



Better Nutrition for Mature Adults

Kev Noj Qab Haus Huv Zoo Dua rau Cov Neeg Laus

1. Drink 6 - 8 glasses of water every day.

1. Txhua hnuv haus 6 mus rau 8 khob dej dawb.

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.

2. Noj tej zaub mov uas muaj tshuaj ntxiv pob txha (calcium), xws li mis nyuj, tshij, kua mis nyuj (yogurt), ntses uas muaj pob txha thiab ib co zaub ntsuab ntsuab, zoo li zaub paj ntsuab. Calcium yog ib yam tseem ceeb pab yus muaj pob txha khov.

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.

3. Noj Vitamees A thiab Vitamees C ntau heev koj tau thaum koj noj txiv hmab txiv ntoo thiab zaub xws li lauj pwm liab thiab txiv kab ntxwv. Vitamees A yog ib yam zoo rau koj qhov muag thiab nqaij daim tawv. Vitamees C ua rau koj pos hniav tsis muaj mob thiab tiv thaiv koj lub cev ntawm kab mob.
4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.
4. Noj tej yam zaub mov uas muaj tshuaj ntxiv ntshav, uas yuav pab yus lub cev muaj dag zog. Tshuaj ntxiv ntshav nyob hauv nqaij nyuj thiab lwm hom nqaij liab, nqaij qaib, ntses thiab taum qhuav.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

5. Noj nqaij, nqaij ntawm hiav txwv thiab nqaij qaib xwv kom muaj cov tshuaj zinc. Zinc yog hom tshuaj uas pab tej qhov kiav txhab zoo sai.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

6. Txhua hnuv yuav tau ua ib qho zog. Kev ua si nraum zoov yeej zoo dua, vim koj lub cev ua tau Vitamees D yog tias lub hnuv pab.

Hmong Language Version

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