



Better Health Begins With You!

Afya Nzuri Inaanza na Wewe Mwenyewe

1. **Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Kula mkate usio na mafuta au siagi nyingi nafaka mchele angalau mara 6-11 kwa siku. Kwa mfano kula nafaka mchanganyiko asubuhi, mchana kula sandwichi na wali kwa chakula cha jioni.

2. **Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Kula matunda na mboga za majani ngalau mara 5 kila siku. Kwa mfano, unaweza kunywa maji ya machungwa asubuhi, mboga za majani mchana, na kwa chakula cha jioni unaweza kula maharagwe na viazi ulaya vilivyochemshwa, na pia mizabibu.

3. **Drink at least 8 glasses of pure, fresh water every day.**

Kunywa glasi 8 za maji safi kwa siku

4. **Eat lean, low-fat meats, such as chicken or fish.**

Kula nyama zisizo na mafuta mengi au nono sana kwa mfano kuku na samaki

5. **Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Kunywa maziwa ya mgando au maziwa yasio na mafuta au siagi nyingi.

6. **Limit your intake of sweets and alcoholic beverages.**

Punguza matumizi ya vyakula vya sukari nyingi pamoja na vinwaji vinavyo levyaa

7. **Take part in some form of physical activity every day. Take a walk, dance, or play.**

Jitahidi kufanya mazoezi ya mwili kila siku. Kwa mfano kutembea, kudansi au michezo na kwata (mazoezi ya viungo vya mwili).

8. **Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Tumia mafuta yatokanayo na mimea kwa kupikia, badala ya mafuta yatokanayo na wanyama ili kuepukana na kolestro.

Swahili Language Version

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