



Better Nutrition for Mature Adults

ዝጠለጸ ምግብ ንመንእሲያት

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

6 ክገብ 8 ብርጭቆ ሜ ደብ መጻልቲ ስተ ::

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.

እብ መጻልታዊ ምግብኻ : ብጠብሒ ካልዩም ዝሓዘሎ ምግብ : ኮም ጸብ : ድብና : ርግኦ : ዓሳ ምስ ዓጽሙ : እሕምልቲ ኮም ስደና ተጠቀም :: ካልዩም ፕንኩር ዓጽሚ ንኸትሃንጽ ይሕግዞ ::

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.

ብጠብሒ ፍራውጽኢት : እሕምልትን ብምጠላዕ : ሺታሚን-ኤይ : ኮምኡ ውን ሺታሚን-ሲ : ንኸትረከብ ይሕግዞ :: ንእብካት : ኮም ካሮቲን : ብርትኒን ሺታሚን-ኤይ ዝሓዘሎ ምግብ ንዓይኒን : ቆርቦትን ይጠቅም :: ሺታሚን-ሲ ዝሓዘሎ ምግብ ካእ ንደርጊ ስኒን : ኮምኡ ውን ክብ እጥቃዕቲ ሕጻናት ይጠኸላላክ ::

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

ዝለገሰ ሓዲን (ኣደርን) ዘለዎ ምግብ እዘውትር :: እዚ ካእ : እብ ሰውነትካ ሓይሊ ንኸትረከብ ይሕግዞ :: ሓዲን (ኣደርን) ብጠብሒ እብ ቀይሕ ስጋ : ክብ ለዕዋፍ-ዘቤት ዝርከብ ስጋ : ዓሳ : ኮምኡ ውን : እብ ዝጥቅጸ ባልደንጋ : ደርኮብ ::

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

ብጠቅላላ : ስጋ : ናይ ባሕሪ ስጋ : ኮምኡ ውን : ክብ ለዕዋፍ-ዘቤት ዝርከብ ስጋ : እብ መጻልታዊ ምግብኻ እዘውትር :: እዚ ካእ ክብ ናይ ዚንክ ውሕደት ይጠኸላላክ :: ዚንክ : ንዝገባ ዓይነት ቁጠሊ እብ ሰውነትካ ብዝቆላጠፈ ንክኣውይ ይሕግዞ ::

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

መጻልታዊ ናይ ሰውነት ምንቅሊቻሎ እዘውትር :: ምንቅሊቻሎኻ እብ ኅልጎል ንክኸውን ምረጽ :: ምኸንያቲ : ሰውነትካ ናይ ጸሓይ መቐት ብምርካብ : ሺታሚን-ዲ ንኸትረከብ ይሕግዞ ::

Tigrinian 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.

