

The Food Pyramid

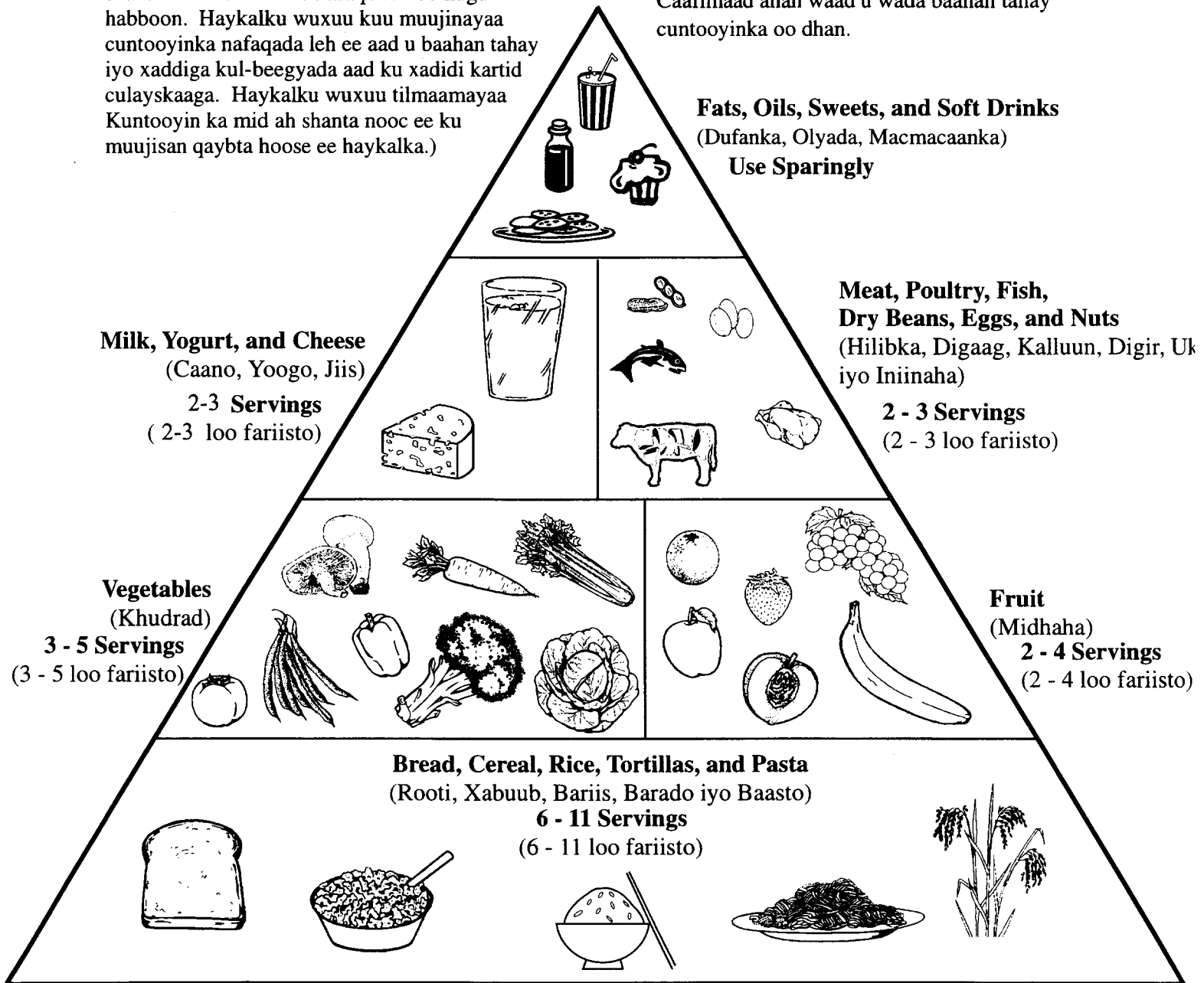
(Haykalka Cuntada nafaqada leh ee Maraykanku cuno)

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.

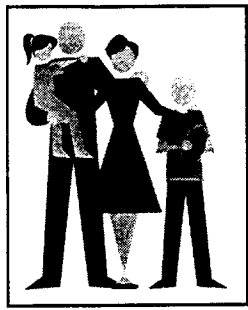
(Haykalka guud cuntada nafaqada leh ee Maraykanku cuno waa tusmo guud ee ku hagaya si aad u dooratid cunto nafaqo leh oo kugu habboon. Haykalku wuxuu kuu muujinayaa cuntooyinka nafaqada leh ee aad u baahan tahay iyo xaddiga kul-beegyada aad ku xadidi kartid culayskaaga. Haykalku wuxuu tilmaamayaa Kuntooyin ka mid ah shanta nooc ee ku muujisan qaybta hoose ee haykalka.)

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.

(Nooc kasta ee kooxaha cuntada ahi wuxuu ku siinayaa qayb nafaqada aad u baahan tahay. Kooxi ma bedeli karto koox kale isla markaasna kooxi kama muhimsana kooxda kale. Caafimaad ahan waad u wada baahan tahay cuntooyinka oo dhan.)



Somali Language Version



Better Health Begins With You!

Caafimaad wanaagsan adiga ayuu kaa bilowdaa.

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.**

Cun lix ilaa iyo kowiyo toban cunto ay ku yartahay baruurta iyocunto ka kooban sereal, bariis, ama baasto. Tusaale: Qamadi ku quraaco, saandwij ku qadee, bariis cadna ku cashee.

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.**

Maalinkasta waxaa cuntaa shan nooc oo khudrad ah oo kala duwan. Sidoo kale waxaa cabtaa liin xaali la miiray (orange juice) quraacda, qadadana waxaa cuntaa khudrad, cashadana waxaa cuntaa digirta cagaaran iyo bataati la kariyey iyo canab.

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

Cab ilaa sideed koob oo biyo nadiif ah.

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

Cun hilib baruur yar sida doorada iyo mallayga.

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

Waxaa cabtaa caanaha ay ku yartahay subagga.

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

Yaree macmacaanka iyo cabitaanka khamriga.

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

Jirkaagu wuxuu u baahanyahay dhaqdhaqaaq jooqta ah sida socod, jimicsi, ciyaaro kala duwan.

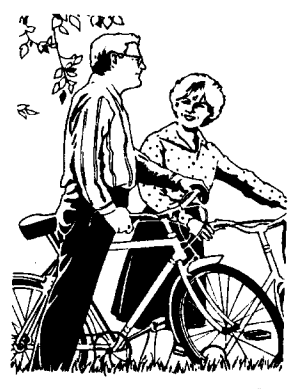
8. **Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Cuntada ku karso saliidda laga miiray miraha dhirta waayo waxaa ku yar baruurta.

Somali 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

NAFAQADA U WANAAGSAN DADKA WAAWEYN

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

Cab lix ilaa sideed glaas oo biya ah maalin kasta.

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.

Cun cuntada ay kaalshada ku badantahay sida caanaha, farmaajada, caanofadhiga, mallayga lafta leh, iyo qaarka mid ah cagaarka caleentoodu dugulka madowleh sida barookali (broccoli). Kaalshadu waxay xoojisaa lafaha.

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.

Qaado vitamiin A iyo vitamiin C badan waxaana laga helaa khudradda iyo cagaarka sida dabacasaha (kaaroot) iyo liinxaaliga. Vitamiin A waxay u fiicantahay indha ha aragtidooda iyo jirka (maqaarka). Vitamiin C waxay u fiicantahay cirridka oo jirrada ayuu ka ilaaliyaa.

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

Cun cuntada ay birtu (iron) ku badantahay oo jirka ka caawinta tamarta. Birta waxay ku badan tahay hilibka cas (jiirta) digaagga, mallayga iyo digirta cas.

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

Zink (zinc) wuxuu jirka dhaawaca ah ka caawiyaa sidii uu dhaqso ugu resanlahaa. Waxaana laga heli karaa raashinka aan badda kala soo baxno (seafood) iyo digaagga.

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

Xubnaha jirkaaga waa in ay helaan dhagdhaqaaq kufilan kuna samee dibadda sida orodka waayo jirkaagu wuxuu qorraxda ka qaadankaraa vitamiin D.

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Better Health for Mother and Baby

CAAFIMAADKA U FIICAN

HOYADA IYO ILMEHEEDA

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

Ka dheerow cabitaanka khamriga iyo waxayabaha ay ku jiraan bunka.

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

Cun maalin kasta cuntada ay ku badantahay kalshyum, waxaana ka heleysaa caanaha, caanafadhiga (yogurt), mallayga lafaha leh iyo cagaarka ay ka mid tahay boorokari (brocoli).

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

Cun maalintii 2 ilaa 3 jeer hilib, mallay, ukun, ama digir cas si aad uga heshid brotiin (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.**

Cun maalin kasta ugu yaraan shan jeer qudaar iyo cagaar si aad uga heshid vitamiiin iyo macdan. Tusaale: Siriyalka aad subaxdii cuntid ku googooso cad ama xabbad moos ah. Karooto ha la socoto qadada, galbihii xabbad tufaaxa cun, Barookoli (broccoli) iyo ansalaato ku cun cashada.

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.**

Cun lix ilaa iyo kowiyo toban jeer oo qamadi ah, waayo waxaa laga helaa tamar. Kuwaas waaxaa ka mid ah rotiga qamadida laga sameeyo iyo bariiska aan caddeyn.

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

Dhakhtarkaaga u tag bilaha hore aad uurka leedahay

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.**

Inta aad uurka leedahay waxaad hubsataa in culeska lagaa rabo uu noqdaa inta u daxeysa 25 ilaa 35 rodol (pound). Markasta ku dadaal in aad dhaktarkaaga la xiriirtid.

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Good Food for Kids

CUNTADA CURUURTA U FIICAN

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.

Kaalshada waxay u fiicantahay koritaanka iyo dhismaha lafaha.

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

Birta waxay jirka siisaa tamarta. Waxaana laga helaa hilibka jiirta ah, digaagga, mallayga iyo digirta cas.

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.

Dabacasaha (karootada) isbinaajada (kablaha) khudradda iyo cagaarka waxaa ku badan vitamiin A iyo vitamiin C. Vitamiin Adu waxay u roontahay aragga iyo maqaarka (jirka). Vitamiin Cdu waxay u roontahay kana ilaalyaa cirridka in uu bukado.

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

Tamarta waa lagama maarmaan, waxaana laga helaa rootiga, bariiska, badarka iyo baastada.

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.

Intii ay caruurta qaadan lahayd cabidda gassku kujiro (sodas), bataatiga qallalan (Chips) iyo macmacaanka waxaa ilmaha uga nafaga badan cuntada fudud (snacks) sida khudradda, cagaarka, waxyaabaha caanaha laga sameeyo (farmaajada) iyo lowska.

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

Dhaqdhaqaaqa caruurta jirkooda waa lagamamaarman, waayo waxaa ku koraya jirkooda.

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