



Better Health for Mother and Baby

ສຸຂພາບທີ່ແຂງແຮງສໍາລັບຜູ້ເປັນແມ່ແລະແອນ້ອຍ

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

ຫຼີກເວັ້ນຈາກການດື່ມເຫລົ້າ ແລະເຄື່ອງດື່ມທີ່ມີກາເຟອິນ ເຊັ່ນກາເຟແລະນໍ້າອັດລົມ.

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

ກິນອາຫານທີ່ມີແຄລຊັມທຸກມື້ ອັນນີ້ຮວມທັງນົມ ເນີຍແຂງ ນົມສີ້ມ ປາທີ່ມີກ້າງແລະປະເພດຜັກສີຂຽວແກ່.

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

ກິນຊີ້ນ ປາ ໂຂ່ຫຼືວ່າໝາກຖົ່ວແຫ້ງ 2 ຫາ 3 ສ່ວນທຸກມື້ເພື່ອໃຫ້ມີໂປຣຕິນ.

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.

ກິນໝາກໄມ້ແລະຜັກຢ່າງຕໍ່າ 5 ສ່ວນທຸກມື້ເພື່ອເອົາໄວຕາມິນແລະທາດເຫຼັກເຊັ່ນ ຊອຍໝາກກ້ວຍໃສ່ຊີຣີໂອ (cereal) ໃນຕອນເຊົ້າ ແລະເລືອກເອົາໝາກແອບເປັນສໍາລັບອາຫານຫວ່າງໃນຕອນແລງ ອີກຢ່າງກິນຫົວກາຣົດຫຼືວ່າຜັກເຊເລີຣີໃນຍາມເຂົ້າທ່ຽງ ຜັກກະຫລໍ່າປີແລະຜັກສະລັດໃນຍາມເຂົ້າແລງ.

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.

ກິນເຂົ້າສາລີທີ່ສໍາຄັນຕໍ່ສຸຂພາບແລະກໍາລັງກາຍ 6 ຫາ 11 ສ່ວນໜ້ອຍ ອັນນີ້ຮວມທັງເຂົ້າຈີ່ປະເລ່ແລະເຂົ້າສີນໍ້າຕານ.

6. See your doctor early in your pregnancy.

ໄປຫາໝໍຕັ້ງແຕ່ທ່ານເລີ້ມຖືພາ.

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.

ໃຫ້ແມ່ໃຈວ່າທ່ານໄດ້ຕື່ມນ້ຳໜັກທີ່ຖືກຕ້ອງໃນລະຍະຖືພາ ສໍາລັບຜູ້ຍິງທົ່ວໄປແລ້ວຈະໜັກຕື່ມຂຶ້ນ 25-35 ປອນ ໃຫ້ຂໍຄໍາແນະນໍາຈາກໝໍຂອງທ່ານເອງ.

Laotian Language Version

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