



# Better Nutrition for Mature Adults

## NAFAQADA U WANAAGSAN DADKA WAAWEYN

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

Cab lix ilaa sideed glaas oo biya ah maalin kasta.

**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.**

Cun cuntada ay kaalshada ku badantahay sida caanaha, farmaajada, caanofadhiga, mallayga lafta leh, iyo qaarka mid ah cagaarka caleentoodu dugulka madowleh sida barookali (broccoli). Kaalshadu waxay xoojisaa lafaha.

**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.**

Qaado vitamiin A iyo vitamiin C badan waxaana laga helaa khudradda iyo cagaarka sida dabacasaha (kaaroot) iyo liinxaaliga. Vitamiin A waxay u fiicantahay indha ha aragtidooda iyo jirka (maqaarka). Vitamiin C waxay u fiicantahay cirridka oo jirrada ayuu ka ilaaliyaa.

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

Cun cuntada ay birtu (iron) ku badantahay oo jirka ka caawinta tamarta. Birta waxay ku badan tahay hilibka cas (jiirta) digaagga, mallayga iyo digirta cas.

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

Zink (zinc) wuxuu jirka dhaawaca ah ka caawiyaa sidii uu dhaqso ugu resanlahaa. Waxaana laga heli karaa raashinka aan badda kala soo baxno (seafood) iyo digaagga.

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

Xubnaha jirkaaga waa in ay helaan dhagdhaqaaq kufilan kuna samee dibadda sida orodka waayo jirkaagu wuxuu qorraxda ka qaadankaraa vitamiin D.

**Somali Language Version**

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