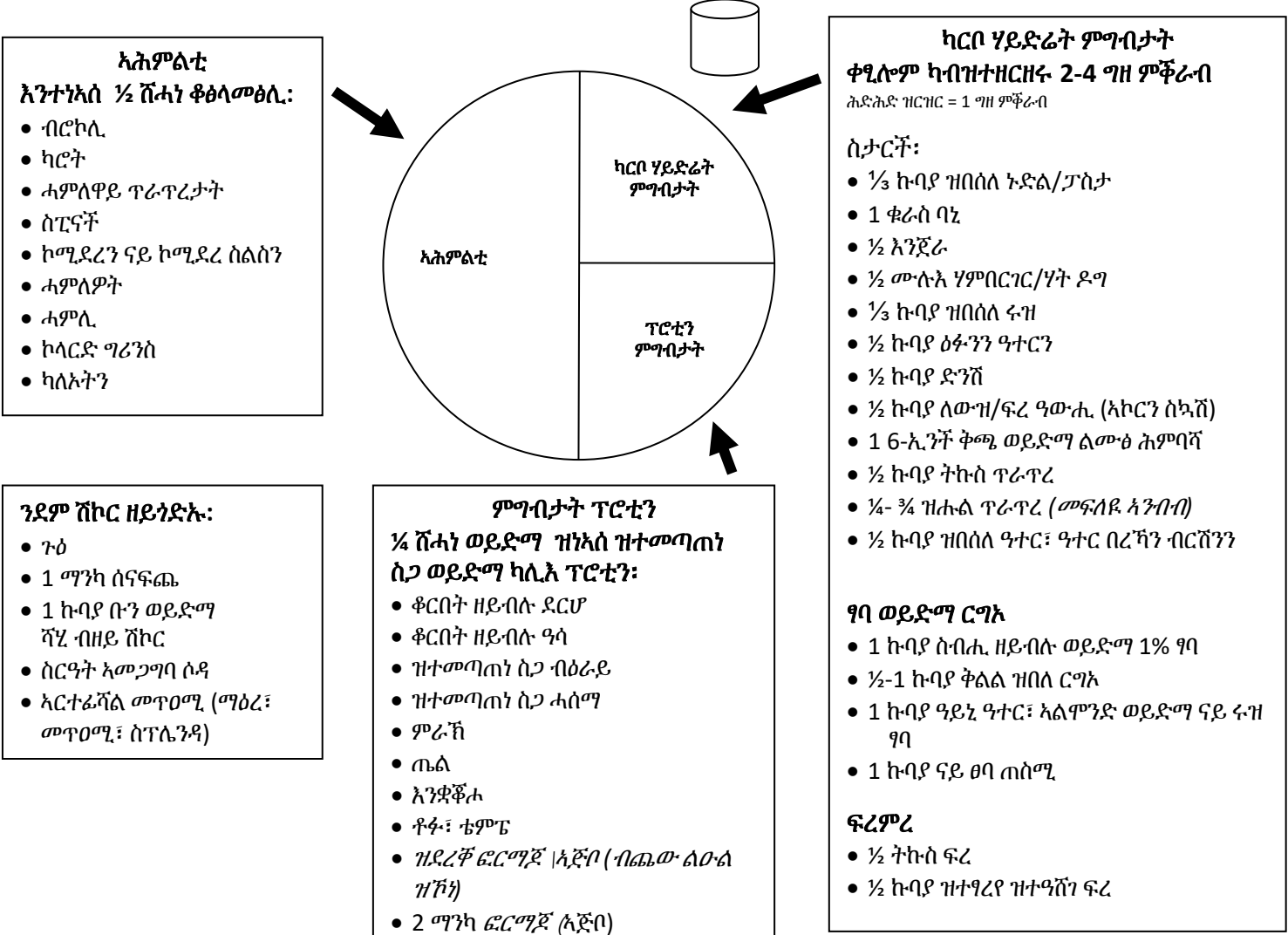


መሰረታዊ ትልሚ ምግብና

ጥዕና ዘለዎ መአዲ

ምግብና ምትላም ቀሊል ክኸውን ኣለዎ። እትምገብዎ ምግብ ጥዑም ክኸውን ኣለዎ። ምግብኹም ዝብልዑ ቆፅላመፅልን ቅመማቅመምን ብምውሳኽ ጥዑም ክኸውን ክትገብሩ ትክእሉ። ጨው ቀንሱ። ካብዚ ንታሕቲ ዝተዘርዘሩ ትልሚ ምግብታት ኣብ መአዲ ክተቐርብዎም ዝግብኡኹም እዮም። ክልተ ዕፅፊ ክፍልታትን ካልኣይ ሓዝዝን ገድቡ። ሕድሕድ ናይ ምግብ ጉጅለ ኣብ ክፍሊ ቁፅፅር መምርሒ ተዘርዘርዎ ኣለዉ።



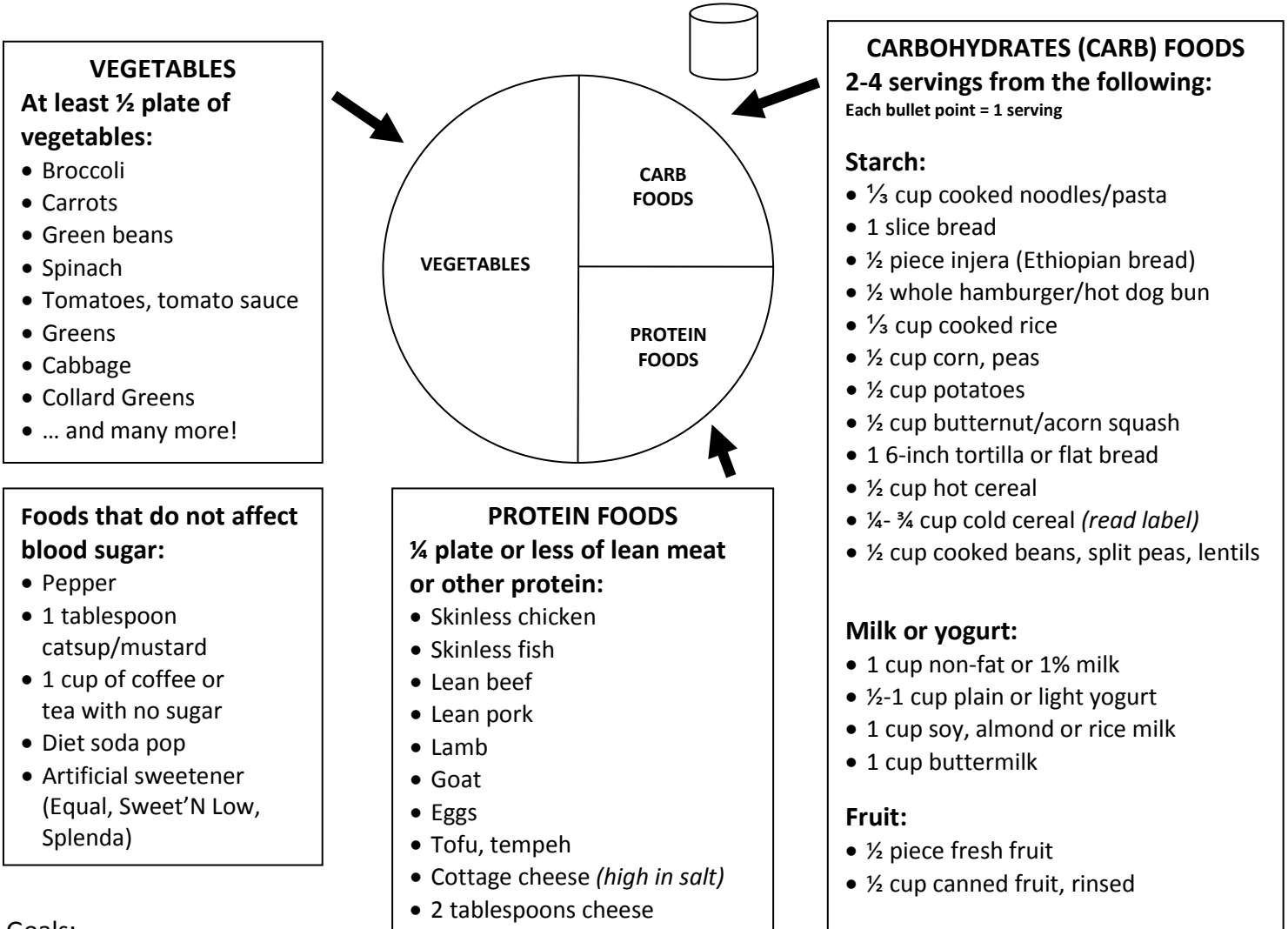
- ዕላማታት:
- _____
 - _____
 - _____

ብዛዕባ ጥዕና ዘለዎ ኣመጋግባ ምምሃር ምስ መምህር ስርዓት ኣመጋግባኹም ብተደጋጋሚ ተላለዩ ። ስርዓት ኣመጋግባ መምህርኩም ዕላማታት ስርዓት ኣመጋግባኹም ክትበፅሑ ክሕግዘኩም እዮ። ዶክተርኩም ወይድማ ነርስ ቆፀሮ ክተሓዘልኩም ሕተቱ።

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.