

# တၢ်အိၣ်ဒီးတၢ်အိၣ်ပွဲၤတၢ်အိၣ်ဆူၣ်အိၣ်ချ့

## အီးစတြဲလယါအတၢ်ဟံးစုန့ၣ်ကျဲလၢ တၢ်အိၣ်အိၣ်လၢအပွဲၤ တၢ်အိၣ်ဆူၣ်အိၣ်ချ့

သးမ့ၢ်အိၣ်အိၣ်တၢ်အိၣ်န့ၢ်ဂံၢ်န့ၢ်ဘါလၢအအိၣ်လၢတၢ်အိၣ်အကၢၣ်ယဲၢ်ကၢၣ်လၢၣ်အပူၤ ကိးနံၤဒဲးတက့ၢ်.

အိၣ်ဘၣ်ထံအါအါတက့ၢ်.

ဘုချီ (စံရယၢၣ်)တၢ်အိၣ်တဖၣ်, အါတက့ၢ်ဘုဂၤကျဲဒီး, မ့တမ့ၢ်စံရယၢၣ်လၢတၢ်အိၣ်အိၣ်အိၣ်အါအကၢၣ်လၢၣ်တဖၣ်.



### သူၣ်အါတဆံးတက့ၢ်

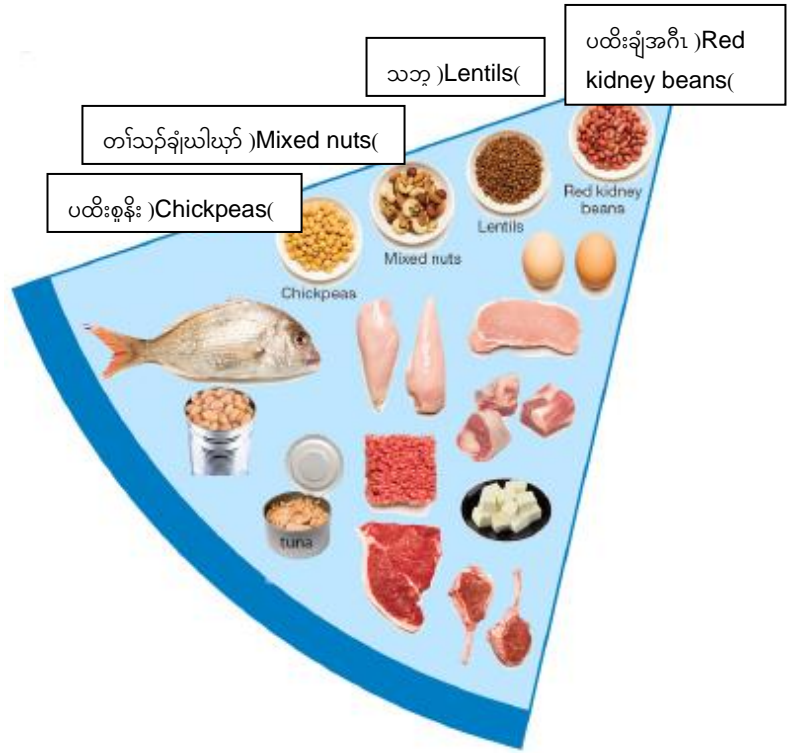


### ထဲဒၣ်တဘျီတခိၣ်ဒီးအိၣ်ဒၣ်တဆံးတက့ၢ်



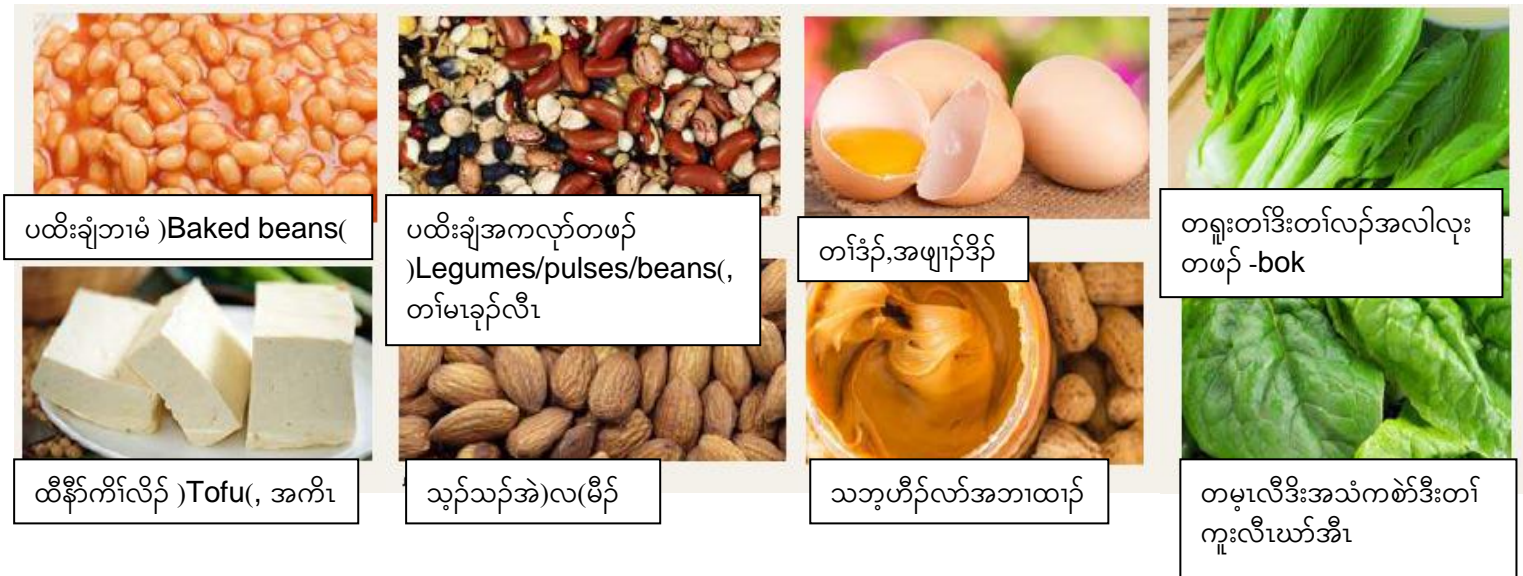
တၢ်အိၣ်လၢထး (Iron)  
အၢ်အိၣ်အါတဖၣ်-

တၢ်အိၣ်
ကျိၣ်ညၢ်
သိညၢ်
ထိးညၢ်
ဆီညၢ်
ညၢ်
ပီၣ်လဲၣ်တၢ်အိၣ်



တၢ်ညၢ်အလွဲၣ်ဒီးသ့ထး (iron) အၢ်အိၣ်ဒီးအါလီၤ

တၢ်အိၣ်အၢ်လၢအိၣ်ဒီးထး (iron) အၢ်မ့ၢ်မနုၤလဲၣ် .



တၢ်ဟ့ၣ်က့ၣ်တဖၣ်-

တၢ်န့ၢ်ထံၣ် ၁ ခွဲးတသီ

အခီပညီ.....

1



တၢ်န့ၢ်ထံ,ထီၣ်နီၣ်အန့ၢ်ထံလၢတၢ်ထၢန့ၢ်လီၤဘၣ်တၢ်မံၣ်

တပၣ်ဃုာ်လးဖးမ့တမ့ၢ်ခီဖံၣ်

အခီပညီ.....



တၢ်အိၣ်လၢ Calcium အက်အိၣ်အါတဖၣ်

Calcium န့ၢ်အကါဒိၣ်ဝဲဒၣ်လၢယံၣ်ဒီးမဲအတၢ်အိၣ်  
ဆူၣ်အိၣ်ချ့အဂီၢ်

ညၣ်လၢအအိၣ်ဒီးအယံတဖၣ်စ့ၢ်ကီးမ့ၢ် calcium  
အဂံၢ်ထံးလၢအကါဒိၣ်တခါလီၤ



# တၢ်အိၣ်လၢ B<sub>12</sub> အိၣ်အါတဖၣ်

B12 မၤစၢၤပၤန့ၣ်တဖၣ်ဒီး  
ခိၣ်န့ၣ် အတၢ်ဖိး  
တၢ်မၤတၢ်ဘၣ်ဘျီးဘၣ်ဒါအဂီၢ်

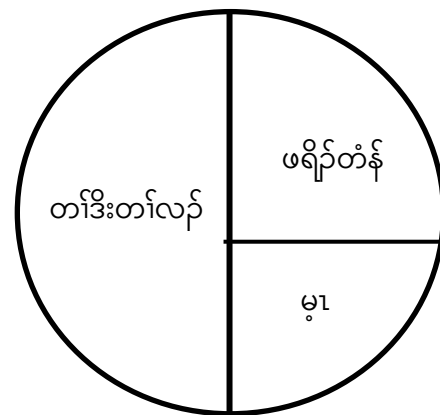


တၢ်ထံၣ်အိၣ်လၢတၢ်အိၣ်တၢ်အိၣ်လၢတၢ်ထုးထီၣ်တ့ၢ်အိၣ်လၢဆၣ်ဖိကီၢ်ဖိတဖၣ်အပူၤ

## တၢ်အိၣ်အလီၤခိၣ်အက့ၢ်အဂီၢ်လၢအပျဲၤတၢ်အိၣ်ဆူၣ်အိၣ်ချ့

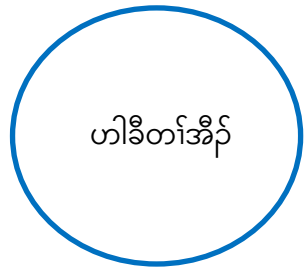
5 နံၣ်ဆူၣ်အဖီလၢာ်

5 နံၣ်ဆူၣ်အဖီခိၣ်



တၢ်အိၣ်အိၣ်တၢ်အက့ၢ်အဂီၤလၢအပဲၤတၢ်အိၣ်ဆူၣ်အိၣ်ချး-

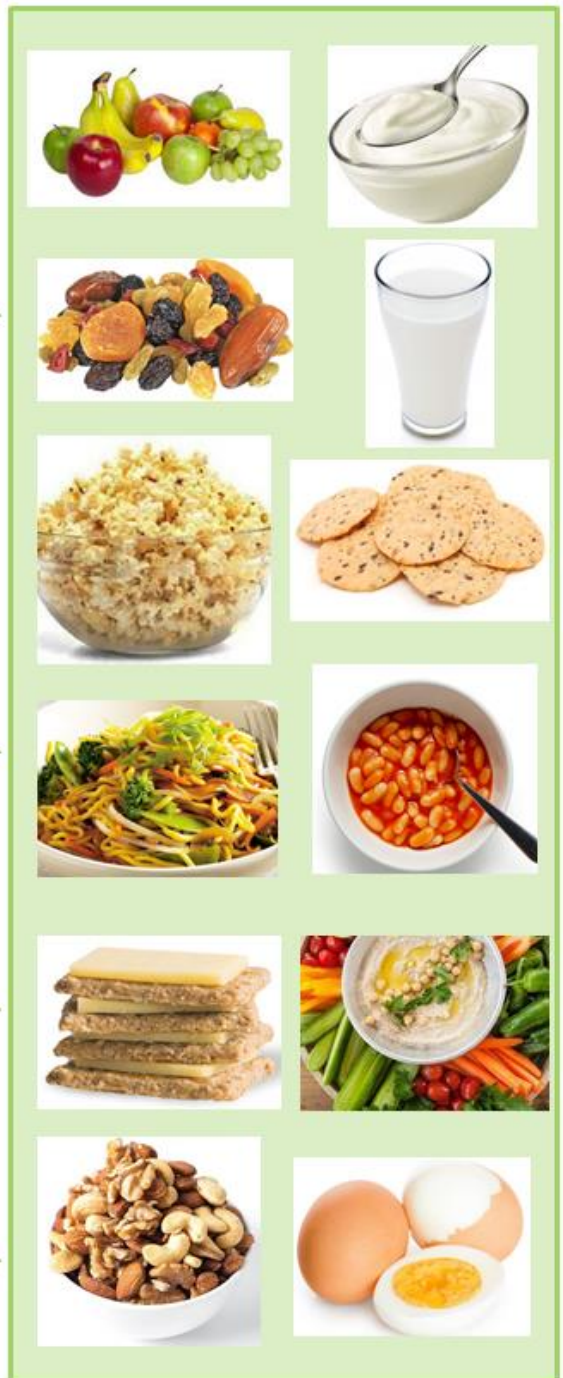
တသီအဂီၢ်တၢ်အိၣ်မိၢ်ပုၢ် 3 ဘျီဒီးတၢ်အိၣ်ကိၣ်ဖိနီဖိ 2 ဘျီ



တၢ်အိၣ်တဖၣ်-



# ကိပ်ဖိနိဖိတဖ်



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  
Ref: 1405.5 (Karen) © CAHS 2021

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# 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



Use small amounts

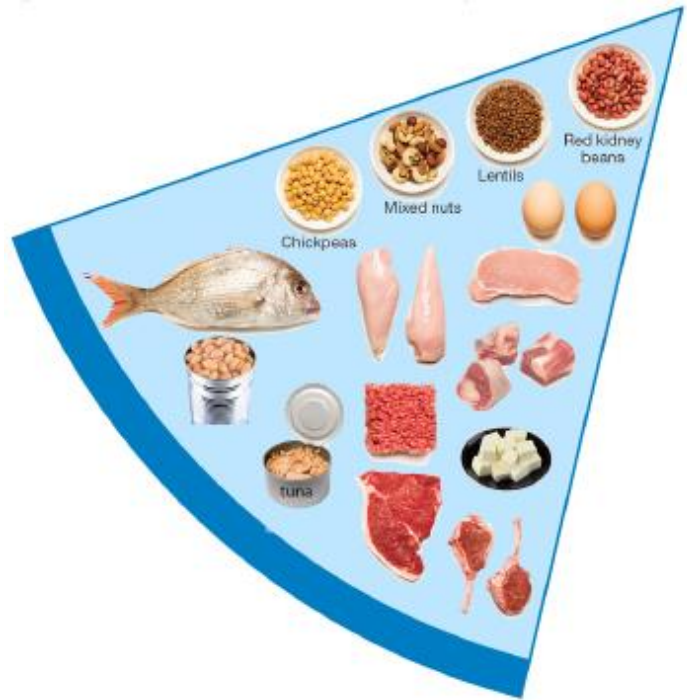


Only sometimes and in small amounts



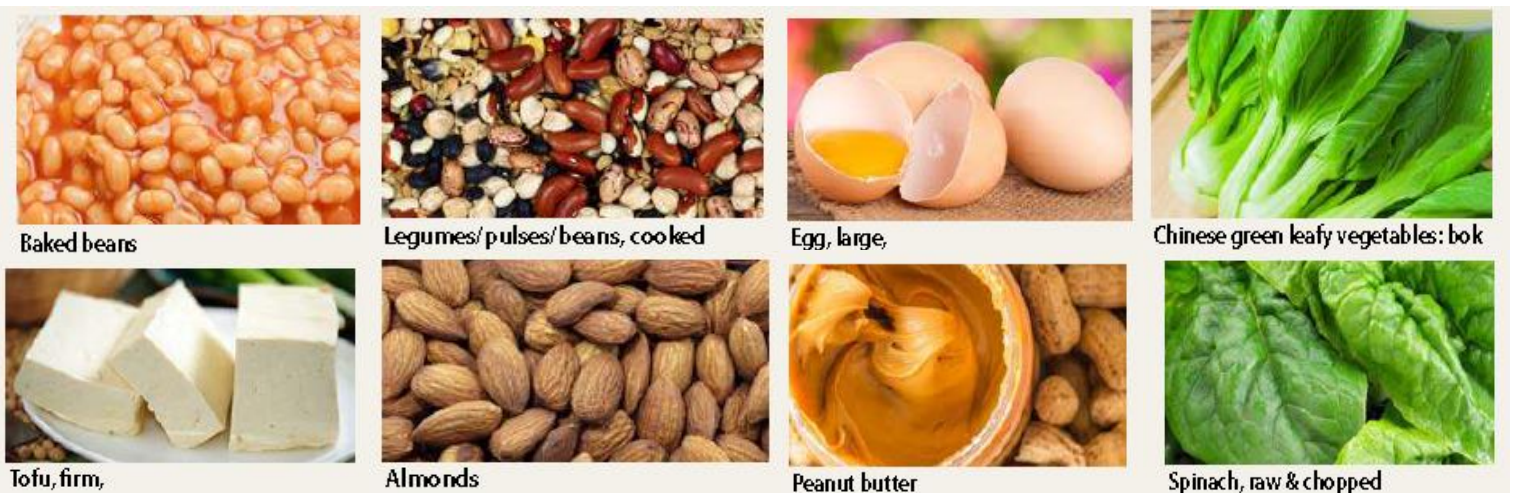
## Iron rich foods:

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



## B<sub>12</sub> rich foods:

B12 helps our nerves and brain function properly

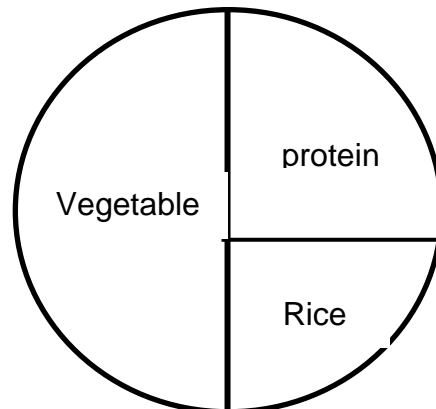
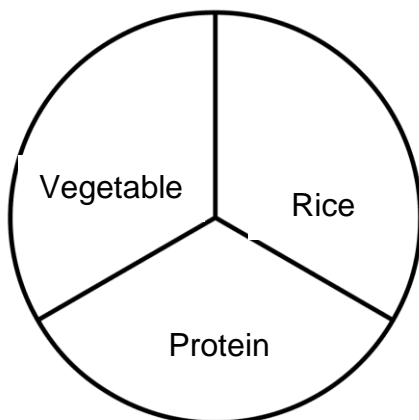
Found in animal products



## Healthy plate:

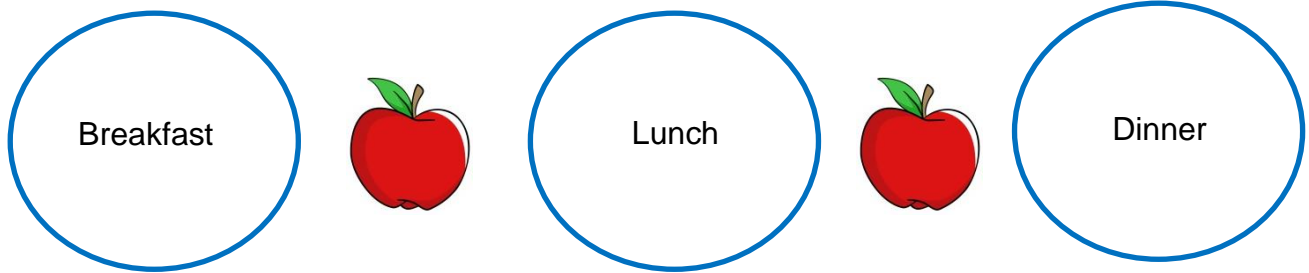
under 5 years

over 5 years



## Healthy eating pattern:

3 meals and 2 snacks per day



## Drinks:



# Snacks:



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