



Better Health for Mother and Baby

የተሻለ ጤንነት ለእናትና ለቤት ሆኖ ለህፃኑ

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

የአልኮል መጠጥ፣ ቡናና ለሰላሳ መጠጥ ያስወግዱ።

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

ካልሲየም (Calcium) ያላቸውን ምግቦች በየቀኑ መመገብ አስፈላጊ ነው።

ለምሳሌ፣ ወተት፣ አይብ፣ እርጎ፣ አጥንት ያለው አሣና አረንጓዴ አታክልት።

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

በየቀኑ ከሁለት እስከ ሶስት ጊዜ ስጋ፣ አሣ፣ እንቁላል፣ ደረቅ ባቁላ በመመገብ የሚያስፈልግዎትን ፕሮቲን ማግኘት ይችላሉ።

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.

ፍራፍሬና አታክልት በየቀኑ ቢያንስ አምስት ጊዜ ቢመገቡ የሚያስፈልጉትን ቫይታሚንና ሌሎች ንጥረ ምግቦች ያገኛሉ።

ለምሳሌ፣ ሙዝ ከቆርስ ጋር (ሲሪያል) ጋር ወይም ካርትና ሲለሪ (Celery) ከምሣ ጋር ከተመገቡ በኋላ፣ ከራትዎ ጋር ደግሞ ሰላጣ ወይም ብርኮሊ መመገብ አለብዎት።

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.

ለተሟላ ጤንነትዎና ብርታትዎ በቀን ከ 6-11 ጊዜ በመጠኑ የሰንደ ዳቦና ወይም ፋዝ (Brown Rice) መመገብ አስፈላጊ ነው።

6. See your doctor early in your pregnancy.

ቅሪት ወይም ነብሰጡር መሆንዎን ባወቁ ጊዜ፣ የቤተሰብ ሃኪምን ማየት አለብዎት።

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.

በእርግዝናዎ ወቅት ከመጠን በላይ የሆነ ውፍረት እንዳይኖርዎት መቆጣጠር አለብዎት። ግለትም አብዛኛው ነብሰጡሮች ከ25-35 ፓውንድ ሊጨምሩ ይችላሉ። የርስዎን በተመለከተ ሀኪምን ማማከር ይችላሉ።

Amharic Language Version
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