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 asubuh, 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 asubuh, mboga za majani mchana, na kwa chakula cha jioni unaweza kula mahagwe 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 levya

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

   Jita hi 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 kuepukanana na kolestro.