



Better Health for Mother and Baby

EZI AHỤ IKE MAKÀ

NNE NA NNWA

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

Añukwala nmanya na-aba na-anya. Ma obu ihe ndi ozo na egbu egbu.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

Rie nri na-enyi ihe okpukpọ ji esi ike dika nmiri ara ehi, azu, na akwukwo nri di iche-iche.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

Rie anu, ehi, na azu, na agwa, abua ma obu atọ kwam nbosi maka esi obara.

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.

Rie nkpuru osisi di iche iche mgbe obula irichera nri. Ihe ndia na enyere mmiri na obara aka.

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.

Rie osikapa na ihe ndi ozọ dika ya maka ume

6. See your doctor early in your pregnancy.

Ga fu dibia gi na-oge mbido ime gi.

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.

Ahụ kwesili ido gi mgbe ọ idi ime otutu umunwanyị na edo ahụ dimma mgbe ha di ime. Dibia bekee gi ga gwa gi maka nkea.

Igbo Language Version

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