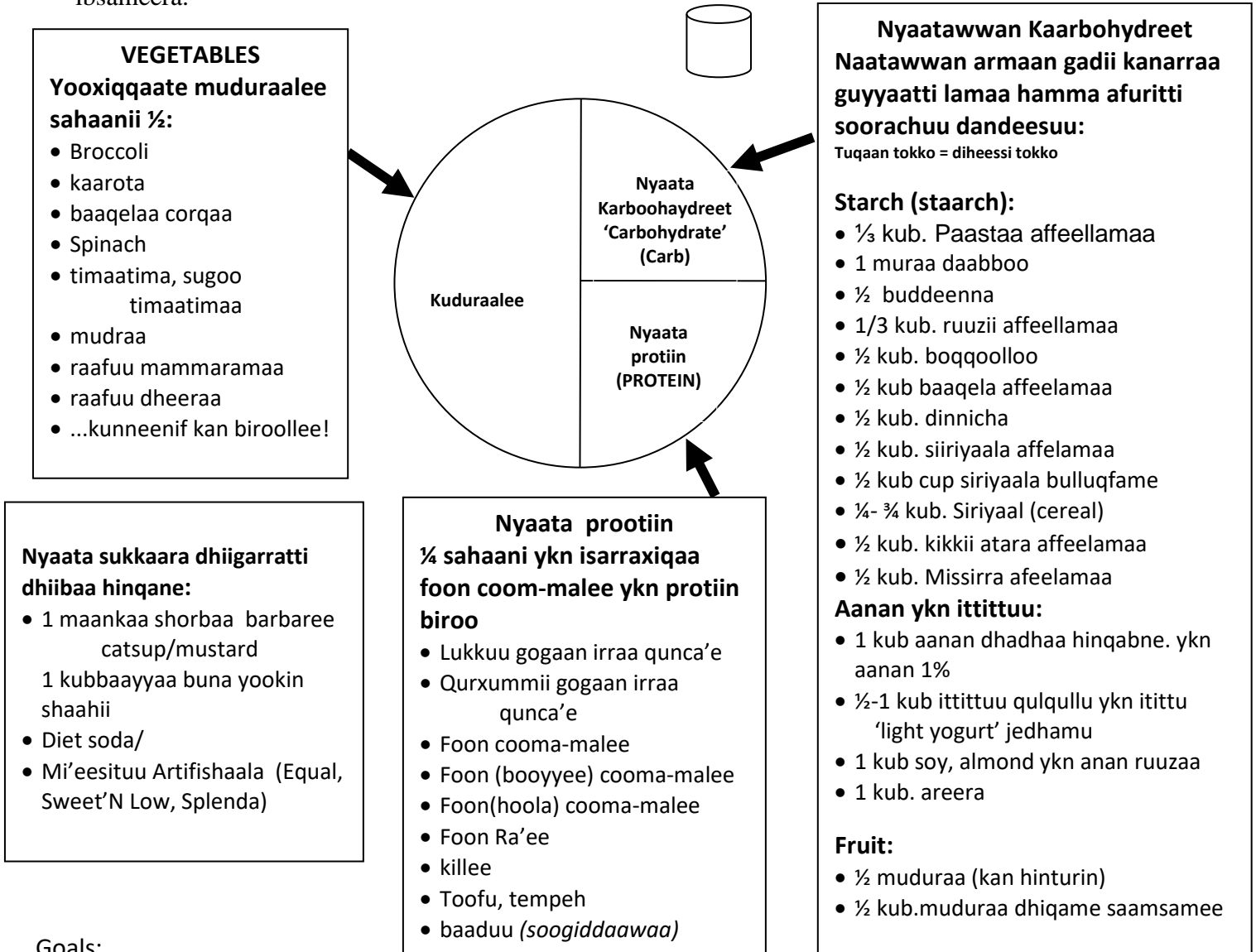


Karoora Nyaataa

Maaddii fayyummaaf tolu

Nyaataf karoora baafachuun salpha ta’u qaba. Nyaanni kee gaaritti midhaa’u/mi’aa’uu qaba. Qimamoota itti dabaluuun nyaanni kee akka gaarin midhaa’u gochuu dandeessa. Soogida xiqqessi. Karoorri kanaa gadi nyaata akkamii maaddi ke iratti akka qabaachu qabdu agarsiisa. Nyaata dhachaa ykn dabala xiqqessi. Qoodannon nyaata gar-garii (Portion Control Handout) ykn Bareeffanno Qoodannoo Nyaata keessatti ibsameera.



Goals:

1. _____
2. _____
3. _____

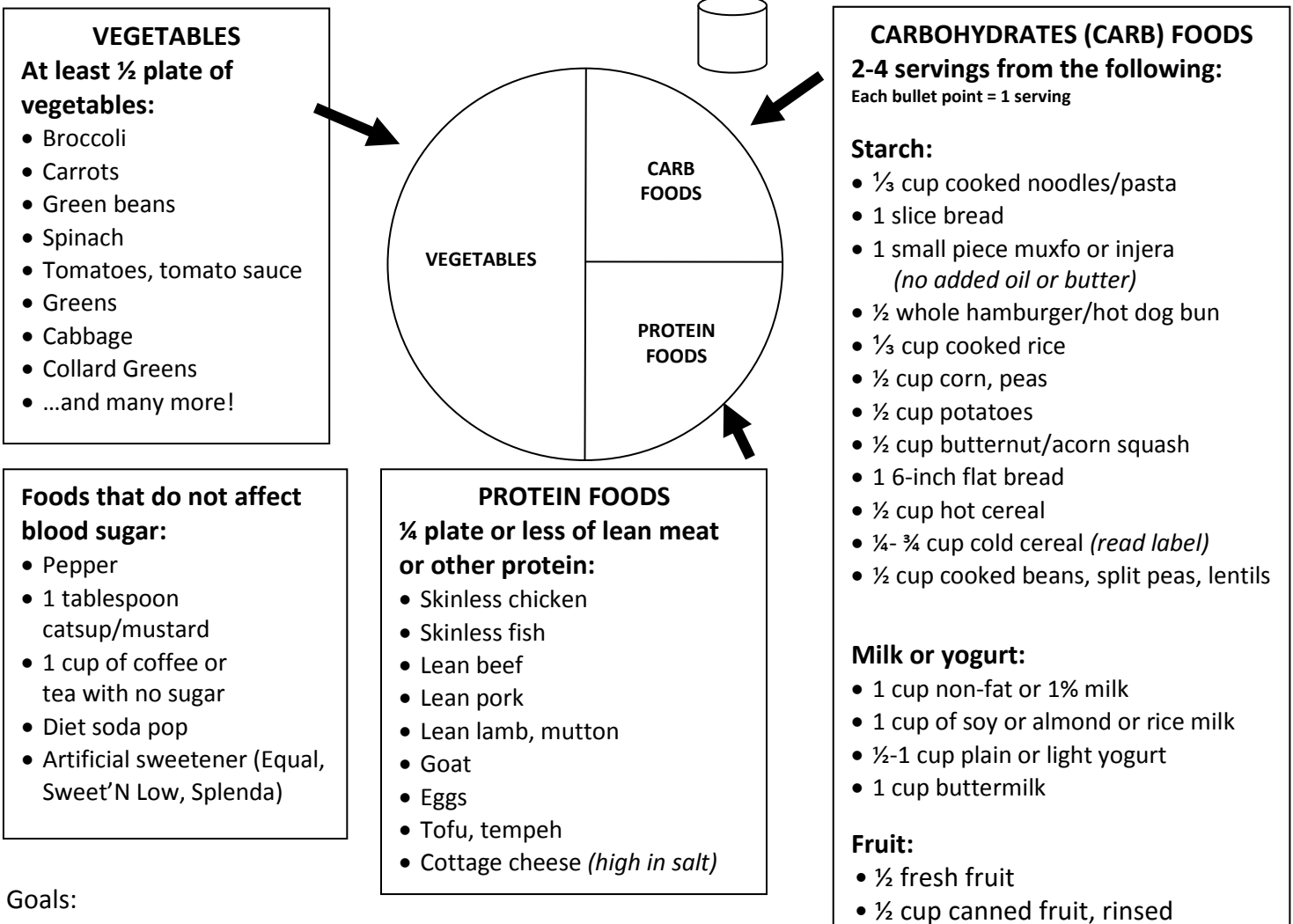
Karoora nyaataa kee caalmatti bari

Beekaa nyaataa [Dietian] yeroo-yeroon mariisisi. Beekan nyaataa akka karoorri nyaata kee qajeelloo ta’e nimirkaneessa. Akka bellama siif qaban hakima ykn narsii kee gaafadhu.

Meal Plan Basics

A healthy plate

Planning a meal should be easy. Your foods should taste good. You can make your foods taste good by adding herbs and spices. Limit salt. Below is a plan of the types of foods you should eat at your meals. Limit double portions or second helpings. Portions of each food group are described on the Portion Control Handout.



Goals:

1. _____
2. _____
3. _____

Learn more about healthy eating

Meet with your dietitian regularly. Your dietitian will help you meet your nutrition goals. Ask your doctor or nurse to help you make an appointment.