

The Food Pyramid

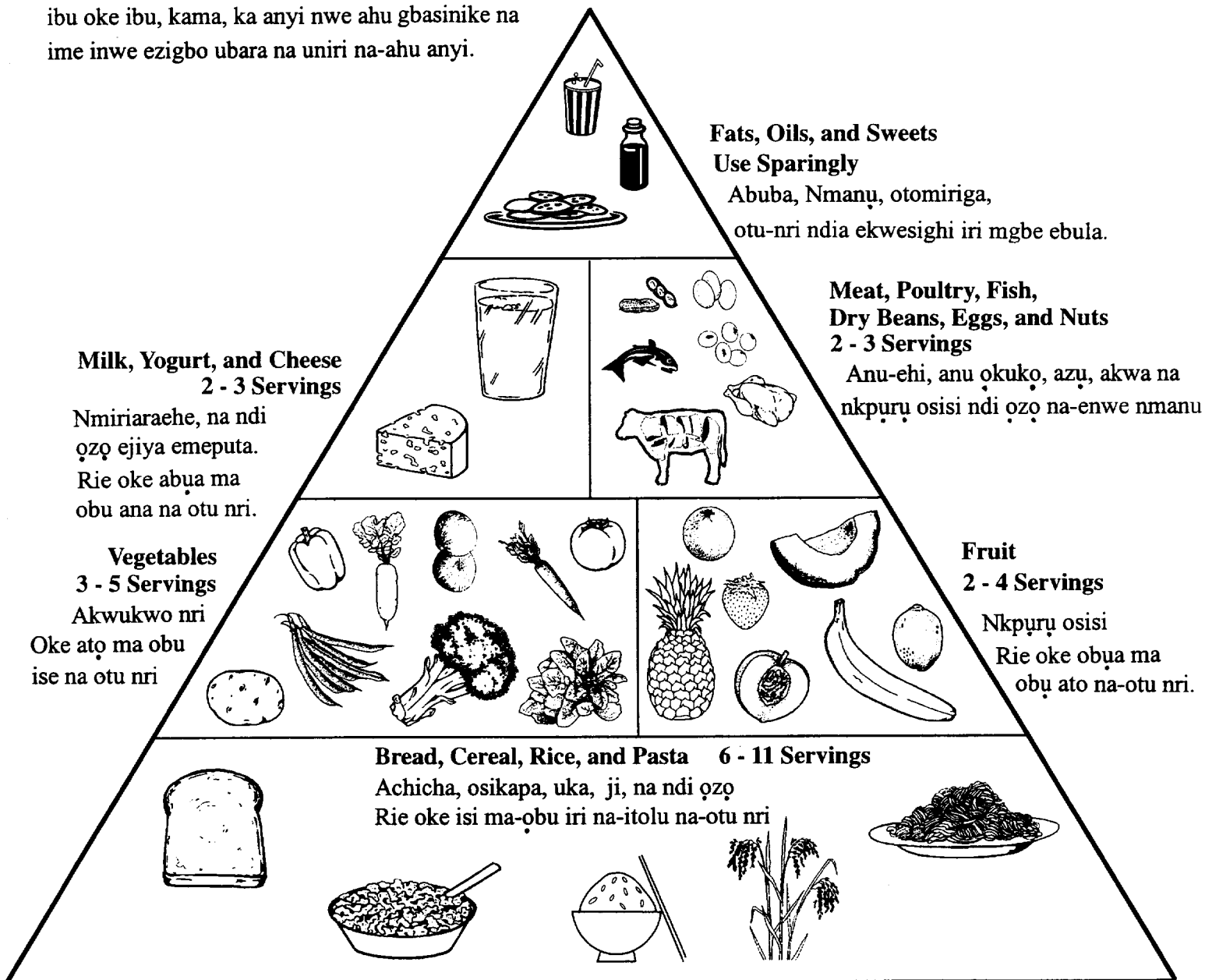
USORO NRI

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.

Usoro nri bu uzọ esi hazie nri ka onwe ike idianyi nma na ahu. Usoro nri na akuzi otu esi eri nri di iche iche ka ọnwẹ ike ime ka anyi ghara ibu oke ibu, kama, ka anyi nwe ahu gbasinike na ime inwe ezigbo ubara na uniri na-ahu anyi.

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.

Ọtụtụ ihe a bu anyi na-acho an-esi na-ime usoro nri ndi-a. Ihe unu ga ama bu, enweghi nri nke di mkpa kari-a ibe ya. Iri ọbere ọbere na otu nri ọbula bu ihe abu anyi chọrọ.



Igbo Language Version



Better Health Begins With You!

EZI AHU IKE NA-EBIDO NAGI

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.

Rie oke isi ma ọbu iri na otu nime nri ndia: achicha, uka, osikapa na ndi ọzọ kwa abọchi. dika, Rie odudu na ututu Rie achicha na obere anụ na ehie Rie kwa osikapa na-abali

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.

Rie nkpuru osisi na akwụkwọ nri kwamgbe, kwamgbe. N'eri ji na agwa na abali. Nuo nmiri Oroma mgbe irisiri nri.

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

Nua iko nmiri asato kwa abọchi

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

Na-eri anu neenweghi abuba dika azụ ma-ọbụ anụ okuko.

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

Zapu abuba obula no na nmiriaraehi tupu i nno ya.

6. Limit your intake of sweets and alcoholic beverages.

Wetue aka niri ihe di utọ ma ọbụ nmanya naba nanya.

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

Tinye aka na ihe gbasara ahu isi ike kwa abochi. Ga ogorogo ije, gbaa egwu, ma ọbụ gwue egwu.

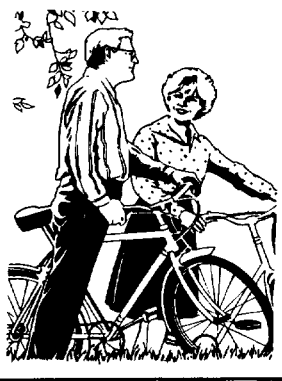
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Were nmanu sina nkpuru osisi na esi nri.

Igbo 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

EZI NRI MAKA NDI TORO ETO

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

Nua iko nmiri isi mọbụ asatọ kwa nbọsi

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.

Rie nri na eme ka ọkpụkpụ gi sie ike, dika nmiri ara ehi na ihe ndi ọzọ ejiji eme.
Rie-kwa azụ, agwa, na akwukọ nri.

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.

Rie ọtutụ nkpurụ osisi maka anya, na akpukpọ aru. Nkpurụ osisi na-eme ka iha ra iria oria mjbe ọbula.

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

Rie onu, azụ na anụ ọkukọ maka ezi nmiri na obura.

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

Rie anụ, azụ ọkukọ na-ihe ndi ọzọ maka onya ila ngwa ngwa mgbe imeruru ahu.

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

Mara kwa na-iga na enye onwegi aka na ime onwe gi gara-gara, site na-igba ọsọ ma ọbu ije-ije.

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Better Health for Mother and Baby

EZI AHỤ IKE MAKÀ

NNE NA NNWA

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

Añukwala nmanya na-aba na-anya. Ma obu ihe ndi ozo na egbu egbu.

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

Rie nri na-enyi ihe okpukpọ ji esi ike dika nmiri ara ehi, azu, na akwukwo nri di iche-iche.

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

Rie anu, ehi, na azu, na agwa, abua ma obu atọ kwam nbosi maka esi obara.

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.

Rie nkpuru osisi di iche iche mgbe obula irichera nri. Ihe ndia na enyere mmiri na obara aka.

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.

Rie osikapa na ihe ndi ozọ dika ya maka ume

6. See your doctor early in your pregnancy.

Ga fu dibia gi na-oge mbido ime gi.

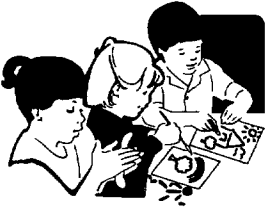
7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

Ahụ kwesili ido gi mgbe ọ idi ime otutu umunwanyị na edo ahụ dimma mgbe ha di ime. Dibia bekee gi ga gwa gi maka nkea.

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Good Food for Kids

EZI NRI MAKA UMUAKA

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.

Nmiri ara ehi, azu na akwukwo nri di iche iche na enyere umuaka aka maka okpukpu ha.

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

Anu ehi, anu okuko, azu na agwa na enye ike na ume. Nri ndia kwesiri iri ngbe obula.

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.

Nkpuru osisi di-iche-iche na nyere mmiri na ubara aka. Ha na emeka anya na okpukpu ahụ di nma.

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

Ume na igba garagara di nkpa. Ihe indira na esi na osika pa, achi cha na ji.

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.

Nri ndi eji emegbari onu ga aka nma obu na obu mgburu osisi kama otomimiriga.

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

Eme ahụ gara gara site na ije ogologo ije na nyere ahụ aka.

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