



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.

Oromo Language Version

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