

The Food Pyramid

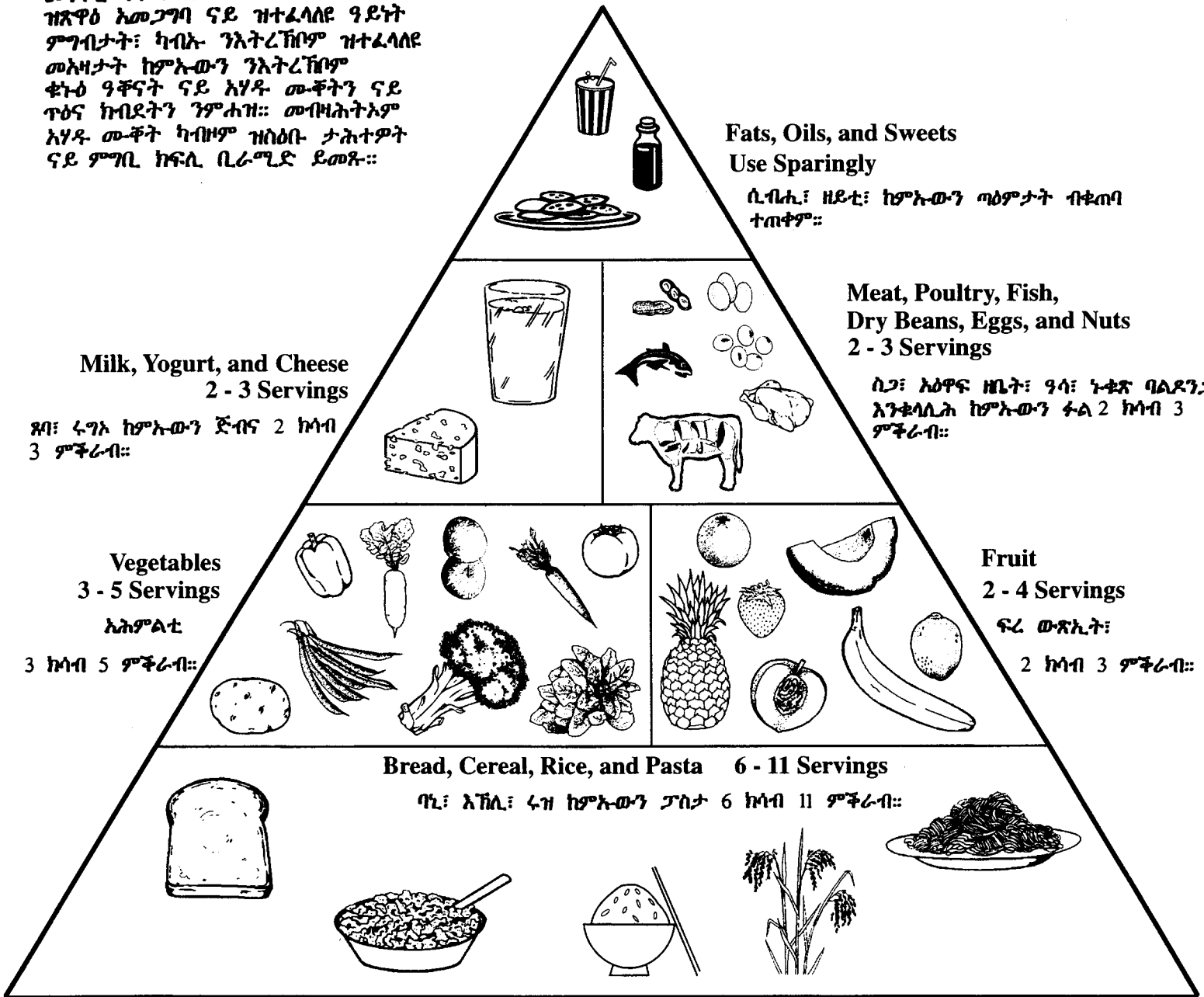
ናይ ምግብ ቢራሚድ

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.

ናይ ምግብ መምሪሒ ቢራሚድ በጠቅላይነት መምሪሒ ናብቲ ቁነዕ አማራጺ ናይ ጥዕና ምግብ ዝመርኡ ቁነዕ መንገዲ ንፃኻ እዩ። ቢራሚድ ዝጸዋዕ አመጋግብ ናይ ዝተፈላለዩ ዓይነት ምግብታት፣ ካብኡ ንእትረኽቡም ዝተፈላለዩ መአዛታት ከምኡውን ንእትረኽቡም ቁነዕ ዓቕናት ናይ አሃዳ መቐትን ናይ ጥዕና ክብደትን ንምሓዝ። መብዛኢትአም አሃዳ መቐት ካብዞም ዝሰዕቡ ታሕተዎት ናይ ምግብ ክፍሊ ቢራሚድ ይመዱ።

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.

ካብዞም ጉጅሊታት፣ ኩሉም ዘይኮነሲ ቁሩብ ካብቲ እትደልዮ መአዛታት ይህቡኻ። ሓደ ዓይነት ናይ ምግብ ጉጅሊ ግን ነቲ ሓደ ዓይነት ይትክእ ማለት አይኮነን። ከምኡውን ሓደ ዓይነት ናይ ምግብ ጉጅሊ ካብቲ ካልእ ዝበልጸሉ አብነት የልቦን። ንጸቡቕ ጥዕና ኩሉም ጉጅሊታት የድልዩኻ።



Fats, Oils, and Sweets
Use Sparingly

ሲብሒ፣ ዘይቲ፣ ከምኡውን ጣዕምታት ብቁጠባ ተጠቀም።

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts
2 - 3 Servings

ሲጋ፣ አዕዋና ዘቤት፣ ዓሳ፣ ነቁጽ ባልደንጋ፣ እንቁላሊት ከምኡውን ፉል 2 ክሳብ 3 ምቕራብ።

Milk, Yogurt, and Cheese
2 - 3 Servings

ጸባ፣ ፋግኦ ከምኡውን ጅብና 2 ክሳብ 3 ምቕራብ።

Vegetables
3 - 5 Servings

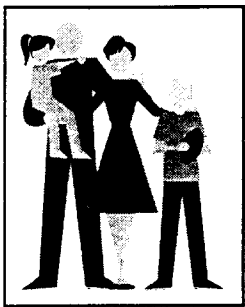
አኢምላቲ
3 ክሳብ 5 ምቕራብ።

Fruit
2 - 4 Servings

ፍራ ውጽኢት፣
2 ክሳብ 3 ምቕራብ።

Bread, Cereal, Rice, and Pasta 6 - 11 Servings

ባሲ፣ እኽሊ፣ ፋዝ ከምኡውን ፓሲታ 6 ክሳብ 11 ምቕራብ።



Better Health Begins With You!

ዝህልዳ ጥዕና ባኣኻ ይጀምር

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.

እብ መጻላቲ ካብ 6 ጅሳብ 11 ዝተኣተ ስቢሒ ዘለዎ ባህ : እኸሊ : ፋዝ ወይ ካእ ፓሲታ ብጎ። ንመዘኻኸሪ ዝኣኣኣ ኮሞ እኸሊ ንቕርሲ : እምቡቲቶ ንምላሕ : ኮሞኡ ውን ንዚይኑ ዝበሰሰ ፋዝ (ብዘይ ትመጻ ትመም) ንድራር ምረጽ ።

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.

እብ መጻላቲ ካብ 5 ዘይውሕድ ፍረ-ውጽኢት : ኣእምላቲ ተመዝብ ። ንምጥቃስ ዝኣኣኣ : ጽግቓ ናይ ብርቱኢን እብ ግዜ ቁርሲ ምስታይ : ሰላግ እብ ግዜ ምላሕ ምብላ። ኮሞእውን ባልደገጋን : ዝበሰሰ ድንገን : ዘቢብን እብ ግዜ ድራር ምዝውታር ።

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

ብዘየሓደ እብ መጻላቲ 8 ብርጭቆ ጽፋይ ማይ ምስታይ ።

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

ዝወኣደ ስቢሒ ዘለዎ ስጋ ብጎ : ንኣብነት ኮሞ ደርህ : ዓላ ።

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

ዝወኣደ ወይኣኣ ስቢሒ ዘይብሉ ናይ ጸባ ውጽኢት ምረጽ ። ንኣብነት ኣጅቦ : ኮሞኡ-ውን ድሰኩላ ርግኣ ።

6. Limit your intake of sweets and alcoholic beverages.

ንእትወሲዶ ምቁር : ኣልኮህላ ዘለዎ መስተን ዓቕን ።

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

ናይ ሰውነት ምንቅሊቻስ እብ ዕለታዊ ናብራኻ ኣዘውትር ። ንኣብነት ኮሞ ምኻድ : ምስህላ። ኮሞኡ ውን ምጽዋት ።

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.

ክትክሸን እንክሉኻ : እብ ክንዲ ካብ ናይ እንጎሳ : ካብ ናይ ኣእምላቲ ዝወጸ ዘይቲ ተጠቱም : ምኸንያቲ ካብ ስቢሒ ነጻ ብሙጂኑ ።

Tigrinian 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

ዝጠለጸ ምግብ ንመንእሲያት

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

6 ክፍለ 8 ብርጭቆ ሜ ደብ መጻልቲ ስተ ::

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.

እብ መጻልታዊ ምግብኻ : ብጠብሒ ካልዩም ዝሓዘሎ ምግብ : ኮም ጸባ : ድብና : ርግኣ : ዓላ ምስ ዓጽሙ : እሕምልቲ ኮም ስደና ተጠቀም :: ካልዩም ጥንኩር ዓጽሚ ንኸትሃንጽ ይሕግዞ ::

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.

ብጠብሒ ፍራውጽሊት : እሕምልትን ብምጠላዕ : ሺታሚን-ኤይ : ኮምኡ ውን ሺታሚን-ሲ : ንኸትረከብ ይሕግዞ :: ንእብካት : ኮም ካሮቲን : ብርትኒንን ሺታሚን-ኤይ ዝሓዘሎ ምግብ ንፃይኒን : ቆርቦትን ይጠቀም :: ሺታሚን-ሲ ዝሓዘሎ ምግብ ካእ ንደርጊ ስኒን : ኮምኡ ውን ካብ አጥቃዕቲ ሕጻናት ይጠቐሙ ::

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

ዝለገሰ ሓዲን (አደርን) ዘለዎ ምግብ እዘውትር :: እዚ ካእ : እብ ሰውነትካ ሓዲሊ ንኸትረከብ ይሕግዞ :: ሓዲን (አደርን) ብጠብሒ እብ ቀይሕ ስጋ : ካብ አዕዋፍ-ዘቤት ዝርከብ ስጋ : ዓላ : ኮምኡ ውን : እብ ዝጥቅጸ ባልደንጋ : ደርኮብ ::

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

ብጠቐሞ : ስጋ : ናይ ባሕሪ ስጋ : ኮምኡ ውን : ካብ አዕዋፍ-ዘቤት ዝርከብ ስጋ : እብ መጻልታዊ ምግብኻ እዘውትር :: እዚ ካእ ካብ ናይ ዚንክ ውሕደት ይጠቐሙ :: ዚንክ : ንዝጥቅጸ ዓይነት ቁጥሊ እብ ሰውነትካ ብዝቐለጠፈ ንኸከውይ ይሕግዞ ::

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

መጻልታዊ ናይ ሰውነት ምንቅስቃስ እዘውትር :: ምንቅስቃስኻ እብ ኅልገላ ንኸከውን ምረጽ :: ምኸንያቲ : ሰውነትካ ናይ ጸሓይ መቐት ብምርካብ : ሺታሚን-ዲ ንኸትረከብ ይሕግዞ ::

Tigrinian Language Version

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Better Health for Mother and Baby

ዝብላጽ ጥዕና ፡ ነገን ፣ ውሳድን

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

ካብ አልኮሎል ፡ ካፈሪን ዘለዎ መስተታት ተቐጠሊ ።

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

ካልሲየም ዝሓዘ ምግብ ኣብ ዕለታዊ ምግብኺ ኣዘውትሪ ። እዚ ኻእ ኮም ጸባ ፣ ጅብና ፣ ርግእ ፣ ዓላ ምስ ዓጽመ ፣ ኮምኡ ውን ቀጠል ኣትምልቲ ።

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

ካብ 2 ክሳብ 3 ናይ ስጋ ፣ ዓላ ፣ እንቁሊሕ ወይ ካእ ፣ ንጽጽ ባልደንጋ ኣብ ዕለታዊ ምግብኺ ኣዘውትሪ ። እዚ ካእ ፕሮቲን ንኸትረኽቢ ይትግዘኪ ።

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.

ብውሓድ ፡ 5 ፍራውጽኢት ፣ ኣትምልቲ ፣ ኣብ ዕለታዊ ምግብኺ ኣዘውትሪ ። እዚ ካእ ፡ ቪታሚን ፣ ሚኒራልን ንኸትረኽቢ ይትግዘኺ ። ንኣብነት ንእሽተይ ቁራጽ መዝ (ቡና) ፣ ኣብ ልዕሊ እሽሊ ፣ ኣብ ናይ ንግሆ ቁርብኺ ፣ ኮምኡ ውን ተተሕ ፣ ኣብ ናይ ድሕሪ ቀትሪ ጠገምትኪ ፣ ብተወሳኺ ፣ ካርቲ ወይ ስደኖ ፣ ኣብ ግዜ ምላሕ ፣ ካውሎ-ፍሮሪን ፣ ሰላግን ፣ ካእ ኣብ ግዜ ድራር ።

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.

ካብ 6 ክሳብ 11 ፡ ኣብ ዕለታዊ ምግብኺ ፡ ስም ኣዘውትሪ ። እዚ ካእ ፡ ቀንዲ ጥቕመ ፣ ጥዕናን ፣ ሓይልን ይህብኪ ። ኮምኡ ውን ፡ ናይ ስም ባሊ ፣ ናይ ቡናዊ ፋዝ የጠቓልል ።

6. See your doctor early in your pregnancy.

ኣብ መጀመርያ ናይ ጥንኳን ግዜ ፡ ናብ ደክተርኪ ብጽሑ ።

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.

ኣብ ግዜ ጥንኳን ፡ እቲ ናይ ሰውነትኪ ክበደት ምውሳኽ መጠኑ ምዃን ኣረጋግጺ ። ንመጠነትኣን ደቂ ኣገትዮ ፡ እቲ ክበደት ኣብ ምን 25 ክሳብ 35 ፓውንድ እዩ ። ጠቆላ እዚ ፡ ካብ ደክተርኪ ሓብራታ ንኸትረኽቢ ጸግሪ ።

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Good Food for Kids

ዝበለጸ ምግብ ንቕልዑ

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.

አዕጽምቲ ንኸድልድሉን ፡ ሰውነት ንኸህጽን ፡ ካልቡም የድልቡም ። እዚ ካእ ካብ ጸባ ፡ ርግሕ ፡ ዓሳ ምስ ዓጽሙ ፡ አሕምልቲ ደርከቡ ። ንአብነት ከም እኒ ሰደኖ ።

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

ሓዲን (አደርን) ንሰውነት ሓዲሊ ንክፈጥር ይሕግዞ ። እዚ ካእ ፡ ካብ ቀይሕ ሰጋ ፡ አዕዋፍ-ዘቤት ፡ ዓሳ ፡ ከምኡ ውን ፡ ካብ ንቕጽ ባልደንጋ ንረኸቦ ።

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.

ካርቲ ፡ ሰፒናት ሠይነት ሓምሊ) ፡ ፍራ-ጽግታ ፡ ከምኡ ውን ፡ አሕምልቲ ፡ ዝለዓለ ቪታሚን-ኤይን ፡ ቪታሚን-ሲን ሓምሊ ደርከቡ ። ቪታሚን-ኤይ ፡ ዓይነ ብቅነዕ ንኸርእ ፡ ከምኡ ውን ጥዕና ዘለዎ ቆርብት ንክህልዎን ይሕግዞን ። ቪታሚን-ሲ ካእ ፡ ጥዕና ዘለዎ ደርጊ ሰጊ ንክህልዎን ይሕግዞን ። ከምኡ ውን ካብ ዝሆነ አጥቃፂ ዓይነት ሕጻናት ፡ ንምክልኻል ይጠቓመክ ።

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

ናይ ሰውነት ሓዲሊ ፡ ቀንዲ ተደላይ እዩ ። እዚ ካእ ካብ ባጊ ፡ ፍዝ ፡ እኸሊ ፡ ከምኡ ውን ካብ ፓሰታ ትረኸቦ ።

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.

ጥዕና ዝህቡ ጠገታት ምረጽ ። ንአብነት ከም እኒ ፍራ-ጽግታ ፡ አሕምልቲ ፡ ውጽኢት ናይ አዕዋፍ-ዘቤት ፡ ከምኡ ውን ፋል ። ንቕልዑ ዝጠቓሙ ብዙሕ ጥዕና ዝህቡ መግብታት አለው ። ካብ ንአሰናኖም ዘጠጡ ዓይነት መግቢ ምሃብ ተቐጠብ ። ንአብነት ከም ቅልው-ደንኸ ፡ ኮረጫላ ፡ ከምኡ ውን ጋዝ ዘለዎም ምቁር መሰተታት ።

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

መዓልታዊ ናይ ሰውነት ምንቅስቃስ ንቕልዑ አድላይ እዩ። እዚ ካእ ፡ ሰውነትም ደልዲሉ ፡ ብጥዕና ንኸገብዩ ይሕግዞም ።

Tigrinian Language Version

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