

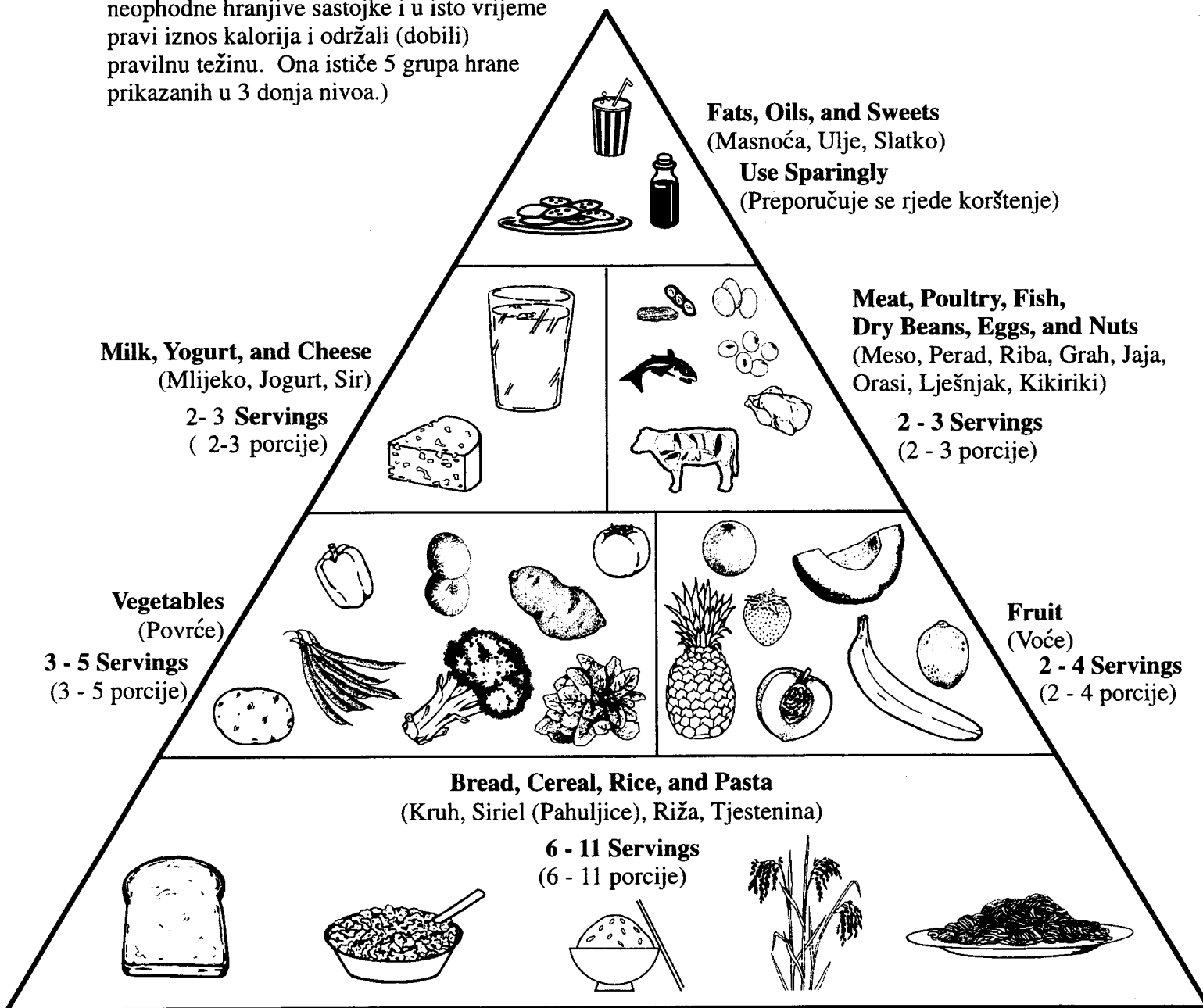
The Food Pyramid (Piramida Pravilne Ishrane)

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 eat the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

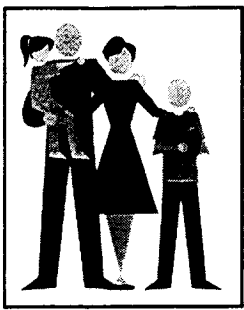
(Piramida pravilne ishrane je vodič koji vam omogućava da izaberete odgovarajuću dijetu. Ova Piramida predlaže korištenje različitih vrsta hrane čime biste dobili neophodne hranjive sastojke i u isto vrijeme pravi iznos kalorija i održali (dobili) pravilnu težinu. Ona ističe 5 grupa hrane prikazanih u 3 donja nivoa.)

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

(Svaka od ovih grupa obezbjeđuje neke ali ne sve neophodne hranjive sastojke. Hrana iz jedne grupe ne može biti zamjenjena hranom iz druge grupe. Za dobro zdravlje je potrebno korištenje hrane iz svih grupa.)



Boenian Language Version



Better Health Begins With You!

Bolje Zdravlje Počinje sa Vama!

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.

Dnevno uzmite 6 do 11 malih porcija hljeba malog procenta masnoće, cerealija, pirinča ili testenina. Naprimer, za doručak ovsena kaša, sendvič za ručak, i nezačinjen pirinač za večeru.

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.

Uzmite svakoga dana po 5 porcija voća i povrća. Naprimer, za doručak možete imati sok od narandže, za ručak salatu, i malo zelenog povrća sa kuvanim krompirom i groždem uveče.

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

Popite najmanje 8 čaša čiste, sveže vode dnevno.

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

Jedite posno meso malog procenta masnoće, pileće ili ribu.

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

Od mlječnih proizvoda birajte one sa malo ili nimalo procenta masnoće, kao naprimer obrano mlijeko ili voćni jogurt.

6. Limit your intake of sweets and alcoholic beverages.

Ograničite količinu slatkiša i alkoholnih napitaka.

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

Svakoga dana budite fizički aktivni. Šetajte, plešite ili igrajte.

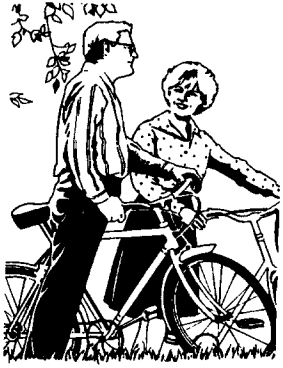
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Za kuvanje koristite biljno ili canola ulje umjesto sala ili životinjskih masti. Biljna ulja su bolja za vas jer ne sadrže holesterol.

Bosnian 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

Bolja Ishrana za Odrasle

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

Popite 6-8 čaša vode svakoga dana.

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.

Jedite hranu bogatu kalcijumom, kao što je mlijeko, sir, jogurt, riba sa kostima i tamno zelenog povrća, kao što je brokoli. Kalcijum je važan za jake kosti.

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.

Uzimajte dosta Vitamina A i Vitamina C sa voćem i povrćem kao što su šargarepa i narandže. Vitamin A je dobar za vaše oči i kožu. Vitamin C održava zdravim vaše desni i štiti od infekcije.

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

Jedite hranu bogatu gvoždem, koje pomaže telu da koristi energiju. Bogati gvoždem su crveno meso, živina, riba i sasušeno zrnevlje.

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

Vaša dijeta treba da uključi mesa, hranu iz mora i živinu da biste održali nivo cinka koji je organizmu potreban. Zink pomaže da rane brže zacele.

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

Redovno fizički vežbajte. Najbolje je vežbati na otvorenom jer tada vaš organizam, uz pomoć sunca, može da proizvodi Vitamin D.

Boenian 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 Health for Mother and Baby

Bolje Zdravlje za Majku i Bebu

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

Izbegavajte alkoholna i pića sa kofeinom, kao što su kafa i bezalkoholni napitci.

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

Svakoga dana konzumirajte hranu koja sadrži kalcijum. To su mlijeko, sir, jogurt, riba sa kostima i neka od tamno zelenih povrća.

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

Pojedite svakoga dana 2 do 3 porcije mesa, ribe, jaja ili sasušenog zrnevlja, jer ova hrana sadrži 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.**

Zbog vitamina i minerala, svakoga dana uzmite 5 porcija voća i povrća. Naprimjer, krišku banane sa vašim jutarnjim cerealijama i jabuku za užinu popodne. Takođe, možete dodati malo šargarepe ili celera za ručak i brokolija i salate za večeru.

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.**

Pojedite 6 do 11 malih porcija žitarica, koje su važne za zdravlje i energiju. Tu spadaju žitni hljeb i mrki pirinač.

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

Posetite vašeg doktora u ranoj fazi vaše trudnoće.

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.**

Nastojte da za vreme trudnoće dobijete na težini onoliko koliko je potrebno. Za većinu žena to je 11-16 kilograma. Pitajte lekara za savet

Bosnian 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.





Good Food for Kids

Dobra Hrana za Decu

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.

Kalcijum je potreban za razvoj kostiju i rast. Ima ga u mlijeku, jogurtu, ribi sa kostima i nekom tamno zelenom povrću, kao što je brokoli.

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

Gvožđe pomaže telu da proizvodi energiju. Ima ga u crvenom mesu, živini, ribi i sasušenom zrnevlju.

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.

Šargarepa, spanać i drugo voće i povrće su bogati vitaminom A i vitaminom C. Vitamin A je važan za dobar vid i zdravu kožu. Vitamin C održava zdravim desni i štiti od infekcije.

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

Energija je važna i dobija se iz hljeba, pirinča, cerealija i testenina.

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.

Za užinu birajte zdravu hranu kao što su voće, povrće, mlječni proizvodi i orasi. Oni su hranljiviji i bolji za dečije zube od soda, čipsa i slatkiša.

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

Dnevne fizičke aktivnosti su važne za decu i čine da telo raste jako i zdravo.

Bosnian 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 United States Department of Agriculture Food and Consumer Service. For more information call (404) 651-2542.

