



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.

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 USDA Food and Consumer Service. For more information, call (404) 651-2542.

