



# Better Health for Mother and Baby

## Afya Bora kwa Mama na Watoto

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

Epukana na vinywaji vinayolevya, au kulisimua kama vile kahawa na vinywaji baridi vilivyo na kafeini.

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

Kula vyakula vilivyo na madini ya kalsium (calcium) kila siku, kwa mfano maziwa, jibini, maziwa mgando, samaki yenye vifupa, na mboga za majani kijani.

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

Ili kupata protini (protein), kula nyama, samaki, au maharagwe makavu kati ya mara 2-3 kila siku.

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.**

Kula matunda na mboga za majani kijani angalau mara 5 kwa siku ili kupata aina fula za madini na vitamini. Kwa mfano ndizi mbivu wakati wa chakula cha asubuhi pamoja na nafaka mchanganyiko, mchana kula tunda aina ya apple, karoti, brokoli na jioni kula saladi (mchanganyiko wa mboga za kijani).

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.**

Kula nafaka mbali mbali kwa ajili ya kuongeza afya na nguvu kama vile mkate wa shairi au mchele wa kahawia.

6. **See your doctor early in your pregnancy.**

Onana na daktari wako mapema sana wakati wa ujauzito.

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.**

Hakikisha umeongeza uzito wa kutosha, kati ya ratili 25-35. Muulize daktari wako kwa maelezo zaidi.

Swahili Language Version

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