

The Food Pyramid

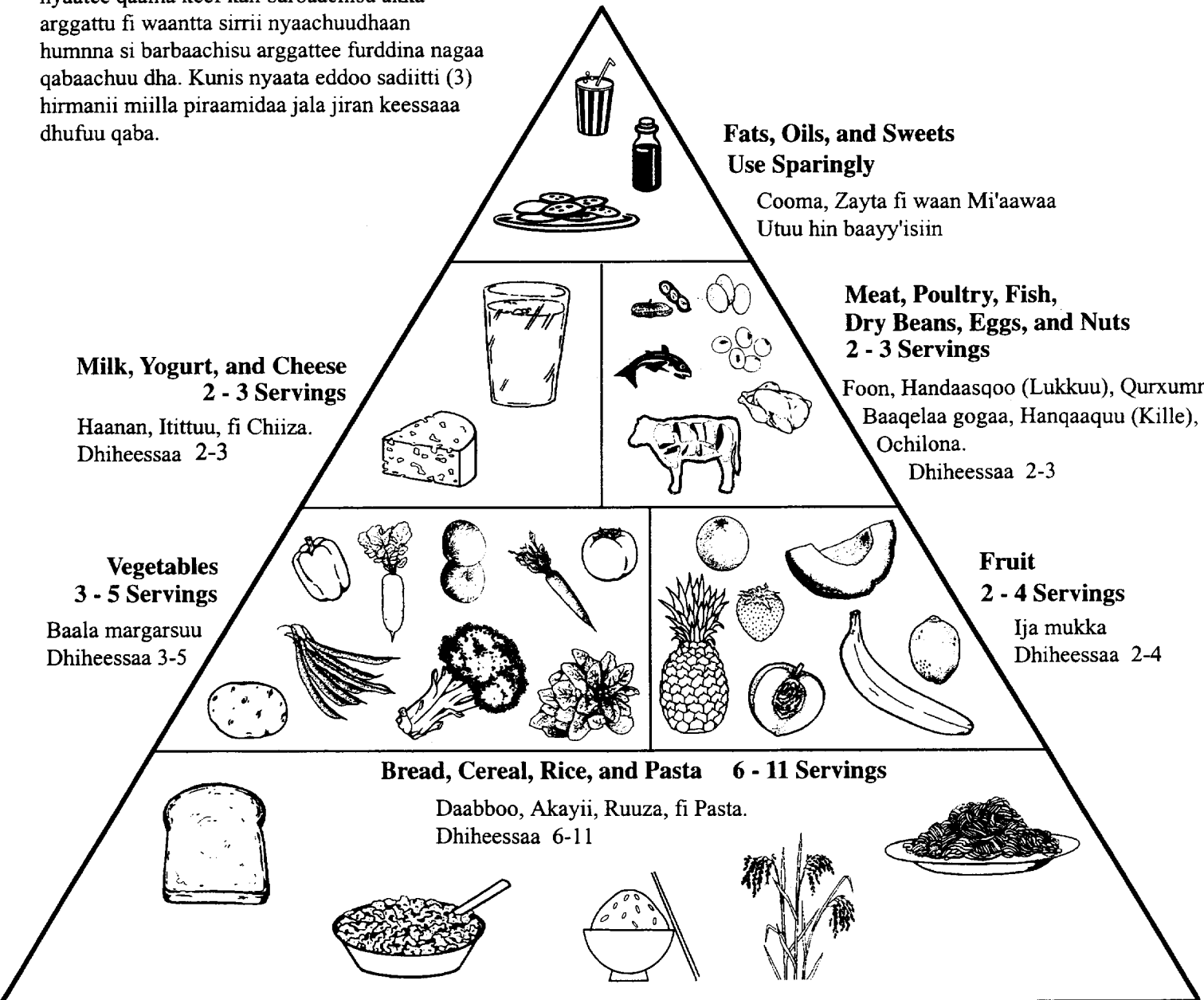
Piraamidaa Nyaata

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Agarsiifani nyaata piraamidaa nyaata akkamii fayaina keetiif akka filachuun siif ta'u kan himu dha. Piraamida jachuun nyaata addaa addaa nyaatee qaama keef kan barbaachisu akka arggattu fi waantta sirrii nyaachuudhaan humnna si barbaachisu arggattee furddina nagaa qabaachuu dha. Kunis nyaata eddoo sadiitti (3) hirmanii miilla piraamidaa jala jiran keessaaa dhufuu qaba.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Tokkoon tokkoon nyaatoliin kun amma ta'e nama gargaaru malee cufa (hudda) miti. Nyaanni inni isa tokko kessaa isa kaan eddoo bu'uu hihndanda'u. Nyaanni tokko iisa kaan irra caaluu hin danda'u. Fayina gaarii qabaachuuf hundumtti isaanii si barbaachisu. Isaanis:



Oromo 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 United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. For more information call (404) 651-2542



Better Health Begins With You!

Fayinni gaarin si irra jalqaba

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Guyyuma Guyya ti Daabboo waan dha'dha heddu hin qabne; Akayi, Ruzza yokkin Pasta dhiheessaa 6-11 nyaadhu. Fakkeenyaaf, ganama matajaboo, guyya sandwich galgala immoo Ruzza duwwa nyaadhu.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Ija Mukkatifi Balla Margarsuu (Vegetable) dhiheessaa 5 nyaadhu. Fakkenyaafi, cuuffa Burtukaana dhugi. Balla Margarsuu (Salaaxa) nyaachu, galgalla immoo dineecha affelama fi Ija Wayinii nyaadhu.

3. Drink at least 8 glasses of pure, fresh water every day.

Guyya ti yoo xinnaate Bishaan Burcuqqo (Dubbuulee) 8 dhuuggi.

4. Eat lean, low-fat meats, such as chicken or fish.

Foon diimaa kaan bayy'ee cooma hin qabne issa akka Handaaqoo yookin Quxummi nyaadhu.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Waan s'aa kaan dha'dha yarrtu kaabu kaan akka Aanan raafamaa fi Itittu filadhu.

6. Limit your intake of sweets and alcoholic beverages.

Nyaata waan mi'aawaa fi dhugaattii kan nama macheessu hin baayy'isiin.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Guuyya hunda choch'a godhi. Dirree kessa deemee, yookin Sirbba bu'i, tabadhu.

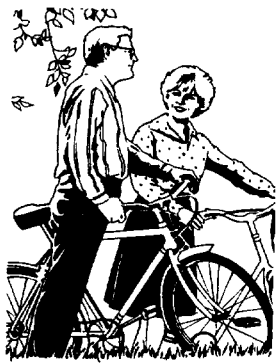
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Gaate kolestrol (cholesterol) hin qabne fi, Zayta waan Sa'a fi kan cooma horri erra hojjetmu manna zayta Baala Margarsuu (Vegetable) fillidhu.

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Better Nutrition for Mature Adults

Nyaata Gaarii Gurguddootaaf

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

Guyyatti Burcuqoo (dubbuulee) 6 amma 8 ti kan ta'u bishaan dhugi.

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.

Kaalshemiin (calcium) kan itti bayy'ate nyaadhu, innis Aannan, Chiiza, Itituu Qurxummi, kan lafee qabu fi Baala margarssu qabu, kan akka Brokoolii dha. Kalshemiin jabina lafeef fi barbaachisaa dha.

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.

Ija mukka, waan akka Kaarotta fi Birtukaana nyaachuu dhaan Vitaamina A fi C baayyee arggachuu yaali. Vitaamiinni A ija kee ti fi gogaa kee tiif gaarii dha. Vitaamiinni C foon ilkaan kee akka fayyaa qabaatu fi dhukkuba adda adda irra eega.

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

Nyaata Ayireni (iron) guddaa of keessaa qabu nyaadhu, innis qaamnni akka humna ti dhimma ba'u gargaara. Ayireni foon Diimaa, Handaanqoo, Qyrxummii fi Baaqelaa Gogaa keessa ti guddaa arggama.

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

Zinkii (Zinc) dhabumssa irra ooluuf nyaata kee kessa ti foon, nyaata bishaan keessaa ti argaman kan akka Quxummii fi Handaaqoo Yeroo Hundda qabaadhu. Zinkii madaan akka dafee dhinuuf gargaara.

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

Yeroo hundda choch'a godhi. Kesumatti immoo diida keessa deemuuf fi figuun gaarii dha. Innis qaamnnikee karaa aduu Vitaamina D akka arggatu gargaara.

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Better Health for Mother and Baby

Fayyiina Gaarii Haadhaa fi Mucaa

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

Dugaatii jabaa Buna fi waan akka kookaa ta'e irraa of qusadhu.

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

Guyyaa hundda nyaata Kaalshi'ena (Calcium) qabu nyaadhu.

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

Yeroo hundda foon, Qurxummii, Hanqaaquu yoo kaan immoo Baaqelaa gogaa Dhiheessaa 2-3 ti kan ga'u protinaaf.nyaadhu.

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.

Vitaaminaa fi Mineraala arggachuuf akka si gargaaruuf guyyaa hundda Ija mukaa fi Bala magrgarsuu (Vegetables) kan qabu dhiheessaa 5 nyaadhu. Faakeegha fi: Gaannamaa Cerealli waaghin Muuzzi nyaadhu: saa boddee apple, guuyyaa Carrot fi Celery, gaalegalla mo broccoli fi salad nyaadhu.

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.

Fayyinaaf barbaachissaa, humnaafis kan ta'e Daabboo Qamadii fi Ruuza Diimaa dhiheessaa amma 6-11 kan ta'u xiqqoo xiqqoo tiin nyaadhu.

6. See your doctor early in your pregnancy.

Jalqqaba ulfa kee ti doktora kee qunnami.

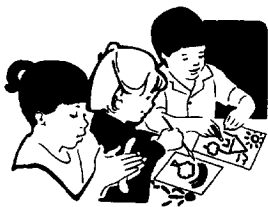
7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

Yeroo ulfoofttee jirttu ulfinni qaama kee akka sritti jiru of eegadhu. Dubartoonni tokko tokko amma powunddi 25-35 ti dabaluu. Gargaarssaaf doktora kee gaaffu.

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Good Food for Kids

Nyaata Gaarii Ijoolee dhaaf Ta'u

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Kaaksheemiin jabinna fi guddina lafeef gargaara. Innis Annan, Itittuu, Qurxummii lafee qabu fi waan akka margarsuu qabuu (Brokoolii) dha.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Ayireeniin qaamni akka humna hijetu gargaara. Innis Foon Diimaa, Handaanqoo, Qurxummii fi Baaqeelaa gogaa keessa ti argama.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Kaarotii, Raafuu fi Ija Mukaa fi Maargarsuun Vitaamina A, fi C gudda of keessa qabu. Vitaaminni A, argatuu dha fi gogaaqaamaa ijoolleef guddaa barbaachisaa dha. Vitamini C fayina foon ilkaanii fi dhukaba adda adda irraa eeguuf gargaara.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Humni baay'ee barbaachisaa dha, Innis Daabbpp, Ruuza, Akayyi fi Pasta kessaa dhufa.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Geediisoo (snack) gaarii ijoolleedhaa filiif (dhiheesiif), Innis Ija Mukkaa, margarsuu baala, waan loonii fi Ocholona. Isaanis nyaata gaarii fi ilkaan ijoolleefis fayyihna kennu. Kunis waana mi'ayaa fi akayyi, dinichaa (chips) irra wayya.

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Chocho'uniss guyyuma guyyaa ti ijoolleef baay'ee barbaachisaa dha. Kanaaf qaama jabaataa ta'e fi fayyaa qabooto in ta'u.

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