



Better Health for Mother and Baby

ዝብላጽ ጥዕና ፡ ነገን ፣ ውሳድን

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

ካብ አልኮሎል ፡ ካፈሪን ዘለዎ መስተታት ተቐጠቢ ።

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

ካልሲየም ዝሓዘ ምግብ ኣብ ዕለታዊ ምግብኺ ኣዘውትሪ ። እዚ ኻኣ ኮም ጸባ ፣ ጅብና ፣ ርግእ ፣ ዓላ ምስ ዓጽመ ፣ ኮምኡ ውን ቀጠል ኣትምልቲ ።

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

ካብ 2 ክሳብ 3 ናይ ስጋ ፣ ዓላ ፣ እንቁሊሕ ወይ ካኣ ፣ ንጽጽ ባልደንጋ ኣብ ዕለታዊ ምግብኺ ኣዘውትሪ ። እዚ ካኣ ፕሮቲን ንኸትረኽቢ ይትግዘኪ ።

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.

ብውሓድ ፡ 5 ፍራውጽኢት ፣ ኣትምልቲ ፣ ኣብ ዕለታዊ ምግብኺ ኣዘውትሪ ። እዚ ካኣ ፡ ቪታሚን ፣ ሚኒራልን ንኸትረኽቢ ይትግዘኺ ። ንኣብነት ንእሽተይ ቁራጽ መዝ (ቡና) ፣ ኣብ ልዕሊ እሽቢ ፣ ኣብ ናይ ንግሥ ቁርብኺ ፣ ኮምኡ ውን ተተሕ ፣ ኣብ ናይ ድሕሪ ቀትሪ ጠፃምትኪ ፣ ብተወሳኺ ፣ ካርቲ ወይ ስደኖ ፣ ኣብ ግዜ ምላሕ ፣ ካውሎ-ፍሮሪን ፣ ሰሃግን ፣ ካኣ ኣብ ግዜ ድራር ።

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.

ካብ 6 ክሳብ 11 ፡ ኣብ ዕለታዊ ምግብኺ ፡ ስም ኣዘውትሪ ። እዚ ካኣ ፡ ቀንዲ ጥቕመ ፣ ጥዕናን ፣ ሓይልን ይህብኪ ። ኮምኡ ውን ፡ ናይ ስም ባሊ ፣ ናይ ቡናዊ ፋዝ የጠቓልል ።

6. See your doctor early in your pregnancy.

ኣብ መጀመርያ ናይ ጥንኳኺ ግዜ ፡ ናብ ደክተርኪ ብጽሑ ።

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.

ኣብ ግዜ ጥንኳኺ ፡ እቲ ናይ ሰውነትኪ ክበደት ምውሳኽ መጠኑ ምዃን ኣረጋግጺ ። ንመጠነትኣን ደቂ ኣጎትዮ ፡ እቲ ክበደት ኣብ ምን 25 ክሳብ 35 ፓውንድ እዩ ። ጠቆላ እዚ ፡ ካብ ደክተርኪ ሓብራታ ንኸትረኽቢ ጸፃሪ ።

Tigrinian Language Version
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