



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.

Haitian Creole Language Version

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