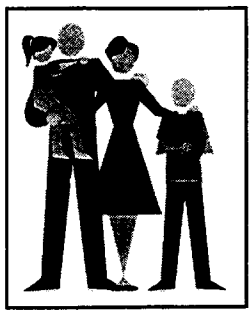

Better Health Begins With You!

Pou nou gain bòne santé, fòk nou kòmansé pran swin tète pa nou!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Manjé 6 a 11 ti pòsyon pain ki pa gra, séréyale, diri oy byin pate, chak jou. Nou gain dwa pa ekzanpe manjé avoine pou déjéné, you sandwich pou répa lé midi ,épi diri pou diné.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Manjé 5 pòsyon fwi ak léguime chak jou. Tankou pa ezanpe, nou ka bwè ji doranje pou déjéné, nou ka manjé you salade pou répa lé midi, épi pwa vète ak pòme dé tè bouyi pou diné, nou ka manjé rézin tou pou diné.

3. Drink at least 8 glasses of pure, fresh water every day.

Bwè pou pi piti 8 vè dlo frèche chak jou.

4. Eat lean, low-fat meats, such as chicken or fish.

Manjé viande mèg tankou poule ou byin poisson.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Chwazi pwodi létyé ki pa gra anpil ou byin ki pa gra ditou, tankou lè ékrémé épi yogoute glasé konjlé.

6. Limit your intake of sweets and alcoholic beverages.

Bwè you kantité limité boisson sicré ou byin boisson ki gain alkòle.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Fè aktivité fizike chak jou. Nou gain dwa maché, dansé ou byin jwé.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Sèvi ak luile véjétale ou byin luile canola pou nou fè manjé, pasé pou nou sèvi ak grèse cochon ou byin ak grès bète. Luile véjétale la pi bon pou nou paské li pa gain kolestéròle.

Haitian Creole Language Version
These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service.
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