

ጤናማ አመጋገብና መጠጥ

የአውስትራሊያ መመሪያ ለጤናማ አመጋገብ

በየቀኑ ከነዚህ አምስት የምግብ ስብስብ ብዙ የተለያዩ ዓይነት ንጥረ ምግብ ያለውን በመውሰድ መደሰት። ብዙ ውሃ መጠጣት

ከፍሬ እና ጥሬ ጥሬ ግብርና የተሰሩ ምግቦች፣ በአብዛኛው እንዲሁም ብዙ ዓይነት እንዲሁም ሳይላጥ



ቀይ ስጋ እና ዶር፣ እጅግ እንቁላሎች፣ ከወተት የተሰሩ/tofu፣ ሎወዝ እና እንደ ጥሬ ጥሬ ግብርና



ወተት፣ እርጎ፣ አይብ እና/ወይም አምራጮች፣ በአብዛኛው ቅባቱ የተቀነሰ

ትንሽ መጠን መጠቀም



በትንሽ መጠንና አንዳንድ ጊዜ ብቻ



ለምንድነው የተለያዩ ምግቦች መመገቡ ጠቃሚ የሆነ?



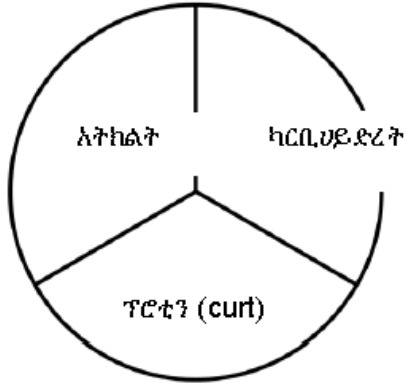
ፕሮቲን ለእድገት

አትክልቶች ሰውነትዎ በሚገባ እንዲሰራ

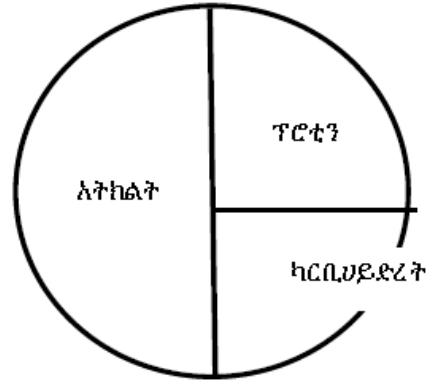
ካርቦሃይድሬት ለሀይል

ጤናማ አቀራረብ ያለው ሳህን:

ከ 5 እድሜ ቦታች

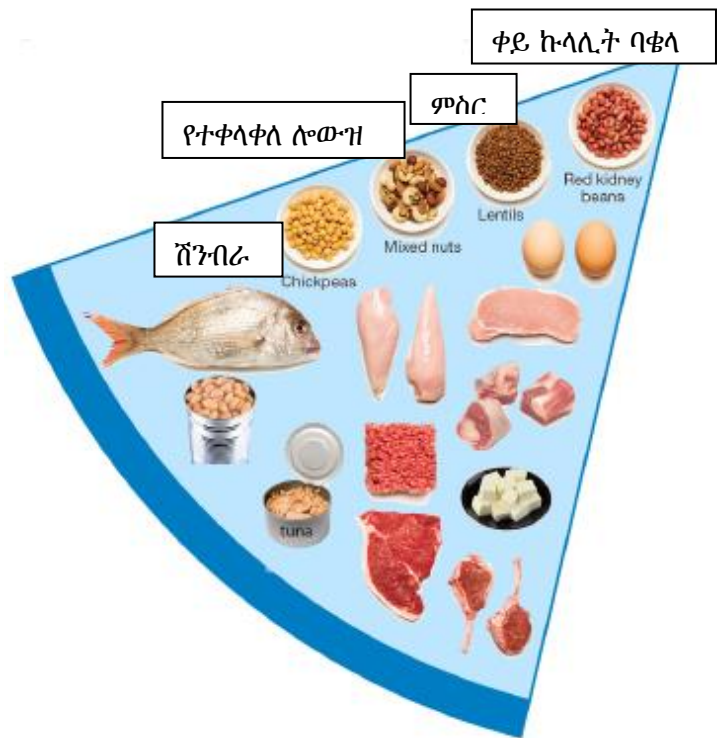


ከ 5 ዓመት በላይ



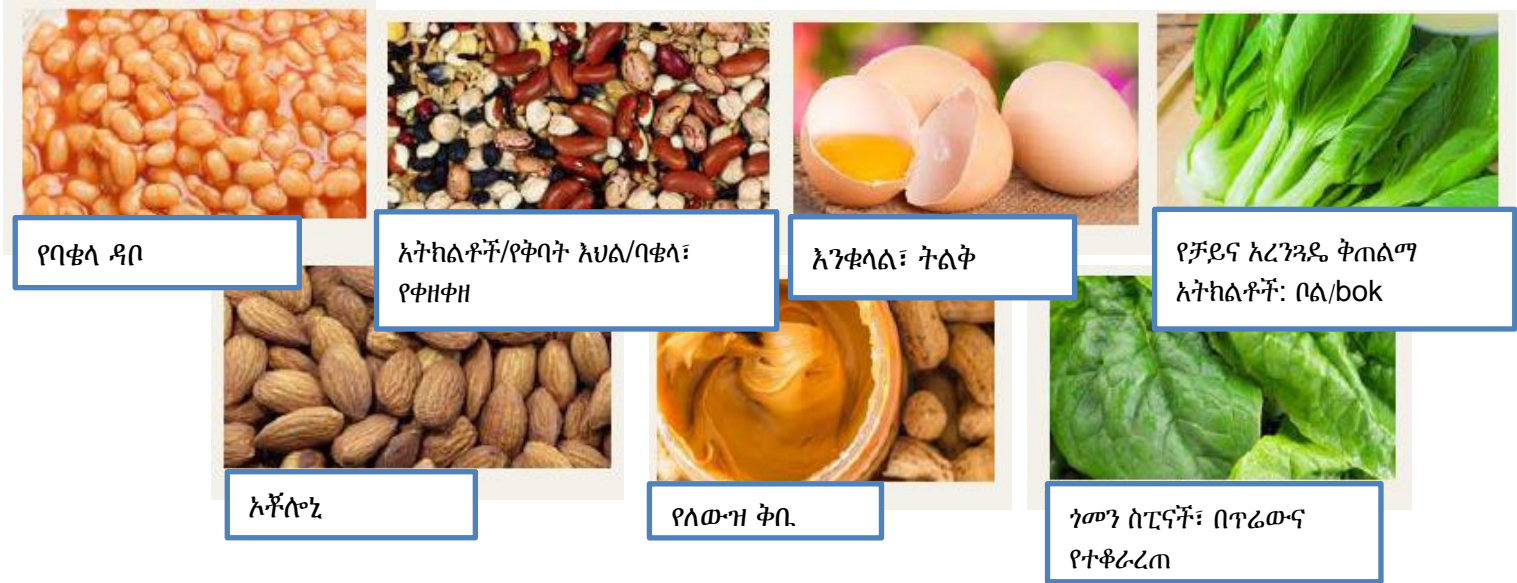
ብዙ አይረን ማእድን ያላቸው ምግቦች:

ምግብ
የከብት ሥጋ
የበግ ሥጋ
የደሮ ሥጋ
አሳ
የባህር ምግብ



ቀይ ሥጋ ብዙ አይረን ማእድን አለው

አይረን ያለውና እና ሌላ ምግቦች የትኞቹ ናቸው?



የባቄላ ዳቦ

አትክልቶች/የቅባት አህል/ባቄላ፣ የቀዘቀዘ

እንቁላል፣ ትልቅ

የቻይና አረንጓዴ ቅጠልማ አትክልቶች፣ ቦል/bok

አቾሎኒ

የለውዝ ቅቢ

ጎመን ስፒናች፣ በጥሬውና የተቆራረጠ

የርስዎን የአይረን ማእድን ለማሻሻል ምክሮች:

1 cup of milk per day

በየቀኑ 1 ኩባያ ወተት.....

1



ወተት፣ የታሸገ ሶያ ወተት

No tea or coffee

ሻሂ ወይን ቡና አለመውሰድ.....



ብዙ B₁₂ ያላቸው ምግቦች:

B12 የሚረዳው ነርቦችና አእምሮ በሚገባ እንዲሰራ ነው

ከእንስሳት ውጤቶች ይገኛል



ብዙ ካልሲየም ያላቸው ምግቦች

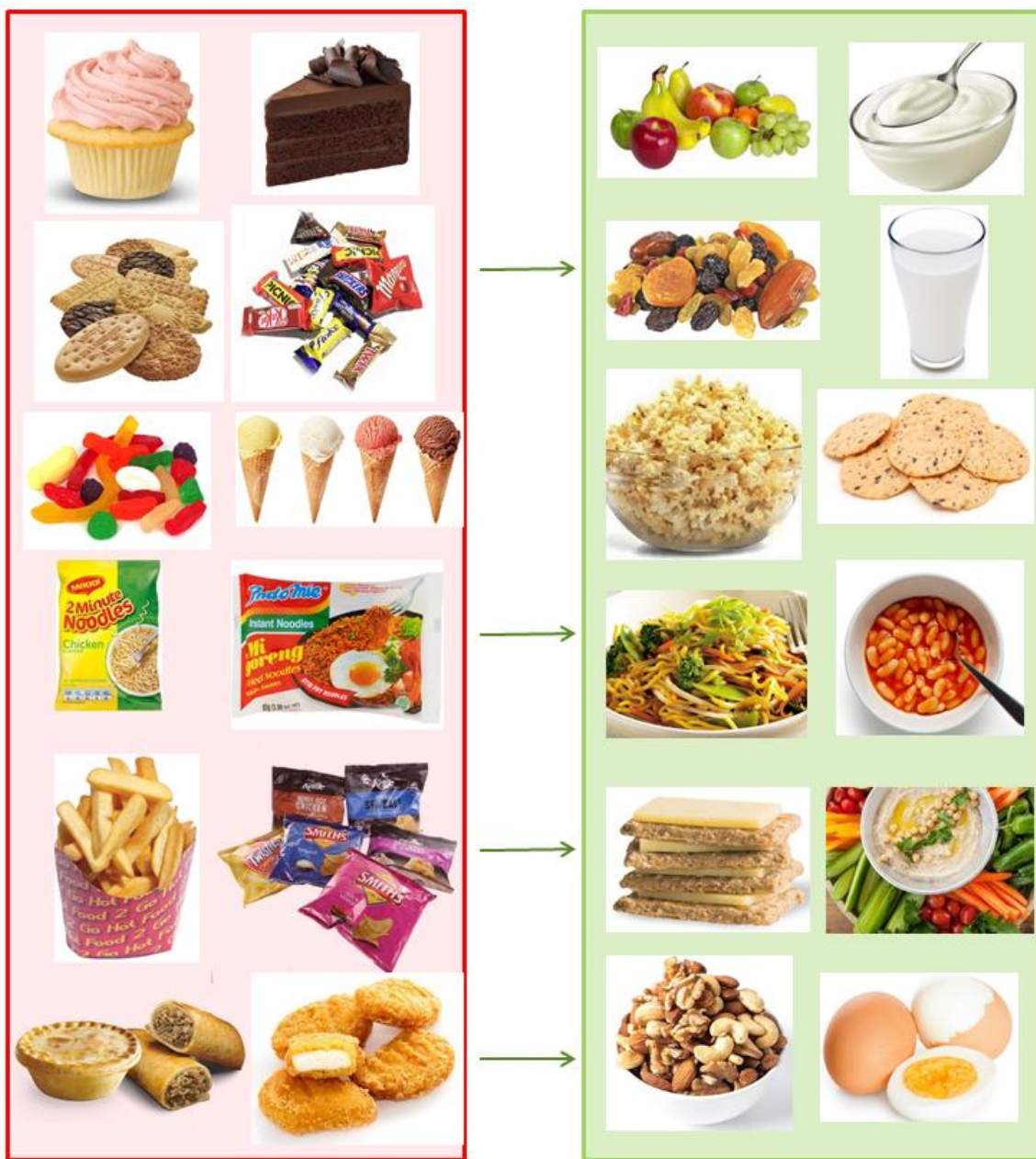
ካልሲየም ለአጥንቶችና ጥርሶች ጤና ጠቃሚ ነው



መጠቀሻ:



መክሰስ:



Government of Western Australia
Child and Adolescent Health Service



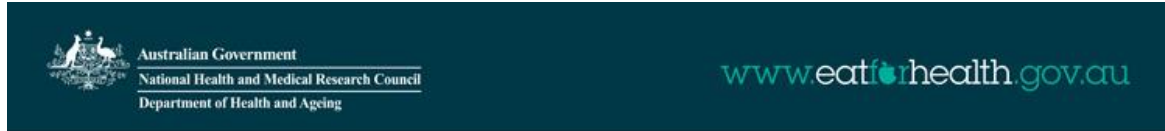
Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009.
Telephone: (08) 6456 2222
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Healthy eating and drinking



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Use small amounts



Only sometimes and in small amounts



Why is it important to eat a range of foods?



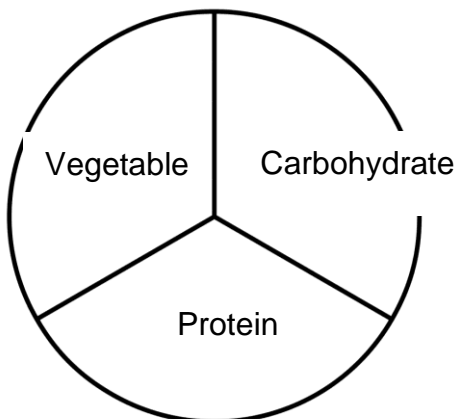
Protein for growth

Vegetables
For your body to function properly

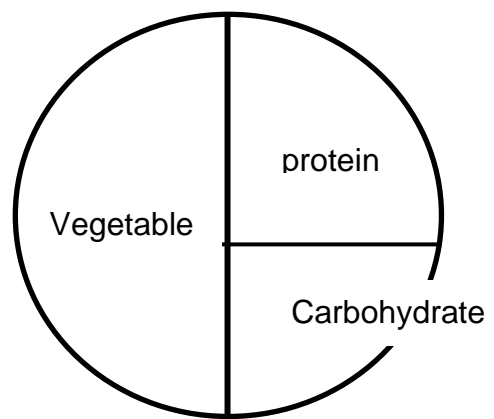
Carbohydrate for energy

Healthy plate:

under 5 years

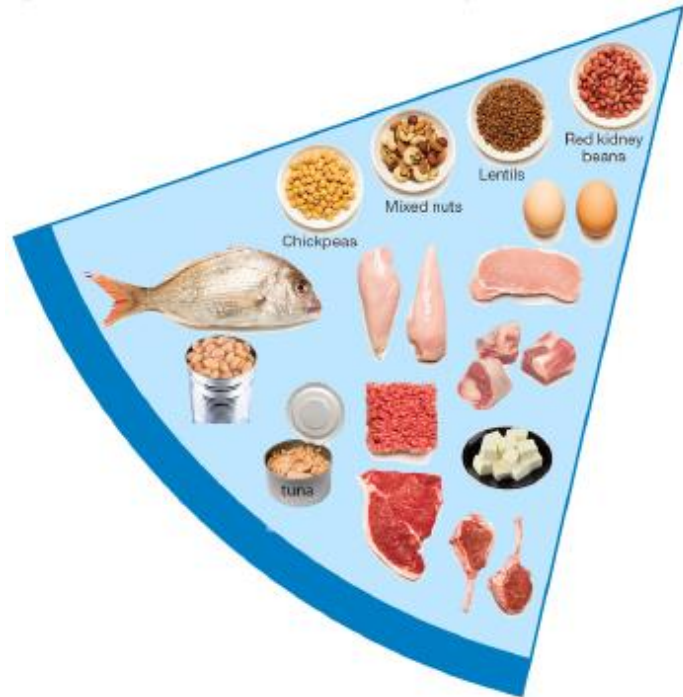


over 5 years



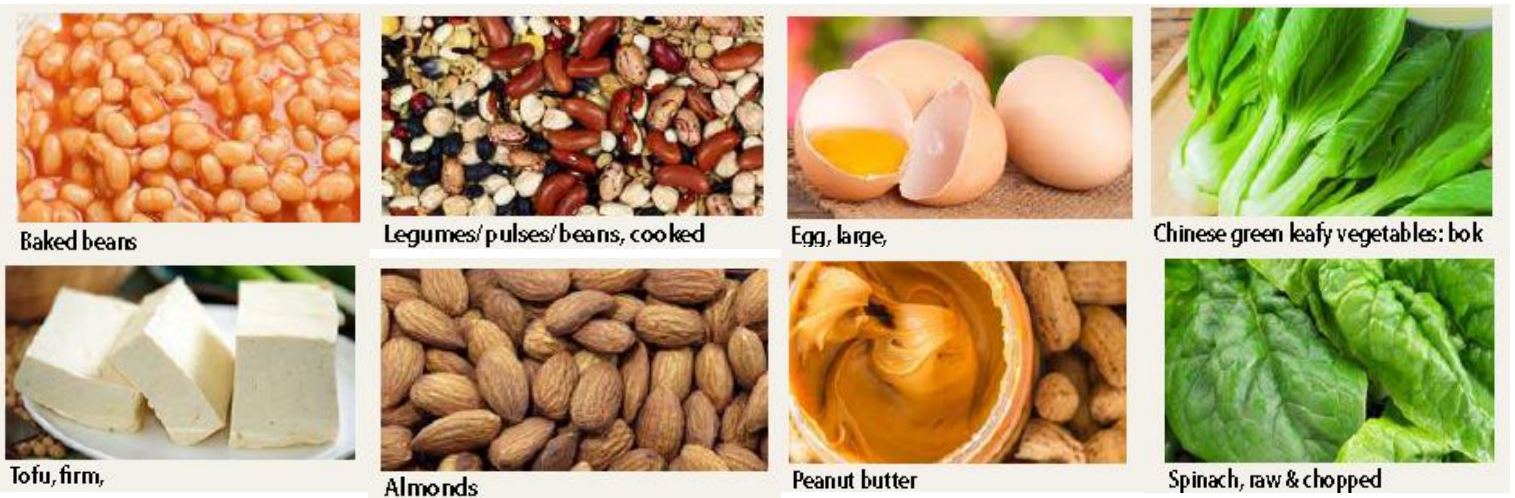
Iron rich foods:

Food
Beef
Lamb
Chicken
Fish
Seafood



The redder the meat the more iron it has

What other foods have iron?



Baked beans

Legumes/pulses/beans, cooked

Egg, large,

Chinese green leafy vegetables: bok

Tofu, firm,

Almonds

Peanut butter

Spinach, raw & chopped

Tips to improve your iron:

1 cup of milk per day

1



Milk, fortified soy milk

No tea or coffee



B₁₂ rich foods:

B12 helps our nerves and brain function properly

Found in animal products



Calcium rich foods

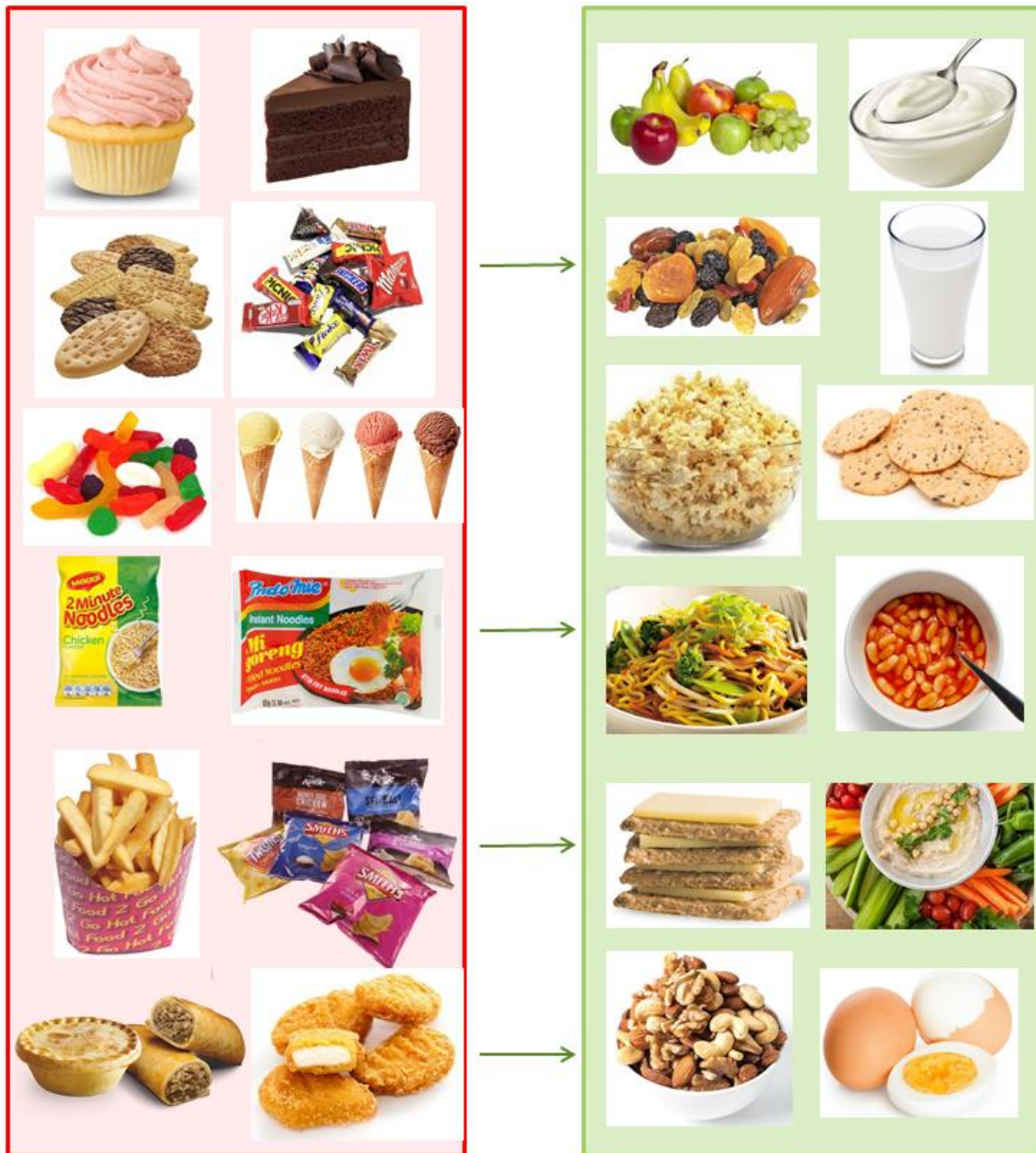
Calcium is important for healthy bones and teeth



Drinks:



Snacks:



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