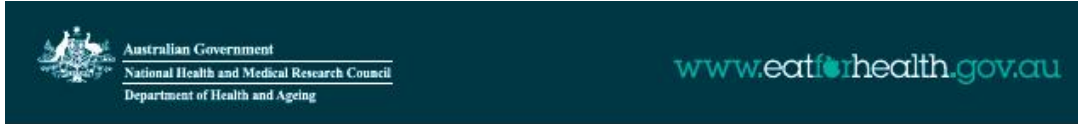


# Ulaji na Unywaji wa afya



## Mwongozo wa Australia wa Chakula Bora

Furahia anuwai kubwa ya vyakula bora kutoka kwenye makundi haya matano ya chakula kila siku. Kunywa maji mengi.



## Kwanini ni muhimu kula vyakula vya aina tofauti?



Protini kwa ajili  
ya ukuaji

Mboga za majani  
Ili mwili wako  
ufanye kazi vizuri

Wanga kwa ajili  
ya nishati

### Sahani yenye afya



Chini ya miaka 5



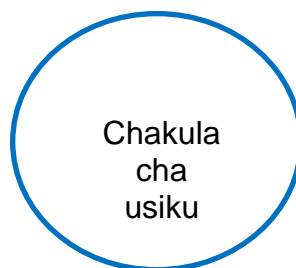
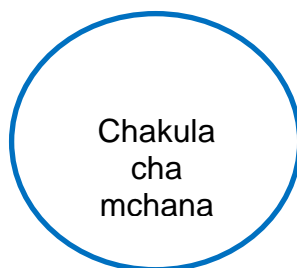
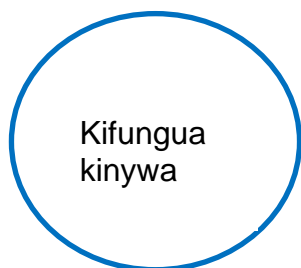
Zaidi ya miaka 5





## Mpangilio wa ulaji wenye afya

Milo 3 na vitafunwa 2 kwa siku



## Kiasi gani



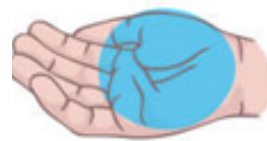
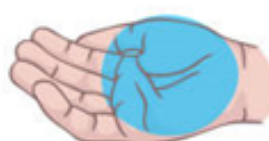
Mkate, wali, tambi kiasi cha ngumi



Nyama kiasi cha kiganja cha



Mafuta kiasi cha



Mboga za majani kiasi cha viganja

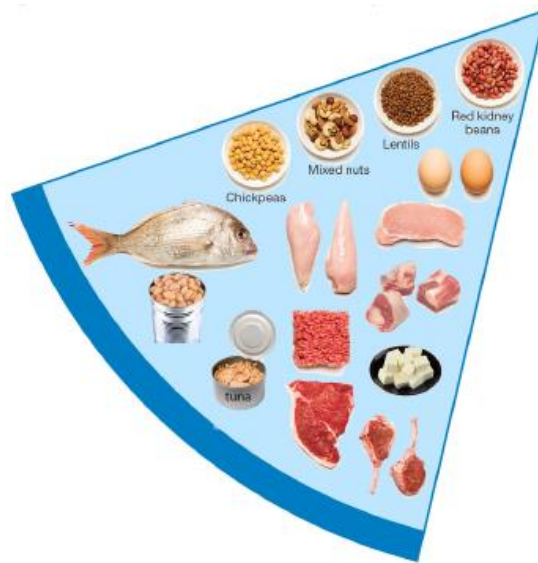


Mkate usiotiwa chachu kiasi cha kiganja

## Vyakula Vyenye Chuma

Chuma ni muhimu kwa ajili ya kubeba oksijeni ndani ya mwili, kutuweka vizuri (kinga), na uzalishaji wa nishati

Kadri nyama inavyokuwa nyekundu, ndivyo inavyokuwa na chuma



## Vyakula gani vingine vina chuma?



Maharage ya  
Kijani



Mboga za kijani, za majani



Spinachi



Mayai



Jamii kunde/kunde/maharage,  
ya kupikwa



Lozi au Karanga  
Rojo/Laini/poda



## Vidokezo

Baadhi ya vyakula na vinywaji huzuia mwili kufyonza chuma

Weka maziwa mbali na milo

Kikombe 1 kwa siku

1



Maziwa ya ng'ombe au

Hakuna chai au  
kahawa kwenye milo



## Vinywaji

Kunywa maji kila siku. Juisi na vinywaji baridi mara chache



## Vyakula Vyenye B<sub>12</sub>

Vitamini B<sub>12</sub> hutunza seli za mwili na neva kuwa zenye afya, na husaidia kutengeneza DNA.



## Vyakula Vyenye Kalsiamu

Kalsiamu ni muhimu kwa ajili ya mifupa na meno yenye afya



Maziwa ya ng'ombe au  
maziwa ya soya



Chizi  
Kipimo 1 = slesi 2



Mtindi  
Kipimo 1 = g200

Kipimo cha maziwa au mbadala wa maziwa kila siku kwa kila kundi la umri					
	Miaka 2-3	Miaka 4-8	Miaka 9-11	Miaka 12-13	Miaka 14-18
Wavulana	1 ½	2	2 ½	3 ½	3 ½
Wasichana	1 ½	1 ½	3	3 ½	3 ½







Government of Western Australia  
Child and Adolescent Health Service



**Huduma ya Afya ya Mtoto na Kijana**  
15 Hospital Avenue, Nedlands, WA, 6009.  
Simu: (08) 6456 2222  
Imetolewa na: Lishe na Sayansi ya Mlo  
Kumb: 1405.16 (Swahili) © CAHS 2023

Waraka huu unaweza kupatikana katika mfumo mbadala pale itakapohitajika na mtu mwenye ulemavu.

**Kanusho:** Chapisho hili ni kwa makusudi ya elimu na taarifa za jumla. Wasiliana na mtaalamu wa afya mwenye vigezo kwa ajili ya ushauri wa kimatibabu unaohitajika.  
© Taifa la Australia Magharibi, Huduma ya Afya ya Mtoto na Kijana

Tunawashukuru Perth Children's Hospital Foundation kwa ufadhili wao kuunga mkono mradi huu.  
Tunaishukuru Idara ya Afya ya serikali ya Australia kwa kuruhusu CAHS kutumia rasilimali zao katika chapisho hili.





# Healthy Eating and Drinking



Australian Government  
National Health and Medical Research Council  
Department of Health and Ageing

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## Australian Guide to Healthy Eating

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



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



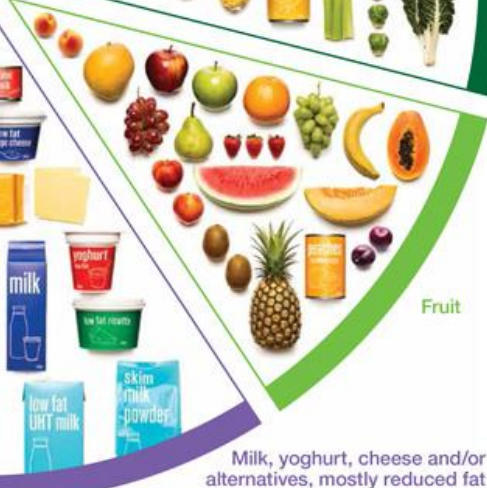
Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



# Why is it important to eat a range of foods?

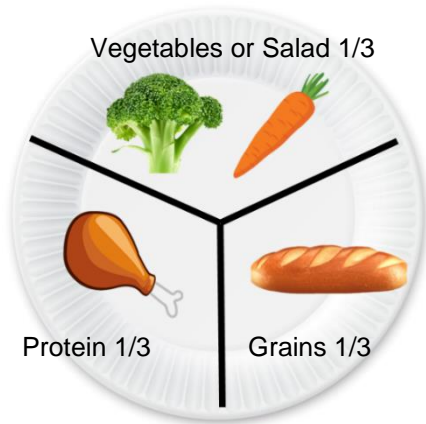


Protein for growth

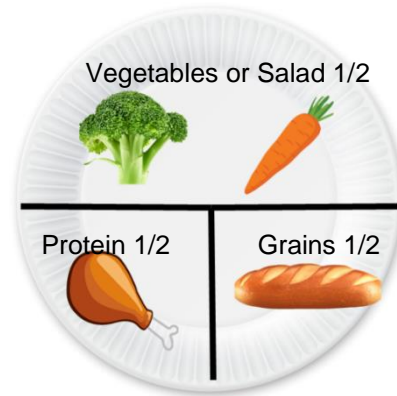
Vegetables  
For your body to function properly

Carbohydrate for energy

## Healthy plate



Under 5 years



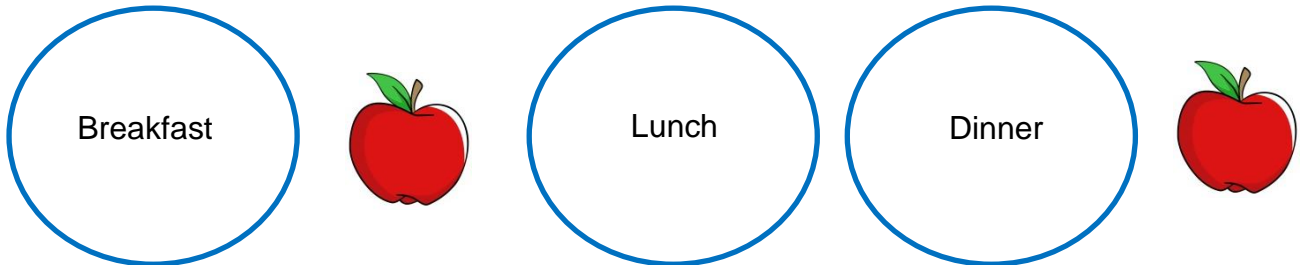
Over 5 years





## Healthy eating pattern

3 meals and 2 snacks per day



## How much



Bread, rice, pasta size of fist



Meat the size of palm of hand



Oil the size of thumb



Vegetables the size of two palms



Flat bread the size of palm and fingers

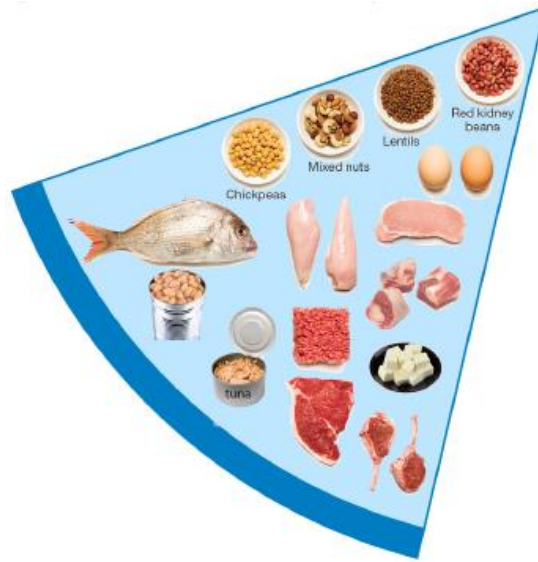




## Iron Rich Foods

Iron is important for carrying oxygen around the body, keeping us well (immunity), and energy production

The more red the meat, the more iron it has



## What other foods have iron?



Baked Beans



Leafy, green vegetables



Spinach



Eggs



Legumes/pulses/beans, cooked



Almond or Peanut  
Puree/Paste/powder



## Tips

Some food and drinks stop the body absorbing iron

Have milk away from meals

Only 1 cup per day

1



Cow's milk or fortified soy milk

No tea or coffee at meals



## Drinks

Drink water every day. Juice and soft drinks only occasionally



## B<sub>12</sub> Rich Foods

Vitamin B<sub>12</sub> keeps the body's blood cells and nerves healthy, and helps make DNA.



## Calcium Rich Foods

Calcium is important for healthy bones and teeth



Cow's milk or fortified soy milk  
1 serve = 250mL



Cheese  
1 serve = 2 slices

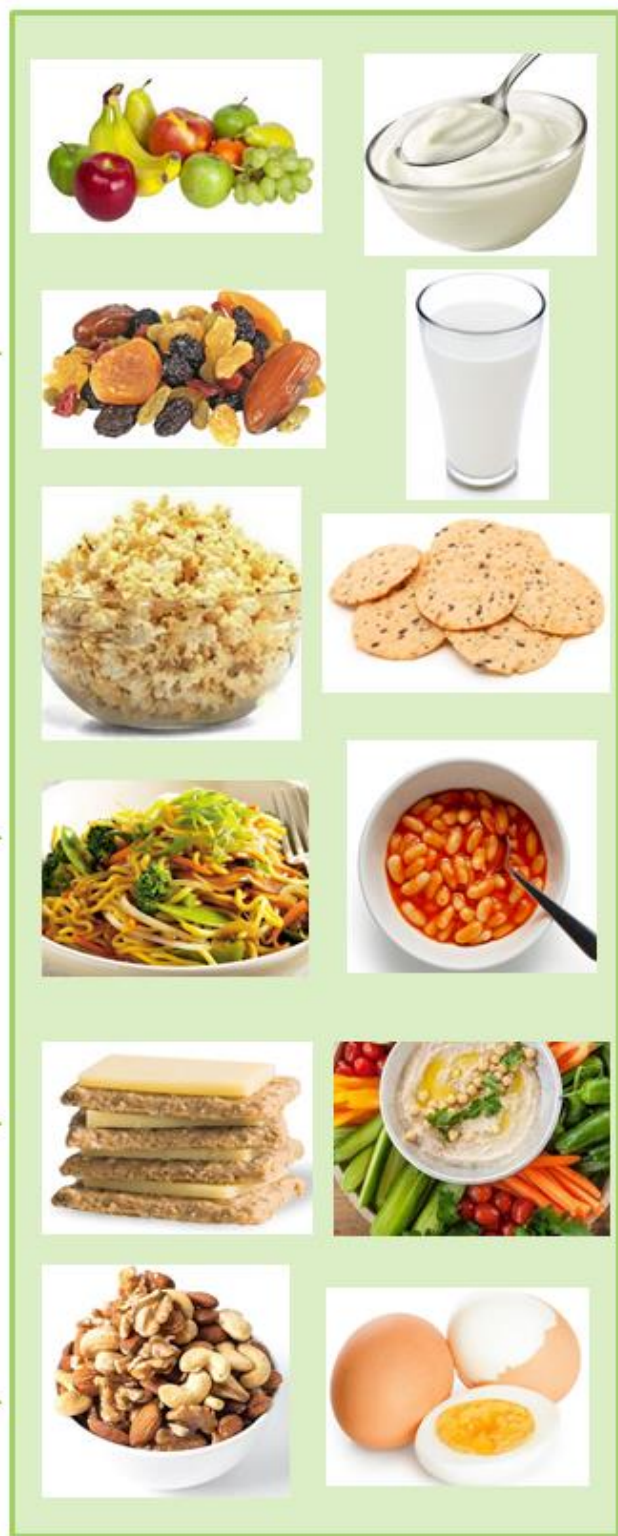


Yoghurt  
1 serve = 200g

Serves of dairy or dairy alternatives each day for each age group					
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1 ½	2	2 ½	3 ½	3 ½
Girls	1 ½	1 ½	3	3 ½	3 ½



# Snacks





Government of Western Australia  
Child and Adolescent Health Service



**Child and Adolescent Health Service**  
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Telephone: (08) 6456 2222  
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