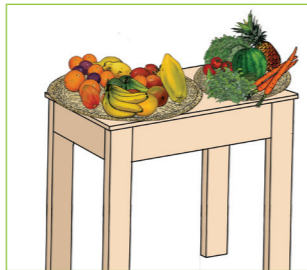


Hanya mafi tsabta ta shirya abinci

- * Tsabta mai kyau (gwangwajewa) tana da muhimmanci wajen kaucewa kamuwa da zawayi ko wasu cututtukan.
- * Ku yi amfani da wankakkun kayan abinci kuma ku ajiye abinci a waje mai tsabta.
- * Ku dafa nama, kifi, kwai, su dahu sosai.
- * Ku wanke kayan cefane, kuma ku dafa kuna gamawa ku cinye cikin kankanin lokaci domin samun amfaninsu ga jikinku.
- * Ku wanke ya'yan itatuwa da kayan miya kafin ku yanka domin ci.
- * Ku wanke hannayenku da ruwa da sabulu kafin ku shirya abinci ko bayan kun fito daga bayan gida ko kun gama wanke wandon jaririnku.



Wasu bayanai masu muhimmanci

- * Ku dinga yawan hutawa, kuma ku rage aiyuka, musamman lokacin day a rage watanni uku ku haihu ko kuma watanni ukun farko bayan kun haihu.
- * Domin kariya daga kamuwa da zazzabin cizon sauro, ku dinga bacci a cikin gidan sauro mai magani.
- * Saboda matsalar zazzabi, ku nemi lafiyarku a asibiti cikin hanzari.
- * Ku dinga shan maganin tsutsar ciki domin zai taimaka wajen kariya daga karancin jini.
- * Kada kusha kayan maye, ko irin dangin sigari.

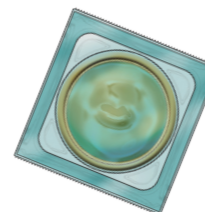


Abinci mai gina jiki, hadi da kariya wajen kamuwa da cuta mai karya garkuwar jiki HIV

- * Ku san matsayinku game da kwayar cuta mai karya garkuwar jiki. In kuna son sanin matsayin naku sai kun yi gwaji.
- * Idan kina dauke da kwayar cuta mai karya garkuwar jiki, sai ki tuntubi likita, yanda zaki sami waraka ko kuma yanda zaki shayar ko ciyar da jaririnku.
- * Idan kina dauke da kwayar cuta mai karya garkuwar jiki HIV, kina bukar isashshen abinci domin Karin kuzari.



- * Ku kare kanku tare da ya'yanku daga kamuwa da kwayar cuta mai karya garkuwar jiki HIV, ko kuma sauran cututtukan da za'a iya kamuwa dasu, lokutan da kuke goyon ciki ko shayarwa ta hanyar jarraba kariya yayin jima'i.
- * Ku dinga amfani da kwaroron roba a bisa ka'ida. Ku nemi shawarar mai kula da iyali wajen nasiha.



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Abinci mai gina jiki lokacin goyon ciki da lokacin shayarwa



Abubuwan da suka kamata ku sani?



- * Lokacin da kuke goyon ciki, ku ci abinci na ka'ida sau uku a rana sannan ku kara da kayan marmari (yan'ciye-ciye da ka iya tasowa tsakanin abinci).
- * Lokacin da kuke shayarwa, ku ci abinci na ka'ida sau uku a rana sannan ku kara da kayan marmari a kalla sau biyu.
- * Ku dinga cin abincin da yake kusa daku a kowace rana.
- * Ba'a bukatar wani abinci na musamman domin a jawo ruwan nono.
- * Iyaye mata matasa suna bukatar isashshen abinci, tare da isashshen hutu.
- * Ku dinga shan isashshen ruwa.



Kayan abinci masu gina jiki sun hada da hatsi kamar masara, shinkafa, gero da acca da irin jijiya kamar doya, rogo da dankali.



Masu kawo kariya ga jiki ta fuskar sinadarin bitamin mai harafin A da ganyayyaki sune kamar mangwaro, gwanda, lemo, karas dankali mai zaki da kabewa, sannan ya'yan lemon zaki, ayaba, abarba, kankana tumatur, yalo da kabeji.



Ginuwar jiki tana samuwa ne ta hanyar wayennan nau'in cimakar kamar wake, gyada, ridi da danginsu.



Ginuwar jiki ta hanyar abincin dabbobi kamar nama, kaza, kifi, hanta da kwai sannan kindirmo.



Mai da kitse sun hada da man gyada, man gelo, man ruwuwa, man bota sai kuma wajen amfani da man ja yana kara kuzari tare da kawo karfin jiki.

Mata masu goyon ciki da shayarwa suna bukatar:

- * Su dinga zuwa awon ciki a kalla sau hudu lokacin goyon cikin, kuma su fara zuwa cikin watanni ukun farko.
- * Ku sha isashshen tsabtataccen ruwa a kullum.
- * Ku dinga kaucewa shan shayi ko kofi lokacin da kuke goyon ciki.



Wane irin magungunan gina jiki da kariya kuke bukata?

- * Kuna bukatar kwayar magani mai sinadarin gina jiki (iron) lokacin da kuke goyon ciki da kuma a kalla watanni uku bayan kun haihu.
- * Ku dinga shan kwayar magani mai sinadarin gina jiki (iron) domin karuwar kuzari.
- * Ku dinga amfani da gishiri mai sinadarin aidin, zai taimaka wajen washewar kwakwalwa, da hana wanzuwar yar' tsila a jikin yara ko kuma makoko a jikin uwa.
- * Ku sha kwayar magani mai sinadarin gina jiki na harafi A da zarar kun haihu ko cikin makonni shida 6 bayan haihuwa wannan zai sa jaririnku ya sami sinadarin gina jiki mai harafin A ta hanyar tsotsar nononku.

