

The Food Pyramid

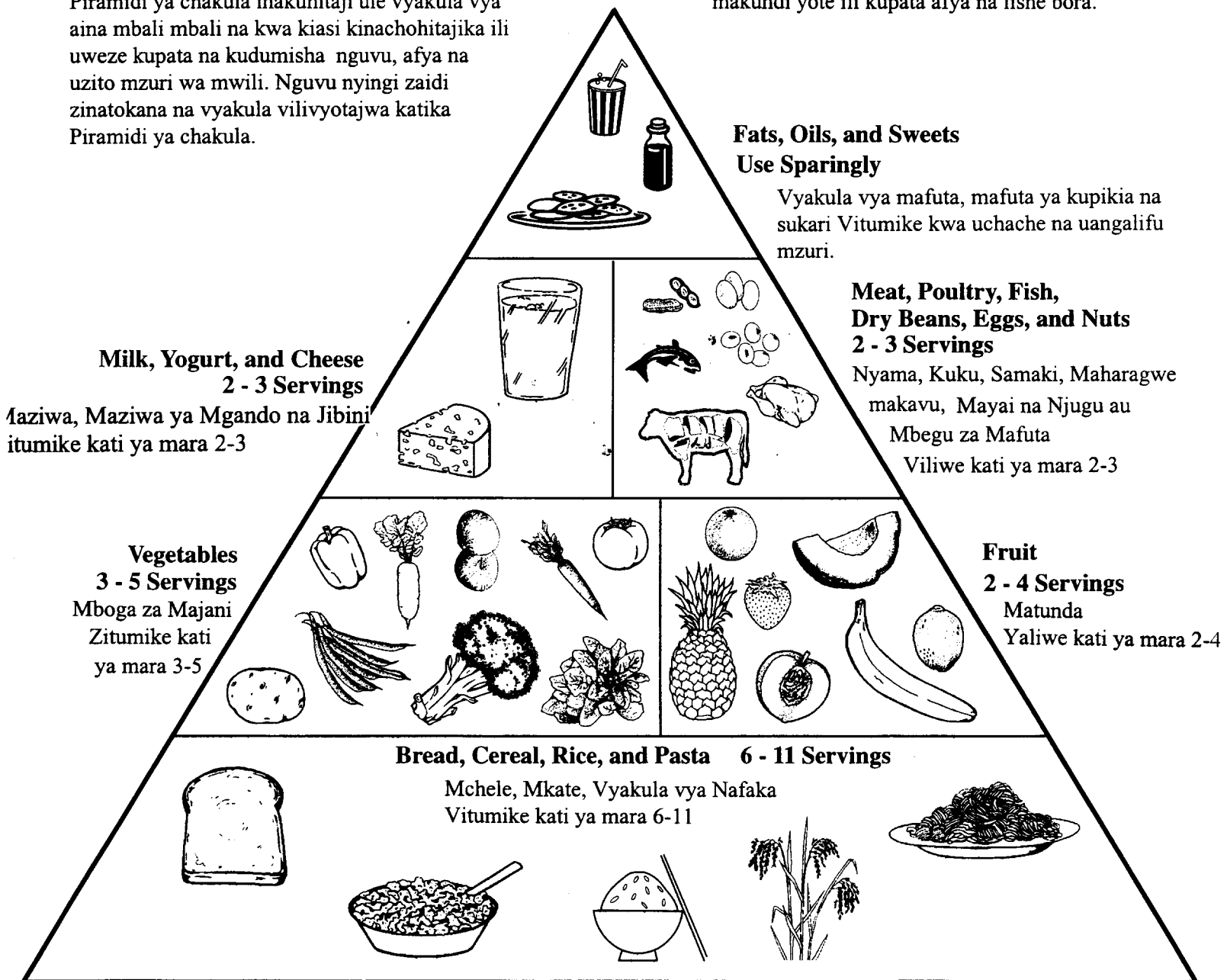
Piramidi ya Chakula Bora

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.

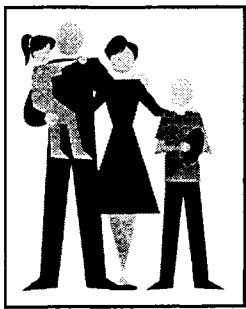
Maelekezo ya Piramidi ya Chakula bora ni maelezo ya jumla tu yatakayokuwezesha kuchagua lishe bora kufuatana na afya yako. Piramidi ya chakula inakuhitaji ule vyakula vya aina mbali mbali na kwa kiasi kinachohitajika ili uweze kupata na kudumisha nguvu, afya na uzito mzuri wa mwili. Nguvu nyingi zaidi zinatokana na vyakula vilivyotajwa katika Piramidi ya chakula.

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.

Vyakula vilivyotajwa kwenye kila kundi vinakupatia kiasi fulani tu cha lishe unayohitaji na sio kila kitu. Vyakula vilivyo kwenye kundi moja haviwezi kuwa bora kuliko vya kundi jingine; na kwa sababu hiyo unahitaji kula vyakula vilivyotajwa kwenye makundi yote ili kupata afya na lishe bora.



Swahili Language Version



Better Health Begins With You!

Afya Nzuri Inaanza na Wewe Mwenyewe

- 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.**

Kula mkate usio na mafuta au siagi nyingi nafaka mchele angalau mara 6-11 kwa siku. Kwa mfano kula nafaka mchanganyiko asubuhi, mchana kula sandwichi na wali kwa chakula cha jioni.

- 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.**

Kula matunda na mboga za majani ngalau mara 5 kila siku. Kwa mfano, unaweza kunywa maji ya machungwa asubuhi, mboga za majani mchana, na kwa chakula cha jioni unaweza kula maharagwe na viazi ulaya vilivyochemshwa, na pia mizabibu.

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

Kunywa glasi 8 za maji safi kwa siku

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

Kula nyama zisizo na mafuta mengi au nono sana kwa mfano kuku na samaki

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

Kunywa maziwa ya mgando au maziwa yasio na mafuta au siagi nyingi.

- 6. Limit your intake of sweets and alcoholic beverages.**

Punguza matumizi ya vyakula vya sukari nyingi pamoja na vinwaji vinavyo levyaa

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

Jitahidi kufanya mazoezi ya mwili kila siku. Kwa mfano kutembea, kudansi au michezo na kwata (mazoezi ya viungo vya mwili).

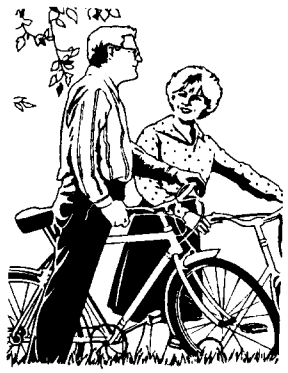
- 8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Tumia mafuta yatokanayo na mimea kwa kupikia, badala ya mafuta yatokanayo na wanyama ili kuepukana na kolestro.

Swahili 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 USDA Food and Consumer Service. For more information, call (404) 651-2542.





Better Nutrition for Mature Adults

Lishe Bora kwa Watu wa Makamo

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

Kunywa maji safi kati ya glasi 6 - 8 kila siku.

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.

Kula vyakula vilivyo na madini ya kalsium kama vile maziwa, jibini, maziwa mgando, samaki wenye vifupa, mboga za majani-kijani kwa mfano brokoli. Kalsium ni muhimu kwa mifupa migumu na imara.

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.

Kula matunda na mboga za majani mfano machungwa na karoti ili kupata vitamini A na C. Vitamini A ni muhimu kwa ajili ya macho na ngozi ya mwili. Vitamini C inasaidia vizi za meno zisipatwe na madhara ya magonjwa.

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

Kula vyakula vilivyo na wingi wa madini aina chuma ambayo yanauwezesha mwili kutumia nguvu. Madini haya yapo kwenye vyakula kama nyama, kuku, samaki na maharagwe kavu.

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

Ongezea nyama, vyakukula vitokanavyo na bahari, au majini, na kuku, katika milo yako ili vikuinge na madhara ya upungafu wa madini ya zinki mwilini. Madini ya zinki yanasaidia kuponya majeraha ya mwili kwa haraka zaidi.

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

Jitahidi kufanya mazoezi ya mwili. Mwili unaweza kutengeneza vitamini D kutokana na nguvu za jua ukifanya mazoezi nje.

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Better Health for Mother and Baby

Afya Bora kwa Mama na Watoto

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

Epukana na vinywaji vinayolevya, au kulisimua kama vile kahawa na vinywaji baridi vilivyo na kafeini.

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

Kula vyakula vilivyo na madini ya kalsium (calcium) kila siku, kwa mfano maziwa, jibini, maziwa mgando, samaki yenye vifupa, na mboga za majani kijani.

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

Ili kupata protini (protein), kula nyama, samaki, au maharagwe makavu kati ya mara 2-3 kila siku.

- 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.**

Kula matunda na mboga za majani kijani angalau mara 5 kwa siku ili kupata aina fula za madini na vitamini. Kwa mfano ndizi mbivu wakati wa chakula cha asubuhi pamoja na nafaka mchanganyiko, mchana kula tunda aina ya apple, karoti, brokoli na jioni kula saladi (mchanganyiko wa mboga za kijani).

- 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.**

Kula nafaka mbali mbali kwa ajili ya kuongeza afya na nguvu kama vile mkate wa shairi au mchele wa kahawia.

- 6. See your doctor early in your pregnancy.**

Onana na daktari wako mapema sana wakati wa ujauzito.

- 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.**

Hakikisha umeongeza uzito wa kutosha, kati ya ratili 25-35. Muulize daktari wako kwa maelezo zaidi.

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Good Food for Kids

Chakula Bora kwa Watoto

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.

Madini ya kalsium (chokaa) yanahitajika mwilini kunjenga na kuimarisha mifupa pamoja na kukua. Madini ya chokaa yanapatikana kwenye vyakula kama maziwa, maziwa mgando, samaki wenye vijifupa, na badhi ya mboga za majani kijani kwa mfano brokoli.

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

Madini aina chuma husaidia mwili kutoa nguvu. Yanaweza kupatikana kwenye vyakula kama nyama nyekundu, kuku, samaki na maharagwe makavu.

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.

Karoti, spinachi na matunda mengineyo yanayo kiwango cha juu sana cha vitamini A na C. Vitamini A ni nzuru kwa macho kuona vizuri na kuweka ngozi ya mwili kuwa nyororo. Vitamini C inasaidia kukinga maradhi yasizia dhiri vizi za macho.

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

Nguvu ni muhimu na inatokana na vyakula vya nafaka mkate, mchele na pasta.

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.

Chagua asusa zenye afya ka mfano matunda, mboga za majani, bidhaa zitokanazo na mifugo na mbegu za mafuta. Vyakula hivi vina lishe nzuri na havihatanishi uimara wa meno ya watoto kama vile soda, peremende na vyakula vienye sukari nyingi kama keki na chips.

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

Mazoezi ya viungo na mwili kwa watoto ni muhimu kwa afya na nguvu za miili yao inayokua.

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