

ሲቶ ውብላዕ ዑፉይ



Tigre

ሐብሌ ሕኩመት አውብትራልያ እግል መንፈዓት ክብራ ስንት

ክል አምዕል ምን እሊ ሐምስ ጅንስ ነብራ ምን ዩህ ግንስ ነብራት ሰኒ ለትዳል ነፈዕ። ግይ ብዙሕ ስቴ።

ሐምሌ ወእክል/አደንገል



ምን ጅንስ እክል ለሐትዳል ነብራት፤ እሊ ህይ ክልጅንስ ዘርእ እክል ወ ኦብታላት ወጅ "ጊንሊጅ" ልትነፈዕ ምናም ተም



ሐድ ትንቶ



ሐት-ሐቴ መረት ለጣ ወ ሐድ ትንቶ



### (እግልሚ አጅናስ ነብራ እግል ትብላዕ ወጅብ?)



ፕሮቲን እግል ዐቦት

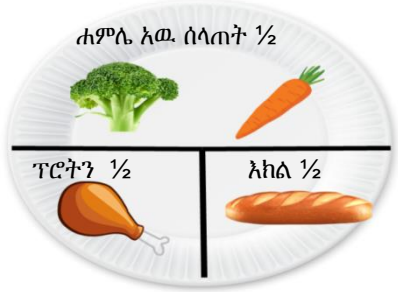
ሐምሌ  
ገሮብካ ኣብ ወጅብ እግል ልሽገ

ነሹውያት/ከርባሃይ  
ድሬት እግል  
ጠቐት(ሒላት)

### ወጅብት ዑፊት



ምንተሓት 5 ሰነት

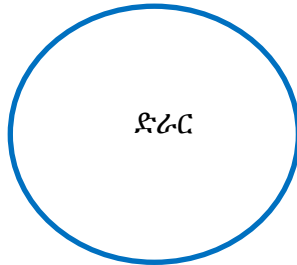
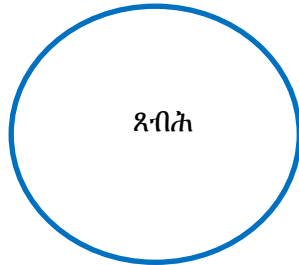
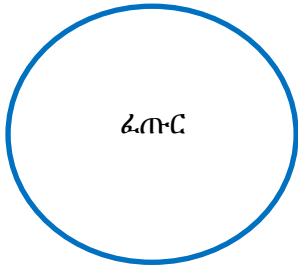


ምልዐል 5 ሰነት



# አግቡይ ብላዕ ዑፉይ

3 ወጅቦት ወ 2 ጠዕሞት እት አምዕል



## እክል አዪ



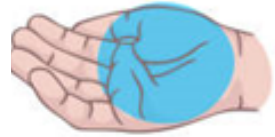
በኒ፡ ፍዝ፡ ወስባጌቲ መጋስ ጭቅመት



ስገ መጋስ ረሓት እዳ



ደድ መጋስ ግንፍሌ



ሐምለ መጋስ ክልኤ ረሓት

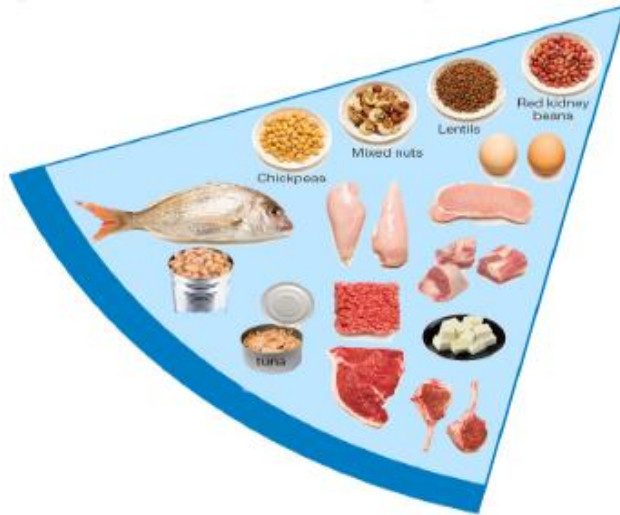


ቅጩት መጋስ ረሓት ወአጭብዕ



ኣይሬን እት ክል ገሮብና ኣክስጅን ለብጽኡ: ውዑፊያም እግል ንግባእ ውሒላት እግል ንርከብ ሰደነ

ለስጋ ሰኒ ቀይኡ ገኣ ምንገቢእ: ብዙኡ ኣይሬን ብእቱ



## ብዕድ ኣይሬን ለቡ ነበሪት?



ብሹል ኣይንገል



ጅንስ ሐምሌ



ሰላጠት



ቤጭ



ፈጆሊ/ዐደስ ብሹል



ፉል



### ሓብሬ

ገለ ነበሪት ወስታይ ለገሮብ ምን ሽራብ አይሬን ከርዕ

ምን ወጅብትካ እንደ ፈንተካ ሐሊብ ስቴ

1 ኩባዬት እት አምዕል

1



ሐሊብ ሐ አዉ ህዬ ኒዶ

ሸሂ አዉ ህዬ ቡን ምስል ነብራ ኢትስቴ



### ስታይ

ክል አምዕል መይ ስቴ። ዐሲር ጽማቕ አው ህዬ በርድ ሐጃት ሐት-ሐቴ ዶል ስቴ



## ነብራ እብ ሽይታሚን ቢ<sub>12</sub> ሉዲት

ቢ<sub>12</sub> ናይ ገሮብን ደም ወአስራርና ዑፋይ ወድዩ፡ ከምሰልሁ ህዩ ዴንኤ እግል ሊደ ሰድዩ።



## ነብራ እብ ከልሽዩም ሉዲት

ከልሽዩም ዐጭምታት ወአኝያብ ዑፋይ እግል ልግባእ ሰዴ



ሐሊብ ሐ አዉ ህዩ ኒዶ እት  
1 ወጅቦት = 250 ሚ.ሊ



ሽብሕ/ቺዝ  
1 ወጅቦት = 2 ሽራፍ



ሮግኦ  
1 ወጅቦት = 200ግ.

አትዳሎት ሕሊብ ወጅንስ ሐሊብ ሰገኦ እግል ክል ጅንስ ዕምር					
	2-3 ሰነት	4-8 ሰነት	9-11 ሰነት	12-13 ሰነት	14-18 ሰነት
ውላድ	1 ½	2	2 ½	3 ½	3 ½
አዋልድ	1 ½	1 ½	3	3 ½	3 ½



# Snack (ጠዕምት)





Government of Western Australia  
Child and Adolescent Health Service



**Child and Adolescent Health Service**  
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Produced by: Nutrition and Dietetics  
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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.



Use small amounts



Only sometimes and in small amounts



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

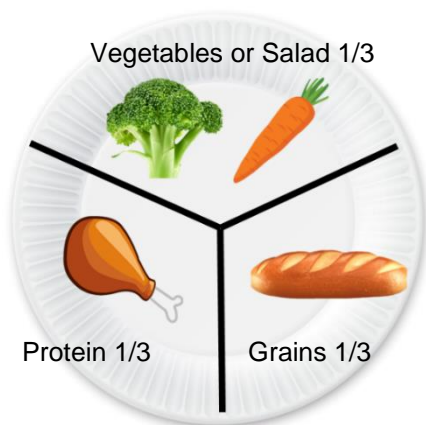


Protein for growth

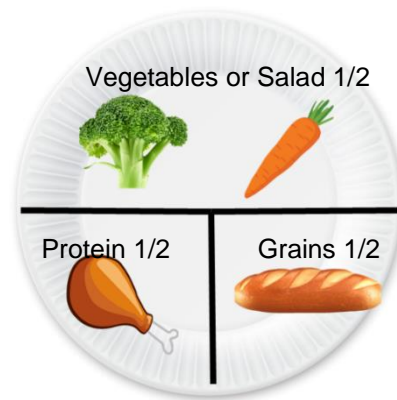
Vegetables  
For your body to function properly

Carbohydrate for energy

## Healthy plate



Under 5 years

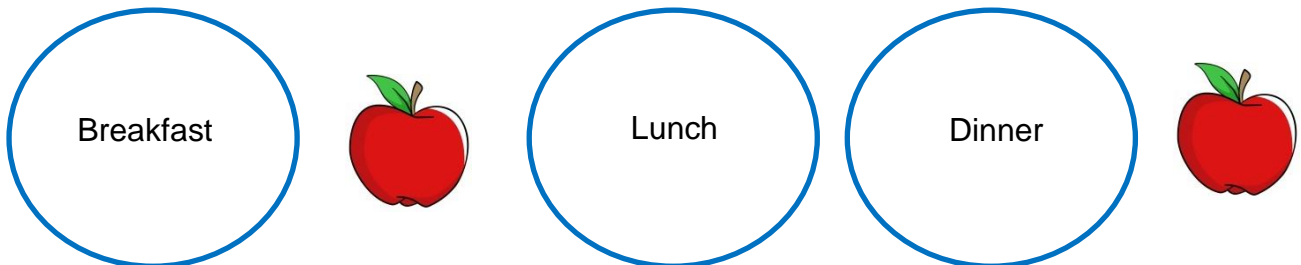


Over 5 years

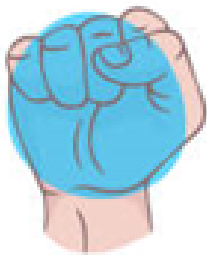


## Healthy eating pattern

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



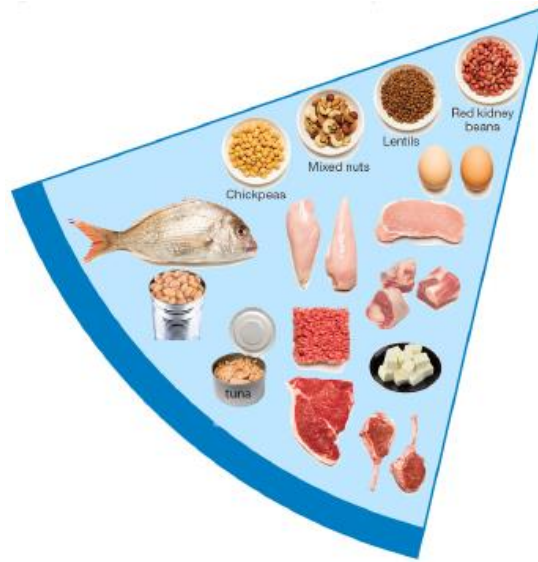
Flat bread the size of palm and fingers



## 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



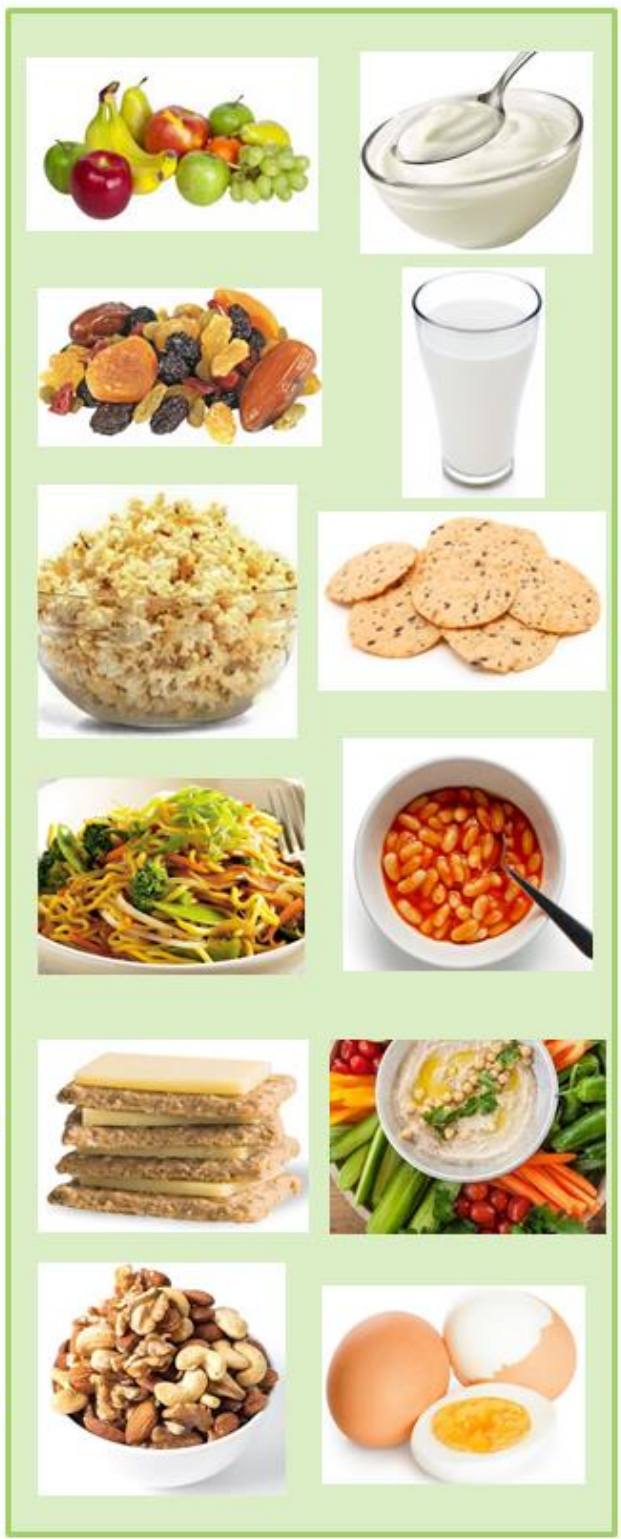
Yoghurt  
1 serve = 200g

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

Health Facts





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