



# **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.

#### **Somali Language Version**

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