



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 bònè 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 bònè santé.

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 more information call (404) 651-2542.

