

La Sante Nan Lavi Granmoun: Goute Entelijan¹

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Goute gendwa bon pou-w. Goute kapab ba-w vitamin e mineral ou pat genyen nan manje-w. Kontinye goutte entelijan sa yo nan tèt ou pou yon lòt tan ou vle goutte.

Swiv Pyramid-la

Chwazi manje ki gen nitrisyon nan tout gwoup manje senk:

- Fwi
- Legim
- Vyann
- Lèt, yogout, avèk fwomaj
- Pen, sereyal, diri, avèk pasta

Chwazi kantite manje pou-w goutte

Pa chwazi menm manje yo tout tan.

Eseye lòt manje tankou fig ki glase e rezen.



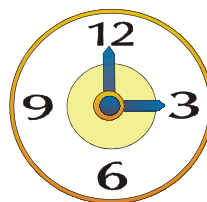
Rann bagay yo fasil

Prepare goutte pou-w manje.

Kenbe fwi ki lave avèk legim pou lòt ou vle goutte!



Plan pou lòt ou vle goutte



Goute manje de osnon twazèdtan anvan ou manje dine pou pa gate apeti-w.

Kilè pou-w goutte?

Goute selman lòt ou grangou. Pa goutte lòt ou pa gen anyen w-ap fè ak lòt ou gen *stress*. Si ou pa gen anyen pou-w fè chache yon bagay pou-w fè osnon li yon liv e al mache nan vil la.



Byen swiv konsey pyramid-la

Pa goutte tankou *chips* avèk sirèt tout tan, men chwazi manje ou goutte nan sink gwoup yo.

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