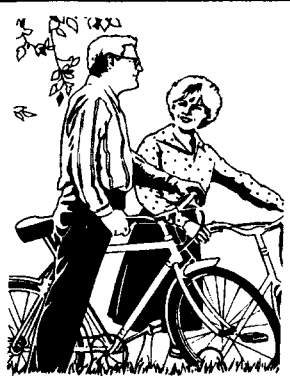
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

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 bène 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 moun

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 pèmètè 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 moun 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 moun fè aktivité fizik chak jou, sa va pèmèt kò yo dévlopé solide épi en bòne santé.

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