



Better Nutrition for Mature Adults

EZI NRI MAKA NDI TORO ETO

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

Nua iko nmiri isi mọbụ asatọ kwa nbọsi

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.

Rie nri na eme ka ọkpụkpụ gi sie ike, dika nmiri ara ehi na ihe ndi ọzọ ejiji eme.
Rie-kwa azụ, agwa, na akwukọ nri.

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.

Rie ọtutụ nkpurụ osisi maka anya, na akpukpo aru. Nkpurụ osisi na-eme ka iha ra iria oria mjbe ọbula.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Rie onu, azụ na anụ ọkukọ maka ezi nmiri na obura.

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

Rie anụ, azụ ọkukọ na-ihe ndi ọzọ maka onya ila ngwa ngwa mgbe imeruru ahu.

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

Mara kwa na-iga na enye onwegi aka na ime onwe gi gara-gara, site na-igba ọsọ ma ọbu ije-ije.

Igbo Language Version

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