

## Erongikido lyo nondya mepopero

- ✓ Ukuhuki wo kuwapera (ezereko) mulyo unene moku kandana ezimo lyo kupwaga-pwaga no mauvera nago peke.
- ✓ Riganesa yipako yo kuzera ntani pungura nondya mevega (mevango) lyo kuzera.
- ✓ Terekwa nyama, nonfi no mauta dogoro yipye.
- ✓ Kuhwa yikwa ehidi, nokuyi terekwa poopo mo siruwo so sisipi no kuyilya pooopo mokugwanamo yipamekesa rutu.
- ✓ Kuhwa enyango no yikwhahidi yo kupira kutereka komeho zo kuyilya.
- ✓ Kuhwa mawoko goge nonsewa ntani no mema, komeho zo kurongikida nondya, ntani konyima zo kuruganesa kasayise, nokonyima zo kukuhwa komatako gomukeke.



## Magano gamwe go mulyo

- ✓ Pwizumuka unene mosiruwo so makwedi gatatu go kuhulilira go marutugavali ntani mo kwedi ko kuhova konyima zo kuhampruka.
- ✓ Waha lya mungwa gomunzi. Po kuruganesa mungwa, ruganesa nkenye apa mungwa go lodise mokuvatera mehundo lyo uruvi.
- ✓ Waha lya nyama, nonfi, mauta no nomuzangu do masini yo yivihu ndi kudira kupya, nwa noropa do kugusa yimbumburu mezimo no kuvatera kukanada epiro honde morutu.
- ✓ Waha ruganesa yikorwesa, makanya ndi nomuzangu do makanya. Eruganeso yikorwesa no makanya mosiruwo so marutugavali, kuvhura kuzonagura mukeke goge.
- ✓ Waha ruganesa yikorwesa ndi yikwa epangwe. Eruganeso yikorwesa no kukoka makanya mosiruwo so marutugavali kuzonagura mukeke goge.



## Yo kudiworoka

- ✓ Lya nondya do kugwedako mosiruwo so marutugavali ntani po kuzamweka.
- ✓ Lya nondya do kuwapera edi ono kuvhura kugwana, kugwedako nondya do kutunda ko yimuna (yikorama), makunde, nondongo, enyango no yikwhahidi.
- ✓ Lya nondya dakara no yina kugwanesa yo vitamin no nominerale.
- ✓ Nwa noropa do vitamin ndi iron folic acid nkenye ezuva mosiruwo nokonyima zo marutugavali.
- ✓ Waha lya ndi kunwa yininke yo kuvhura kuretesapo siponga ko mukeke goge, ngwendi bira, vinyu no makanya. Sesupika kunwa Te no Kofi. Mufukuze kwa palo ya tea ni coffe ye munwa.
- ✓ Mosiruwo so marutugavali, gwana uhaku we firosinka lyo marutugavali po kulivinduka ntani nkenye apa tarera omu runa kuligwederera rutu roge.
- ✓ Lipopera nyamoge no mukeke goge ko HIV no mauvera gamwe gemekehe mosiruwo so marutugavali ntani mosiruwo soku zamweka po kulipopera po kukara panyama no kugwana ekonakono nkenye apa. Gwana ekonakono yivike 6 konyima zo kuhampruka, ntani konyima za nkenye makwedi gatatu (3) oku kuna kuzamweka.
- ✓ Nsene asi ove kuperuka no kambumburu ko HIV, ove kuna hepa nondya do kugwedako do ku kupa nonkondo do kugwedako.

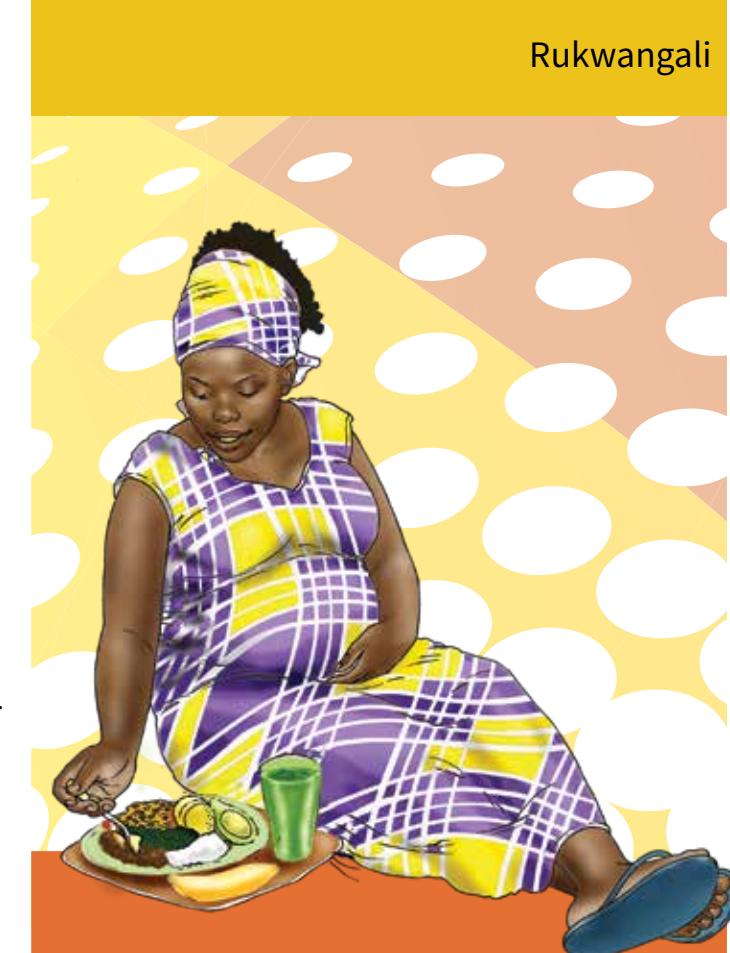
Republic of Namibia



Ministry of Health and Social Services



Rukwangali



## Nondya do kupameka rutu mosiruwo so marutugavali no kuzamweka komavere

Zogera no murugani go ukanguki ntani dingura  
[www.RightStart.com.na](http://www.RightStart.com.na) mokugwana mapukururo gomanzi no felemu domu nozamweka mukeke goge

# Yinke ono hep kudiva?



- ✓ Mosiruwo so marutugavali, lya rutatu nkenye ezuva, ntani gwedako nondya do kuhetekera rumwe tupu (yikulya yo kulya mokatji ko yiruwo yokulya).
- ✓ Mosiruwo so kuzamweka, lya rutatu nkenye ezuva, no kugwedako nondya do kuhetekera ruvali tupu.
- ✓ Lya nondya do kulisiga-siga edi novhura kugwana nkenye ezuva.
- ✓ Kwato nondya do kulikarera edi ono hep moku kara nomasini gomonturo.
- ✓ Vazinya wo vanona kwa hep a nondya dononzi, efirosinka lyo kugwedako ntani nepwizumuko lyo kugwanena lyenzi.

## Fanekera yikulya mono muhanguro donombungururu 4

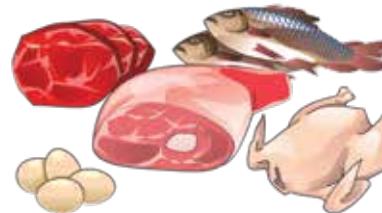
### ★ Mbungururu 1

Nondya doko nombuto ngwendi Epungu, rukokotwa, roso, rupere ntani yilya, no nondandani Ntani nondya ngwendi cassava No katatafura



### ★★ Mbungururu 2

Nondya dokoyimuna kuturako nondya ngwendi nyama, hunhwa, nonfi, ehuli ntani mauta no muzangu do masini.



### ★★★ Mbungururu 3

Yimeno ngwendi makunde nondongo, ntani nontanga ngwendi sesame.



### ★★★★ Mbungururu 4

Enyango lya kara no vitamin A no yikwa ehidi, ngwendi mango, papaya, kapopora, maguni, mahako go sinehako, Karote, kawandja go siuhenga no malyangwa ntani nenyangno yikwa ehidi peke ngwendi banana, pineapple, avocado, katjama, madamate, nekovi.



Magadi no yikwa magadi, ngwendi gekehidi mbuta, magadi go Yikorama. Mbuta kuwapukurura elipakerero lyo novitaminne no Kugava nonkondo. Lya mo kuhetekera.

## Vakadi wo marutugavali nava wo kuzamweka kwa hep a ku:

- ✓ Kuza ko makonakono go marutugavali/ komeho zo kuhampuruka, no kulivinduka usimbu (komeho zo yivike 12).
- ✓ Nwa yikwa mema nkenye apa nozuva enota.
- ✓ Kandana kunwa Te ndi Kofi no kulya ntani sisupika sivarso so Kofi ezi onu mosiruwo so marutugavali.



## Yigwedako rwa hep rutu musinke ono hep a?

- ✓ Ove kuna hep iron ndi nopera do folic acid ndi no dono vitamine mosiruwo so marutugavali ntani makwedi gatatu (3) konyima zehampuruko lyo mukeke.
- ✓ Nwa nopera do iron kumwe no kulya mokugweda elipakerero lyayo.
- ✓ Nopera do iron kuvhura kukara no maudona go ngandi, ngwendi kukora mezimo. maudona kapi ya kara siponga ntani kwahwa kutundapo.
- ✓ Nsene kuna kuganekera no maudona, kunwa nopera do Iron pokatji ko yikulya ndi komeho zo ku karara kuvhura kuvatera.
- ✓ Nwa yigwedako yo vitamin A konyima tupu zo kuhampuruka ndi monad zo yivike 6 konyima zo kuhampuruka, moku nomena asi mukeke goge agwane vitamin A momasini go monturo.