



Better Nutrition for Mature Adults

Lishe Bora kwa Watu wa Makamo

1. Drink 6 - 8 glasses of water every day.

Kunywa maji safi kati ya glasi 6 - 8 kila siku.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Kula vyakula vilivyo na madini ya kalsium kama vile maziwa, jibini, maziwa mgando, samaki wenye vifupa, mboga za majani-kijani kwa mfano brokoli. Kalsium ni muhimu kwa mifupa migumu na imara.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Kula matunda na mboga za majani mfano machungwa na karoti ili kupata vitamini A na C. Vitamini A ni muhimu kwa ajili ya macho na ngozi ya mwili. Vitamini C inasaidia vizi za meno zisipatwe na madhara ya magonjwa.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Kula vyakula vilivyo na wingi wa madini aina chuma ambayo yanauwezesha mwili kutumia nguvu. Madini haya yapo kwenye vyakula kama nyama, kuku, samaki na maharagwe kavu.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Ongezea nyama, vyakukula vitokanavyo na bahari, au majini, na kuku, katika milo yako ili vikuinge na madhara ya upungafu wa madini ya zinki mwilini. Madini ya zinki yanasaidia kuonya majeraha ya mwili kwa haraka zaidi.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Jitahidi kufanya mazoezi ya mwili. Mwili unaweza kutengeneza vitamini D kutokana na nguvu za jua ukifanya mazoezi nje.

Swahili Language Version

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