


La Sante Nan Lavi Granmoun: Suggestion Pou Salad¹


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Salad fasil epi rapid! Lè ou mete *salad* avèk bisuit soda e pen yo fè yon sante dine. Eseye kèk ide pou lè wa-p pran yon ti salad.


 Chawzi kantite leti tankou leti, romèn, fèy wouj, e fèy vèt. Sa yo gen plis nutriyan ke leti *iceberg*.





 Mete pwotyen nan *salad* ou avèk fwomaj cube, zé boui, oson vyann ki nan can.




 Mete tomat sou leti yo. Epi lèt kaye ki pa gen grès.


 Melanje legim avèk fwi pou ka gen yon konbynezòn etranj. Eseye pòm koupe oson zoranj mandarin sou fèy zepina.

 Mete nan péch oson pwa, lèt kaye oson yogurt. Epi grenn manba.


 Mete pwa ki soti nan bwat sou *salad* ou. Eksperiment avèk pwa frans, pwa d'souch, pwa vét, oson pwa piti.





 Fé yon *salad* avèk legim ki soti nan can, epi melanje-l avèk legim tankou karot, bét wouj, oson pwa vét.

 Fè atansyon avèk *dressing* ki gen anpil grés e kalori. Achte *dressing* ki pa gen anpil gres oson. Fè pa-w avèk ji citwòn, oson vinèg avèk wuil legim.

Bay Pwen

 Pa lave manje fre anvan ou prepare pou-w itilize-l, yo ap rete pi fre si ou fè sa.

 Mete piman koupe avèk jonjon e zonyon nan frijidè pou-w itilize yo pou yon lòt tan.

 Si li posibe, koupe leti ak melon avèk yon zanmi.

1. This document, FCS8696-Hai, is one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. Publication date: March 2004. The English version of this Haitian Creole language leaflet is *Healthy Eating for Elders: Salad Suggestions*. This leaflet was developed with funding from the Florida Department of Elder Affairs in partnership with state, county, and local agencies. Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>

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