

CA ngandammi Einak le Dinnak

Australia mi caah a Ngandammi Eidinnak Lamhmuhksaknak

Nifatin hi eidin phun 5 chungin vitamin a phunphun aa cawhmi tirawl hi ei.
Ti tampi in ding.

Fangvoi (rawl) tirawl pawl, a bikin fangvoi in sermi le/asilole rawl a phunphun



Tisik anhnah pawl le be pawl/pe pawl



Saa pawl le arsa, nga, arti, tofu, thingthei mu pawl le thingthei ci pawl le be pawl/pe pawl

Cawhnuk, dingchin, cawhnuk thawpat le/asilole a dangdang, ahlei in a thau atlawmmi pawl

Tlawmpal te hmang

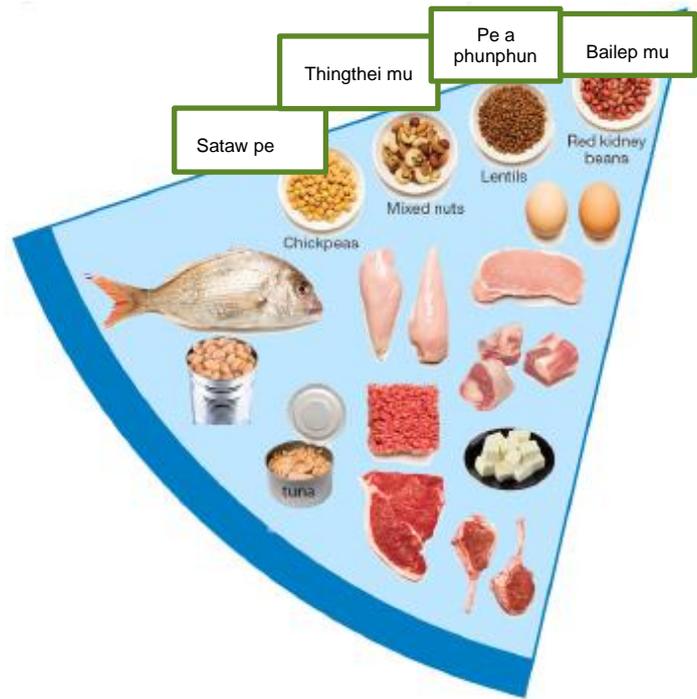


A caancaan te lawng le tlawmpal te lawngin



thirdat a tammi rawl pawl:

Rawl
Cawsa
Tuusa
Voksa
Arsa
Ngasa
Rili chuak sa-nga



A sa anak deuhmi paohpaoh nih thirdat tamdeuh an ngeih

Thirdat a ngeimi rawl dang pawl tah zeidah an si?



Tuah dingmi pawl:

Nikhat cawhnuk hrai 1 Calehnak **1**



Cawhnuk, pe in sermi hruk

Lakphakti asilole kawfi a ngah lo Calehnak



Kalsiam (calcium) dat a tammi rawl pawl

Kalsiam dat cu ruh pawl le haa pawl a thatnak caah a biapimi a si

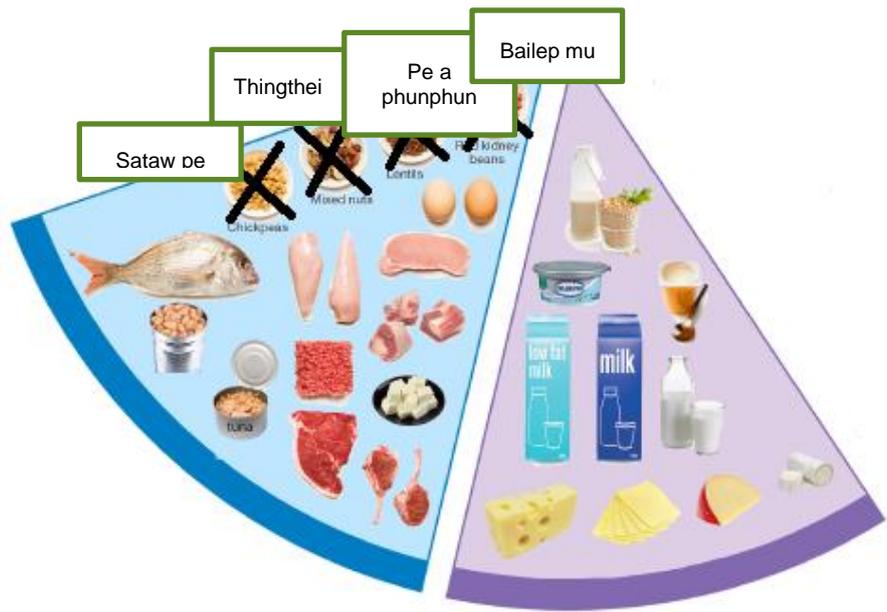
Ruh a ngeimi nga zong kalsiam dat hmuhnak caah a biapi mi an si



B₁₂ dat a tammi rawl pawl:

B₁₂ nih kan thahri pawl le thluak ningcang tein riantuannak kha a bawmh

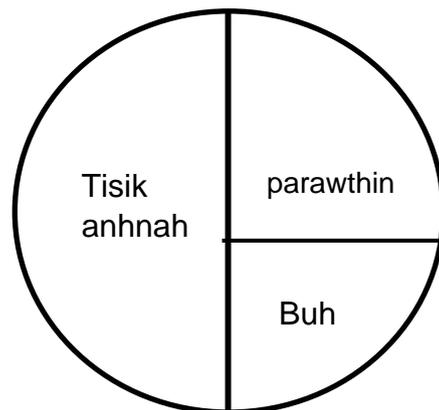
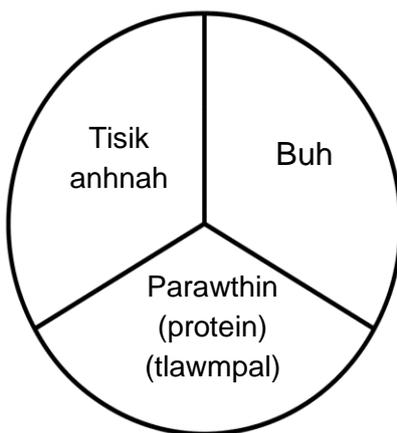
Sa pawl ah hmuh khawh an si



A ngandammi pakaan:

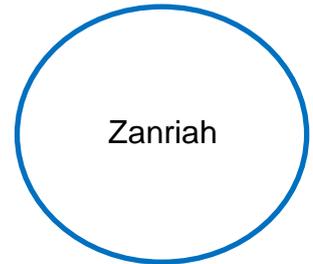
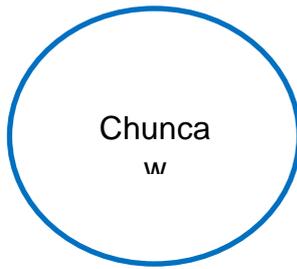
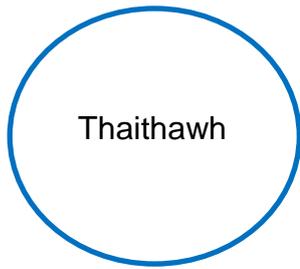
Kum 5 tang

Kum 5 chung



A ngandammi ei ningcang:

nikhat rawl voi 3 le eisupsap voi 2



Dinmi pawl:



Eisupsap pawl:



Government of Western Australia
Child and Adolescent Health Service



Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009.
Telephone: (08) 6456 2222
Produced by: Nutrition and Dietetics
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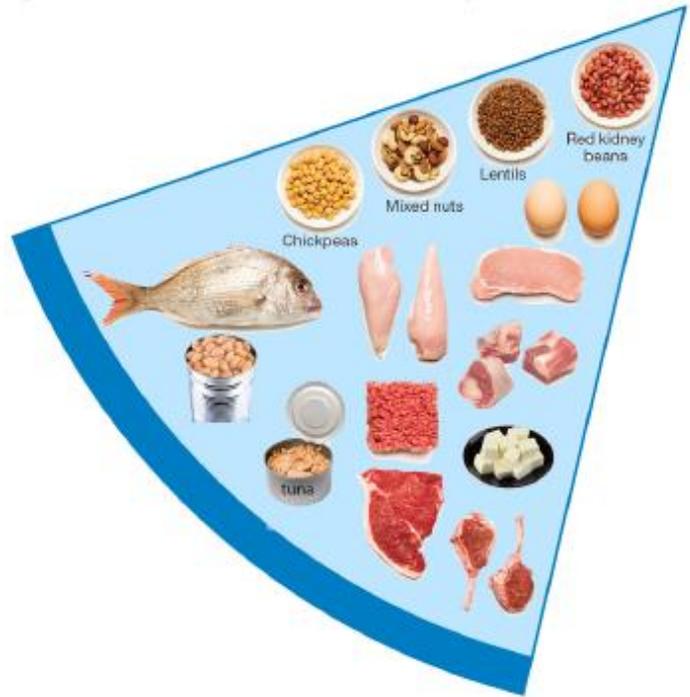
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We acknowledge the Perth Children's Hospital Foundation for their funding support of this project.
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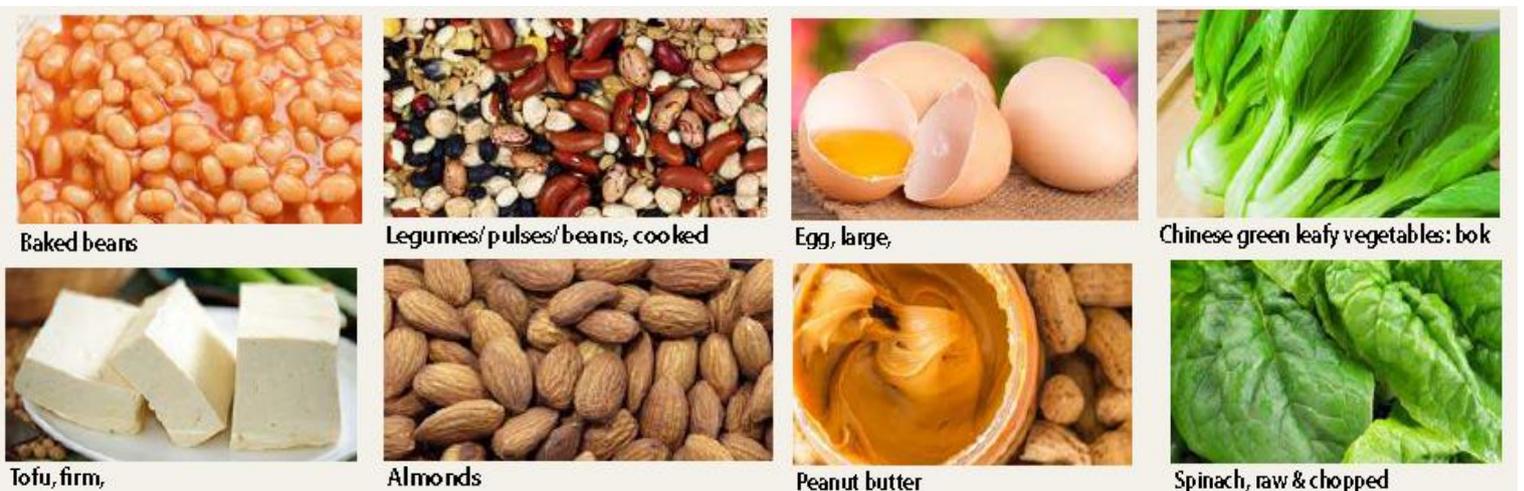
Iron rich foods:

Food
Beef
Lamb
Pork
Chicken
Fish
Seafood



The darker the meat the more iron it has

What other foods have iron?



Tips:

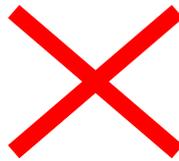
1 cup of milk per day

1



Milk, fortified soy milk

No tea or coffee



Calcium rich foods

Calcium is important for healthy bones and teeth

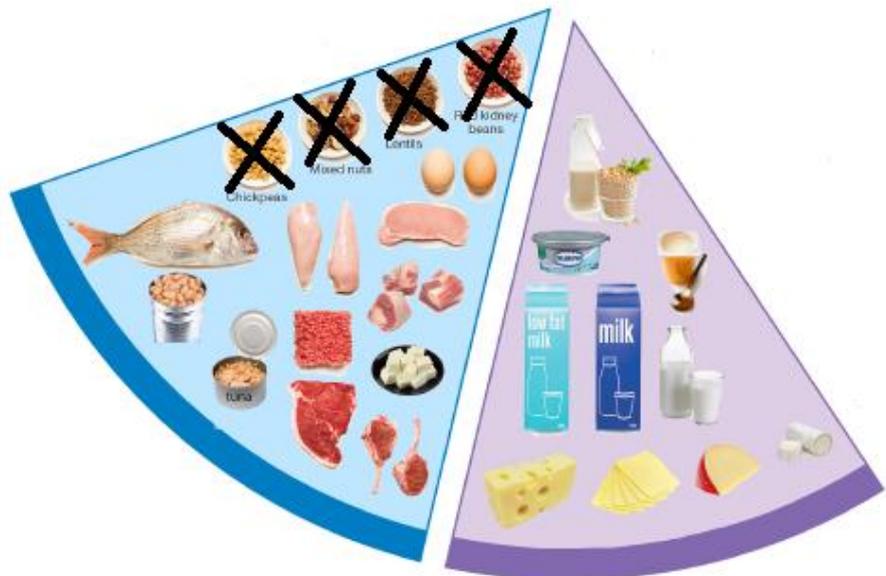
Fish with bones is also an important source of calcium



B₁₂ rich foods:

B12 helps our nerves and brain function properly

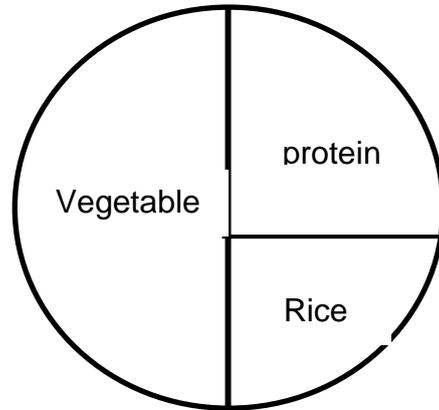
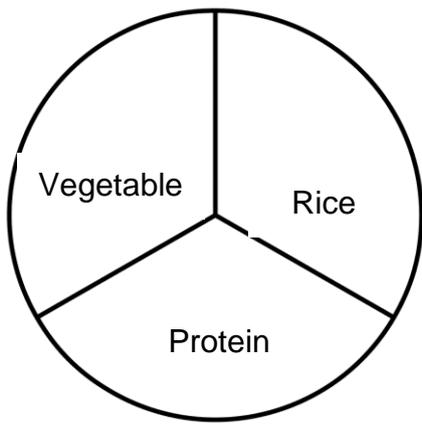
Found in animal products



Healthy plate:

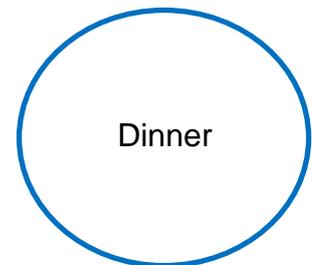
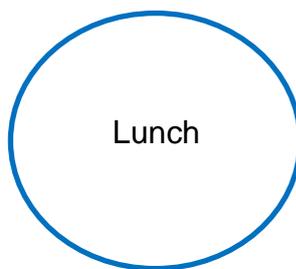
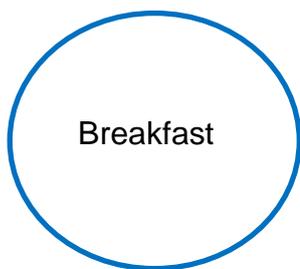
under 5 years

over 5 years



Healthy eating pattern:

3 meals and 2 snacks per day



Drinks:



Snacks:



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