



# 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.

**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.

