

The Food Pyramid

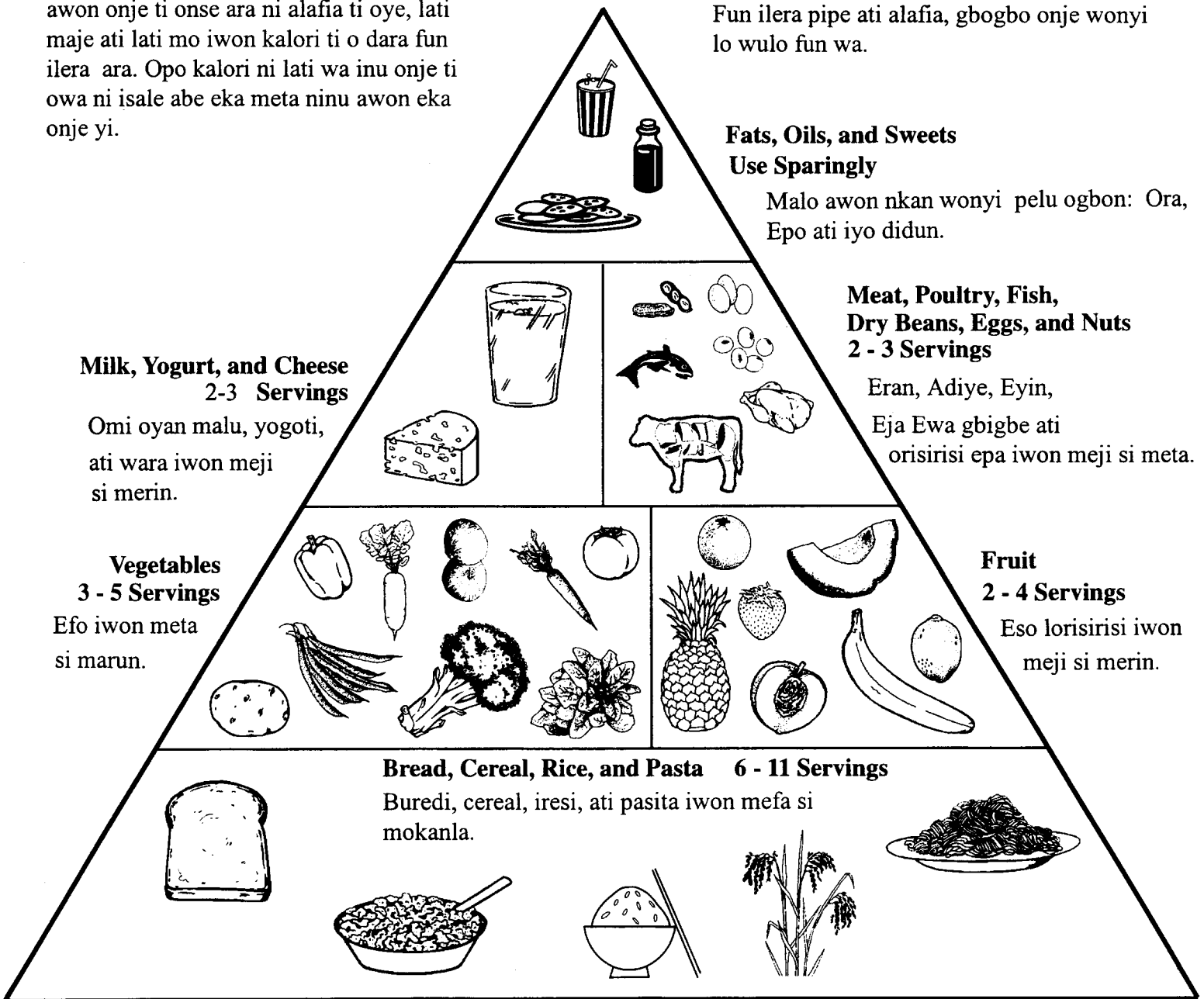
Eka awon Onje

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.

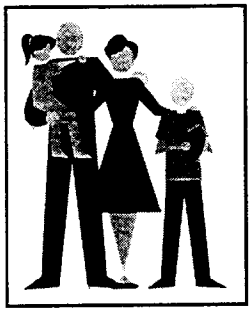
Eka orisirisi awon onje ati apejuwe re jeki ale yan awon onje ti o dara fun wa. Eka onje yi fun wa ni alafia lati yan orisirisi awon onje ti onse ara ni alafia ti oye, lati maje ati lati mo iwon kalori ti o dara fun ilera ara. Opo kalori ni lati wa inu onje ti owa ni isale abe eka meta ninu awon eka onje yi.

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.

Ikan ninu awon apejuwe onje wonyi pese alaye die ninu awon ohun ti owulo fu wa, ti osi se pataki ninu ara wa. Onje ninu apejuwe kokan wonyi kole paro ikankan ninu apejuwe miran. Kosi onje kan ninu apejuwe wonyi ti o se pataki ju awon kan lo. Fun ilera pipe ati alafia, gbogbo onje wonyi lo wulo fun wa.



Yoruba Language Version



Better Health Begins With You!

Ara Lile Bere Pelu re

- 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.**

Maje Buredi die ni iwon mefa si mokaṅla ti ko ni ora tabi cereal, iresi tabi pasita ni ojojumo. Fun apere, larokutu mu ogi tabi oatmeal, buredi pelu eran ati eso (sandwich) fun onjeosan, pelu iresi fun onje ale.

- 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.**

Maje orisirisi eso pelu efo ni iwon bi marun ni ojojumo. Fun apere ole mu omi osan ni aro, je saladi fun osan, je ewa pelu isu ni asale.

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

Mu omi, okereju age mejo (8-glasses). Omi ti o mo ni ojojumo.

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

Je eran ti koni ora, bi adiyẹ tabi eja.

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

Ma mu omi oyan malu ti koni ora tabi ohun to ole mu o sanran, bi omi oyan ti ati yo ora ara re kuro (skim milk), tabi yogoti ti otutu gidi.

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

Ma se mu oti a mupara, tabi ohun ti o ni iyo didun lopolopo.

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

Ma se awon nkan idaraya lojojumo. Marin, tabi ki o ma jo ki osi se ere idaraya ni gbagbogbo.

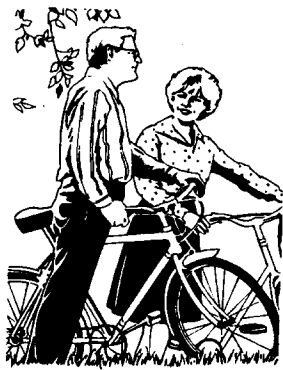
- 8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Ma lo epo ti ase lati inu efo ati eso, tabi eyi ti ape ni canola fun onje sise dipo awon epo ti oni ora ara eran.

Yoruba 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

Onje Ti Onse Ara Loge Fun Awon Agbalagba

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

Ma mu age omi mefa si mejo lojojumo.

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.

Maje onje ti oni opolopo kalcium, awon bi omi oyan malu, wara, eja tabi egungun, ati awon eso ati efo tabi brockoli, toripe kalcium se pataki fun egungun to le pelu agbara.

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.

Gba opolopo vitamins A ati vitaminC nipa jije orisirisi eso, bi karoti, osan mimu. Vitamin C dara fun oju re ati awo ara re. Vitamin C fun erigi re ni alafia yio si dabobo o lowa arun buruku.

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

Maje onje ti opo fun iron ti onjeki ara lo agbara. A ri opolopo iron ninu eran eleje, adiyee, eja ati ewa gbigbe.

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

Fi eran, pelu awon onje omi ati adiyee sinu onje, lati gba o lowo aini vitamin ti ampe ni zink ninu ara. Zink jeki egbo san kiakia.

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

Ma se ere idaraya ni igba gbogbo. Ma rin jade lati se idaraya, toripe ara re yio ni Vitamin D lati inu orun ti onra si ara. Ere idaraya dara pupo ti aba se ninu orun tabi ita gbangba.

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Better Health for Mother and Baby

Ilera Ati Alafia Pipe Fun Iya Ati Omoro

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

Ma se mu oti tabi ohun kohun ti oni caffeine ninu, awon bi koffi, pelu omi didun ti inu igo abi agolo (minerals).

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

Maje onje ti oni kalcium ninu lojojumo. Awon onje bi wara, omi oyan malu, yogoti, eja abi egungun, pelu opolopo awon efo ati eso jije.

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

Maje eja, eran, eyin tabi ewa gbibe ni iwon bi meji si meta lojojumo fun protein.

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.

Maje orisirisi eso pelu efo ni iwon marun lopolopo fun Vitamins e roja to fun ara lokun. Fun apejuwe, ogede pelu cereal laro, apolu oyibo tabi osan fun ipanu osan, pelu karoti ati celeri ati brokoli fun saladi ni owo ale.

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.

Maje onje die ni iwon mefa si mokanla ninu awon onje bi iresi, isu tabi awon buredi ti ape ni whole grain. O dara fun alafia ara ati agbara.

6. See your doctor early in your pregnancy.

Ri onisegun re kiakia ti oba ti loyun.

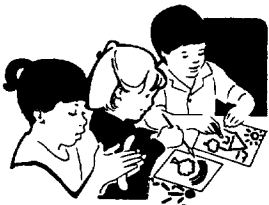
7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

Ri daju pe owa ni iwon bi marundilogun si merundilogoji (25-35lbs). Jeki onisegun re ran lowo ti oko ba mo ohun ti oye ko se.

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Good Food for Kids

Onje To Dara Fun Awon Omode

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.

Kalcium je ohun ti o se pataki fun idagba soke ati alafia awon omode. Oje ohun ta leri ninu omi oyan malu ati ti iya ati yogoti, eja to ni egungun ninu pelu efo orisirisi bi brokoli.

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

Iron nran ara lowo, toripe onfun ara ni agbara. A le ri iron ninu eran jije, adiye, eja ati ewa gbigbe.

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, efo gbure, pelu orisirisi eso jije lo ni vitamin A pelu vitamin C ninu. Vitamin A dara fun oju ati iran riri ati, awo ara to lewa. Vitamin C si nfun erigi ni alafia lowo arun ti o ba ehin ati enu ja.

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

Agbara je nkan pataki fun omode. Awon onje wonyi, kun fun opolopo agbara, awon onje bi buredi, iresi, cereal, pasita, tabi isu.

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.

Fun ipanu to dara, ma je awon eso bi osan, ibepe, efo, omi oyan, wara, ati epa lorisirisi. Maje ipanu to dara fun ehin omode, ju awon nkan didun bi kokakola ati kuki ti o ni o po iyo didun ninu.

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

Ere idaraya lo jojumo dara lopolopo fun idagba soke awon omode, toripe won yio ni agbara ati alafia.

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