

Elongekidho Iyiikulya Iyagamenwa

- ✓ Uuyogoki owa simana opo kukelelwe oshimela nomauvu galwe.
- ✓ Longitha iikwatelwa ya yela eto pungula iikulya peshala lya yela.
- ✓ Teleka nawa onyama, oohi nomayi.
- ✓ Kosha iikwamboga ,toyi teleke muule wethimbo eshupi nde tali mbala opo iitungitho yilonge.
- ✓ Kosha iiyimati niikwamboga manga ino yilya.
- ✓ Kosha omake goye nomeya nothewa manga ino tameka okulongekidha iikulya nokonima yokulongitha okandjugo nuuna wali toshula okanona.



Iinima mbyono wuna okudhimbulukwa

- ✓ Lya iikulya oyindji pethimbo wuli metegelelo naasho toyamutha.
- ✓ Lya iikulya iiwanawa mbyo yilipo,mwakwatelwa iikulya yaza miimuna, omakunde, oombundufukwa, iiyimati niikwamboga.
- ✓ Lya iikulya mbyono yina ooVitamins niikwamongwa.
- ✓ Shampa wuli metegelelo nenge wamona, keshe siku nwa eepela dho multivitamin nenge dho iron folic acid.
- ✓ Inonwa iinima mbyono yanika oshiponga kokaana,ngaashi eeBeer, omavinyu, spirits nomakaya. Ngambeka oompito dhoye dhokuna oTea nokothiwa.
- ✓ Pethimbo wuli metegelelo inda komathulo kuyele ngoye tokala hotalitha oshiviha shoye.
- ✓ Sho wuli wetegelelo igamena pamwe nokanona koye koHIV nokomikithi dhilwe dhono hadhi tandele okuza momilalo nopethimbo toyamutha inda momilalo dha gamenwa ngoye tokala nokukonakonwa aluhe. Konakona muule wiiwike 6 shampa wamono okanona nokonima yoomwedhi ndatu pethimbo toyamutha.
- ✓ Ngele owuna ombuto yoHIV, owa pumbwa okulya iikulya oyindji opo yikupe oonkondo.

Omalombwelo gamwe ga simana

- ✓ Thuwapo olundji pomwedhi ndatu dha shuginina nge wuli metegelelo nomwedhi gotango sha wamono okanona.
- ✓ Ino longitha omongwa ogundji,uuna togulongitha, longitha ngo gweemuma oshoka otagu kwathele mokukokeka uuliwi.
- ✓ Inolya onyama inayipya, eeshi, omayi nenge omashini.
- ✓ Nwa eepela dhokudhipaga uupuka uuna wedhi shangelwa komupangi dhidhipage uupuka nodhikwathele mokukelela Anaemia.
- ✓ Ino nwa omalovu nokuhila omakaya. Okunwa omalovu nokuhila omakaye pethimbo wuli metegelelo otweehameke okaana.



Iikulya mbyono wuna okulya pethimbo wuli metegelelo nashi toyamutha

Popya nomuniilonga guundjolowele nokutalelapo epandja lyawo www.RightStart.com.na. Opo wumone uyelele owundji nuuVideo wa nkene wuna okupalutha okanona koye

Republic of Namibia



Ministry of Health and Social Services



Oshike wa pumbwa okutseya?



- ✓ Pethimbo wuli metegelelo lya lutatu mesiku,ngoye tokala ngaa toli uukosha uushona manga inothika pethimbo ndono opo wuna okulya lela.
- ✓ Pethimbo toyamutha lya lutatu,ngoye tokala ngaa holi uukulya wumwepo wagwedhwapo.
- ✓ Lya oaludhi giikulya yayoloka esiku keshe.
- ✓ Kapena iikulya yowina mbyono tayi pumbwa okweeta omashini.
- ✓ Oomeme mba aashona otaya pumbwa okulya iikulya oyindji, esiloshimpwiyu nokuvulukwa okundji.

Omalweetho kokulya ga 4-likulya mbi tayi kwata lela pepunda

★ Onkatu 1



Yondjundo: likwayemuma ngaashi epungu, iilya, olushi,iilyalyaka niikwaingumutulu ngaashi oCassava niihakautu.

★★ Onkatu 2



likulya yaza miimuna mwakwatelwa iikulya ngaashi onyama, eendjuhwa, oohi, ehuli, omayi niikwamahini.

★★★ Onkatu 3



Omakunde, epoke,oombundufukwa neentanga.

★★★★ Onkatu 4



Iiyimati yina oVitamin C niikwamboga ngaashi mango, papaya, passion fruit, orange, uunawamundesha, enyangwa niiyimati yilwe niikwamboga ngaashi omaBanana, Pineapple, Avocado, watermelon, omatama nomboga yuushimba.

Omagadhi noFat ngaashi omagadhi gaza miikwamboga,oMargarine, omagadhi goongombe nombuta kuyambulwepo elongitho lyeeyVitamin dhimwepo nokugandja eenkondo dha gwedhwapo.

Omukiintu ihumbata nenge tayamitha okwa pumbwa okuninga ngi:

- ✓ Inda komathulo ngele owuli metegelelo, totameke kuyele sho lyina iiwike 12.
- ✓ Aluhe uuna wuvite enota nwa sha.
- ✓ Yanda okunwa oteye nenge oCoffee uuna toli nokutulapo eendjindikila dho coofee ndjo honu pethimbo wuli metegelelo.



litungitho yinipo tayi pumbwa komukiintu eli metegelelo

- ✓ Pethimbo wuli metegelelo kala tonu eepela dho iron nenge folic acid neepela dho vitamin nangele wamono okanona dhinwa uule woomwedhi ndatu.
- ✓ Uuna tonu eepela dho iron dhinwa ndee toli.
- ✓ Eepela dho Iron ohadi kala dhina oshilanduli oshishosha ngaashi okweehama mepunda, oshilanduli shono inashi nika oshiponga nohashi yi mbala.
- ✓ Ngele eepela dho iron odhina oshilanduli kungweye dhinwa manga inolya nenge manga inokakotha, shika otashi kukwathele.
- ✓ Nwa eepela dho Vitamin A konima ngele wamono okanona nenge muule wiiwike 6 konima yokumona okanona wushilipaleke kutya okaana koye oka mona oVitamin Amomashini gokontulo.