

Erongikido lyo nondya mepopero

- ✓ Ukuhuki wo kuwaperera (ezereko) mulyo unene moku kandana ezimo lyo kupwaga-pwaga no mauvera nago peke.
- ✓ Ruganesa yipako yo kuzera ntani pungura nondya mevega (mevango) lyo kuzera.
- ✓ Tereka nyama, nonfi no mauta dogoro yipye.
- ✓ Kuhwa yikwa ehidi, nokuyi tereka poopoo mo siruwo so sisupi no kuyilya poopoo mokugwanamo yipamekesa rutu.
- ✓ Kuhwa enyango no yikwahidi 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.



Yo kudiworoka

- ✓ Lya nondya do kugwedako mosiruwo so marutugavali ntani po kuzamweka.
- ✓ Lya nondya do kuwaperera edi ono kuvhura kugwana, kugwedako nondya do kutunda ko yimuna (yikorama), makunde, nondongo, enyango no yikwahidi.
- ✓ Lya nondya dakara no yina kugwanesa yo vitamin no nominerale.
- ✓ Nwa nopera do vitamin ndi iron folic acid nkenye ezuva mosiruwo nokonyima zo marutugavali.
- ✓ Waha lya ndi kunwa yininke yo kuvhura kuresapo 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 kuhampuruka, ntani konyima za nkenye makwedi gatatu (3) oku kuna kuzamweka.
- ✓ Nsene asi ove kuparuka no kambumburu ko HIV, ove kuna hepa nondya do kugwedako do ku kupa nonkondo do kugwedako.

Magano gamwe go mulyo

- ✓ Pwizumuka unene mosiruwo so makwedi gatatu go kuhulilira go marutugavali ntani mo kwedi ko kuhova konyima zo kuhampuruka.
- ✓ Waha lya mungwa gomunzi. Po kuruganesa mungwa, ruganesa nkenye apa mungwa go lodise mokuvatera mehungo lyo uruvi.
- ✓ Waha lya nyama, nonfi, mauta no nomuzangu do masini yo yivihu ndi kudira kupya, nwa nopera do kugusa yimbumburu mezimo no kuvatera kukandana 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.

Rukwangali



Nondya do kupameka rutu mosiruwo so marutugavali no kuzamweka komavere

Republic of Namibia



Ministry of Health and Social Services



Zogera no murugani go ukanguki ntani dingura
www.RightStart.com.na mokugwana mapukururo gomanzi
 no felemu domu nozamweka mukeke goge

Yinke ono hepa 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 hepa moku kara nomasini gomonturo.
- ✓ Vazinya wo vanona kwa hepa 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 nenyango no yikwa ehidi peke ngwendi banana, pineapple, avocado, katjama, madamate, nekovi.



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

Vakadi wo marutugavali nava wo kuzamweka kwa hepa 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 sivaro soKofi ezi onu mosiruwo so marutugavali.



Yigwedako rwa hepa rutu musinke ono hepa?

- ✓ Ove kuna hepa 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.