

ጥዑይ ኣመጋግባን መስተን

ናይ ኣውስትራሊያ መምርሒ ንጥዑይ ኣመጋግባ

በ-በመዓልቱ ካብዘም ሓመሽተ መግቢ ጉጅለታት ብዘኹ ዘተፈለለን ንጥረ መግቢ ብምውሳድ ተሓሳስ።
ብዘኹ ማይ ስተዩ።

ካብ ፍረ እኽሊ (እኽሊ) ዝተሰርሑ መግቢታት፤ መብዛሕትኡ እኽሊ ምስ ሽፋኑ ከይተቐልጠከይተኳእኩኣ ከምኡ'ውን/ውይ'ውን ብዘኹ ጸሕገ/ፋይበር ዘለዎም ዓይነታት



ስብሒ ዘይብሉ ስጋን ደርሆን፣ ዓሳ፣ እንቋቋሖታት፣ ቶፋ/ቱፋ፣ እቶሎ/ፍልን ፍረታት ኣዘርእትን፣ ከምኡ'ውን ጥረ ኣእካልን/ ባልደንጓታትን

ጸባ፣ ርግኡ፣ ጅብና (ፎርማጅ)/ውይ ካልኣት ኣምራጺታት፣ መብዛሕትኡ ግዜ ውሑድ ስብሒ ዘለዎም

ንእሽቶ ዓቕን ተጠቐሙ

ሓደ ሓደ ግዜ ጥራይን ብውሑድ መጠንን



ንምንታይ እዩ ዝተፈለለዩ ዓይነታት መግቢ ምውሳኔ ጠቓሚ ዝኸውን?



ፕሮቲን ንዕቤት

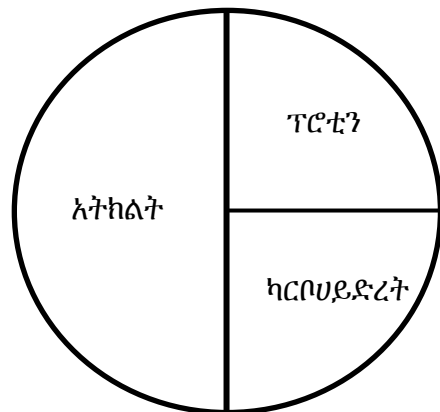
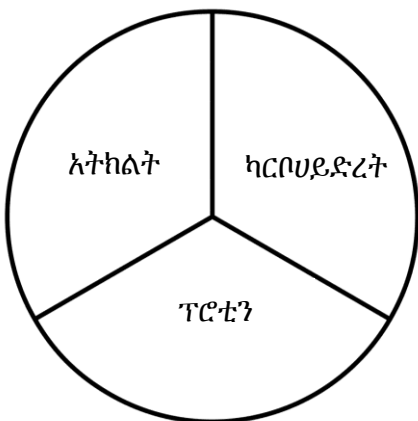
ኣትክልቲታት/ኣሕምልቲ ሰብነትካ ብግቡኣ ንክሰርሕ

ካርቦሃይድሬት ንኣይሊ

ጥዑይ መግቢ ዘለዎ ሸኣኒ/ቢያቲ:

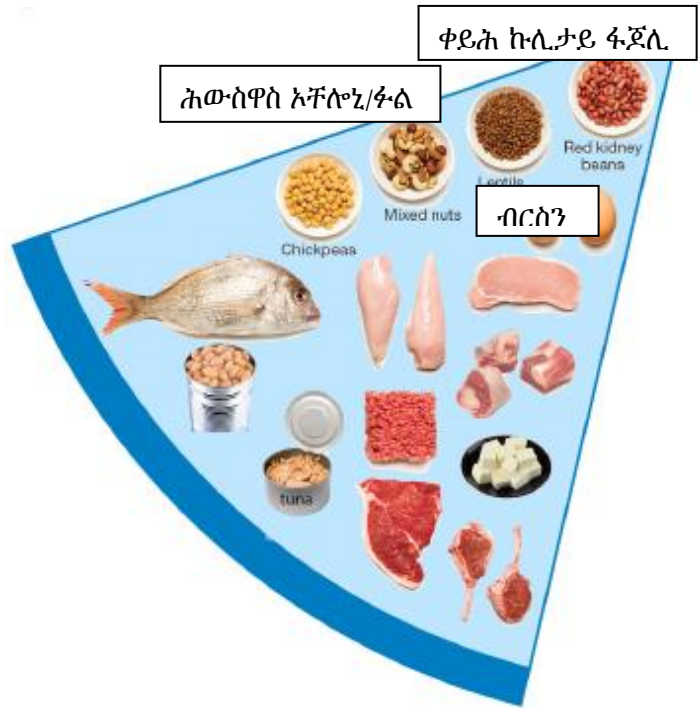
ካብ ትሕቲ 5 ዓመት ዕድመ

ልዕሊ 5 ዓመት



ብሓዲን ሃብታማት ዝኾኑ መግቢታት፡

መግቢ	ዓተር
ሥጋ ከፍቲ	
ሥጋ በጊዕ	
ደርሆ	
ዓሳ	
መግቢ ባህሪ	



እቲ ስጋ ዝያዳ ቀይሕ ምስ ዝኾውን ዝያዳ ሓዲን ይህልዎ።

ሓዲን ዘለዎም ካልኦት መግቢታት ኣይኖት እዮም?



ናይ ፋጀሊ ሕምባሻ



ኣትኽልቲታ/ናይ ቅብዓት እኽለ/ፋጀሊ፣ ዝሓል



እንቋቋሖ፣ ዓቢይ



ናይ ቻይና ሓምላይ ቆጺ ኣትኽልቲታት፣ ቦል/bok



ኦቾሎኒ



ናይ ፋል ጠስሚ



ሓምሊ ስፒናች፣ ብፕሪኦን ዝተቆራረጸ

ምክረታት

ንመዓልቲ 1 ኩባያ ዳባ

1



ዳባ፣ ዝተኣሸገ ሶያ ዳባ

ሸሂ ወይ ቡን ዘይምውሳድ



ብዙሕ ቢ₁₂ ዘለዎም መግብታት:

ቢ₁₂ ዝሕግዞ



ንነርብታትና/መትኒታትናን ኣእምሮና ብግቡእ ንክሰርሕ እዩ

ከብ እንስሳት ውጽኢት ይርከብ
ብዙህ ካልሲየም ዘለዎም
መግቢታት

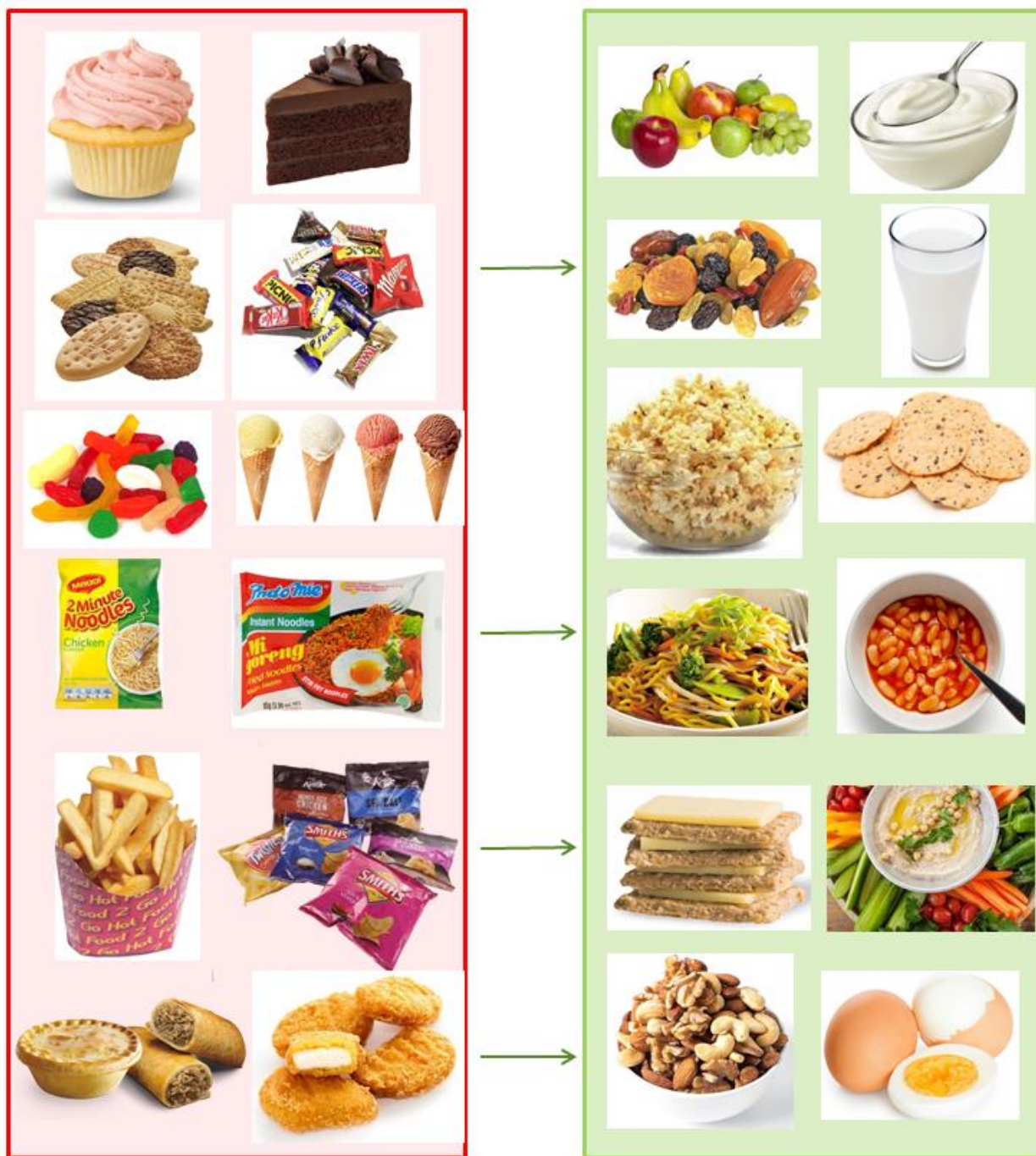
ካልሲየም ንጥዕና ኣዕጽምትን
ኩሩምቲታትን ጠቓሚ እዩ



መስተታት:



ጠዓመታት:



Government of Western Australia
Child and Adolescent Health Service



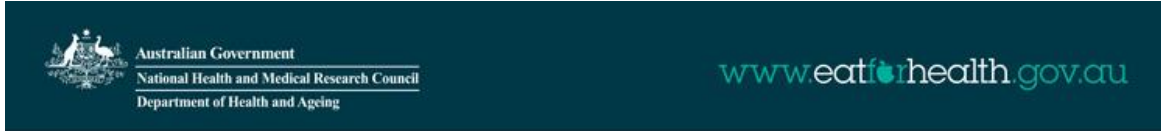
Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009.
Telephone: (08) 6456 2222
Produced by: Nutrition and Dietetics
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Healthy eating and drinking



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?



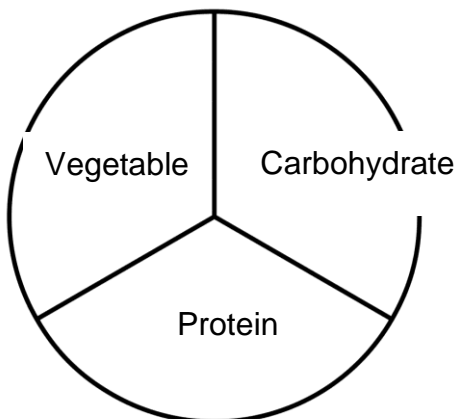
Protein for growth

Vegetables
For your body to function properly

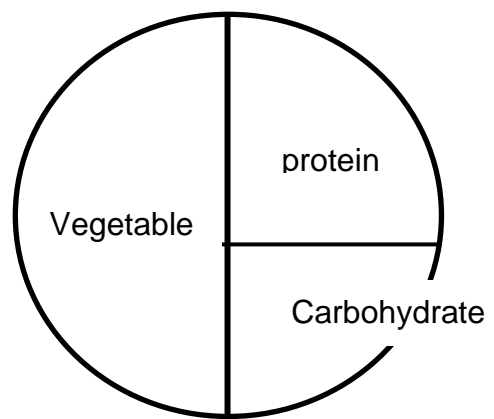
Carbohydrate for energy

Healthy plate:

under 5 years

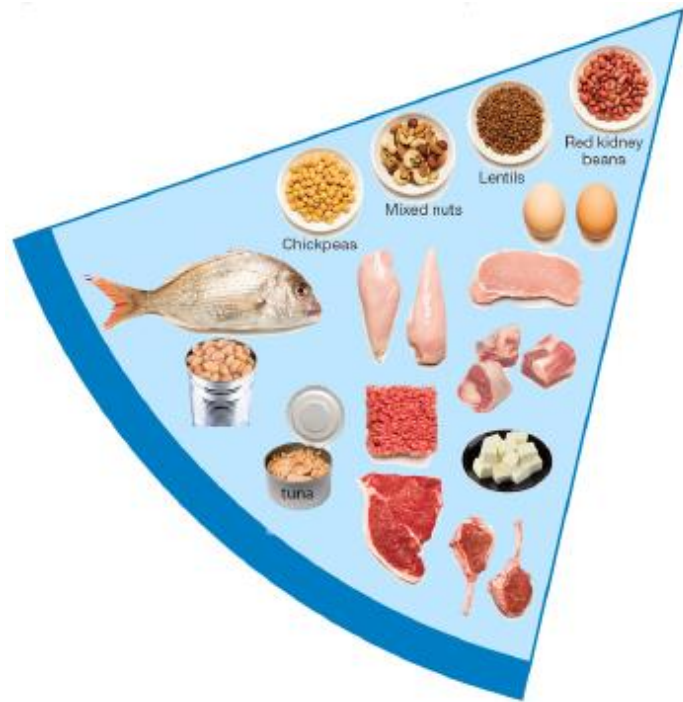


over 5 years



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

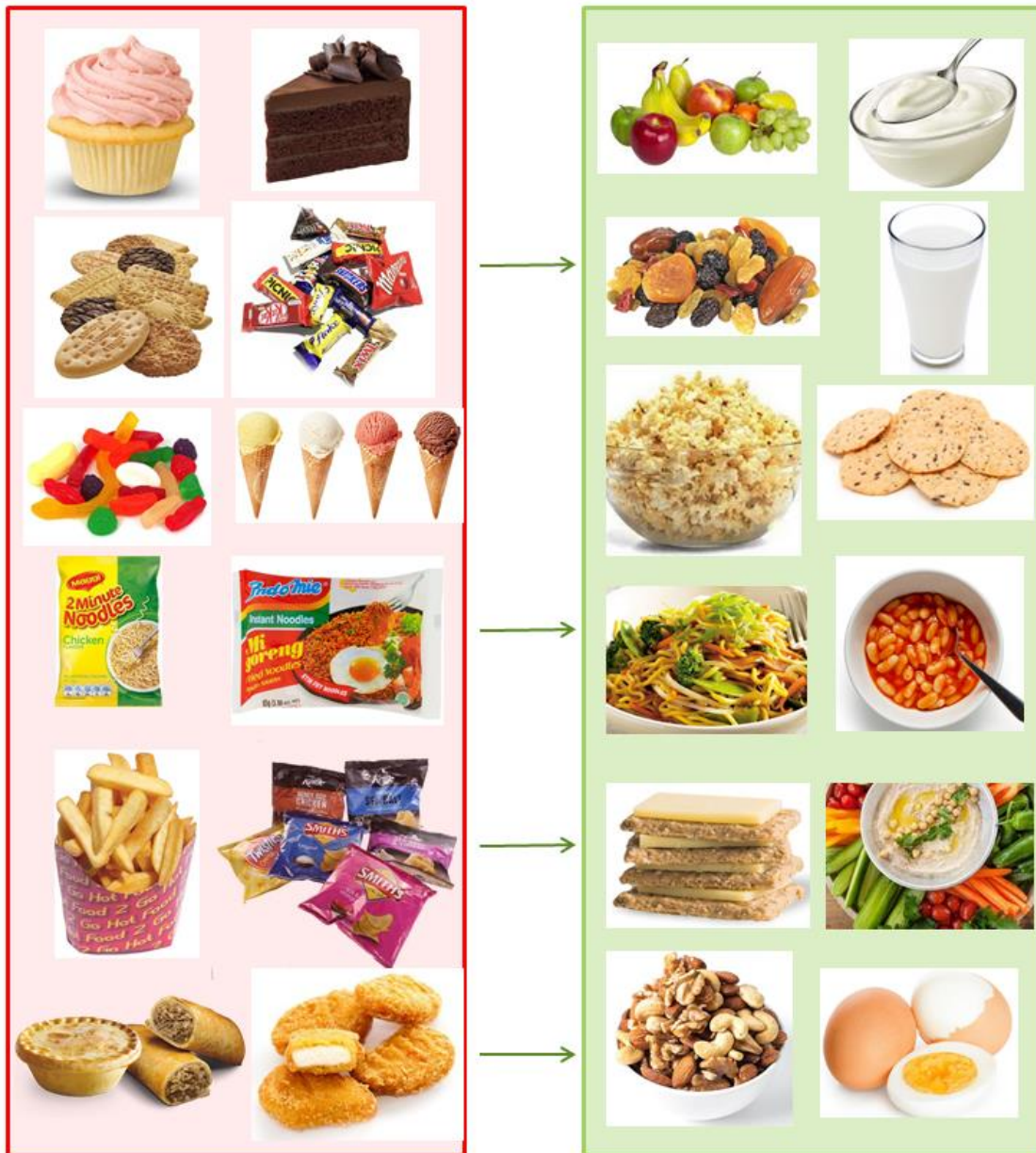
Calcium is important for healthy bones and teeth



Drinks:



Snacks:



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