



# 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.

### Yoruba Language Version

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