



Better Health for Mother and Baby

Fayyiina Gaarii Haadhaa fi Mucaa

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

Dugaatii jabaa Buna fi waan akka kookaa ta'e irraa of qusadhu.

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

Guyyaa hundda nyaata Kaalshi'ena (Calcium) qabu nyaadhu.

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

Yeroo hundda foon, Qurxummii, Hanqaaquu yoo kaan immoo Baaqelaa gogaa Dhiheessaa 2-3 ti kan ga'u protinaaf.nyaadhu.

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.

Vitaaminaa fi Mineraala arggachuuf akka si gargaaruuf guyyaa hundda Ija mukaa fi Bala magrgarsuu (Vegetables) kan qabu dhiheessaa 5 nyaadhu. Faakeegha fi: Gaannamaa Cerealli waaghin Muuzzi nyaadhu: saa boddee apple, guuyyaa Carrot fi Celery, gaalegalla mo broccoli fi salad nyaadhu.

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.

Fayyinaaf barbaachissaa, humnaafis kan ta'e Daabboo Qamadii fi Ruuza Diimaa dhiheessaa amma 6-11 kan ta'u xiqqoo xiqqoo tiin nyaadhu.

6. See your doctor early in your pregnancy.

Jalqqaba ulfa kee ti doktora kee qunnami.

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.

Yeroo ulfoofttee jirttu ulfinni qaama kee akka sritti jiru of eegadhu. Dubartoonni tokko tokko amma powunddi 25-35 ti dabaluu. Gargaarssaaf doktora kee gaaffu.

Oromo Language Version

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