UBUREMERE BUBEREYE KU BANA

- Muri Amerika, umwana wawe azohinduka. Aha hazoba harimwo ihinduka mu vy'imfungurwa no kutaronka ivyo gukora binonora imitsi vyinshi. Ibi bishobora gutuma umwana avyibuha birenze urugero.

- Nta buremere bumwe bushinzwe ku mwana wese, ariko hariho uburemere bubereye. Umuganga wanyu azobafasha kubereka ibiro bibereye ku mwana wawe.

- Ukuvyibuha birengeje canke konda cane birashobora kuba ingorane ku magara y'umwana wawe.

- Muri izo ngorane ku bana bavyibushe birengeje hashobora kubamwo:

  - Ingwara y'igisukare, igwara y'umurindi w'amaraso mu mutima
  - Ingorane zo gusinzira
  - Ingwara z'agahinda n'ivyiyumviro vyinshi
  - Kugira ibinure vyinshi mu mubiri
  - Ingorane mu guhema
  - Ukwikengera ngo ntungira agaciro

- Iyo umwana wawe afise ibiro bidakwiye uritwararika kutarenza urugero mu kumugaburira. Abana bonze cane biroroshe kunguka ibiro bagaca bavyibuha birengeye urugero. Abana bafise uburemere budakwiye bategerezwa gukurikiranwa n'umuganga.

KWITWARARIKA UBUREMERE BUBEREYE KU BANA IBUKA 5-2-1-0

5 Gerageza kugaburira abana bamwe ingaburo 5 z'ivyamwa canke imboga mu vyo ubategurira kenshi na kenshi.

2 Gabanya umwanya abana bamara baraba televiziyo, canke bakina inkino zo kuri videyo na orudinateri, uwushire ku masaha atarenga 2 ku munsi.

1 Himiriza abana bawe gukora ibikorwa binonora imitsi nk'isaha 1 ku munsi.

0 Gabanya urugero rw'ibinure n'isukari usanga mu mfungurwa canke mu binyobwa uha abana bawe nk'amafiriti, ibisuguti n'amasoda.

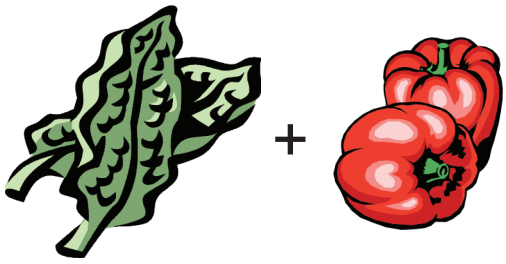
Himiriza abana gufungura mu gitondo imfungurwa nz'ingira kamaro ku magara yabo. Abana bawe bafunguye neza mu gitondo bizobafasha gukora neza mw'ishule.

(KIRUNDI)

UMUJUMBU MU MUBIRI

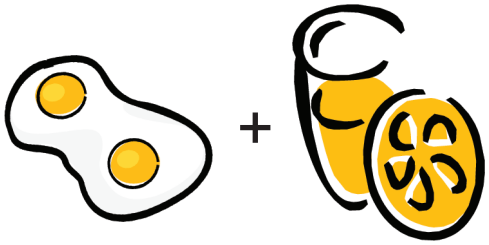
- Umujumbu mu mubiri ni ikintu gihambaye kuko ugwiza amaraso mu mubiri wawe.
- Umwana wawe iyo adafise umujumbu ukwiye mu mubiri, birashobora korohera utuvunguka tw'icuma bita "lead" twinjira bitagoranye mu maraso y'umwana wawe. Lead ni ubwoko bw'ubutare bwamyeho dusanga kenshi na kenshi mu marangi canke mu miringoti y'amazu ashaje. Lead nyinshi cane mu maraso irashobora konona ubutakivayo ibihimba bihambaye vyo mu mubiri.
- Ku bagore bibungenze, umujumbu ari muke mu mubiri, bishobora gutuma bibaruka abana batageze.
- Iminsi yose ukwiye kurya imfungurwa zirimwo umujumbu mwinshi. Gerageza gufungura:
  - Inyama n'inkoko zoroshe
  - Imboga z'amababi y'urwatsi rutoto nk'amashu canke imbwija
  - Ibiharage
  - Amafi
  - Amagi (kirya gihimba c'igi gisa n'umuhondo)
- Umujumbu winjira neza mu mubiri wawe iyo urya imfungurwa zirimwo vitamine C. Mu mfungurwa zifise vitamine C harimwo:
  - Imicungwe n'amazi akanywe mu micungwe
  - Inkere
  - Amboga zitukura z'ibipiripiri bitababa
  - Ivyamwa vy'imizabibu
  - Itomati
  - Ubwoko bw'amashu y'amashugwe bita (Broccoli)

Gerageza kurya izo mfungurwa zirimwo umujumbu wongereko n'izirimwo vitamine C:



Imbwija hamwe n'ibipiripiri binini bitukura bitababa

canke



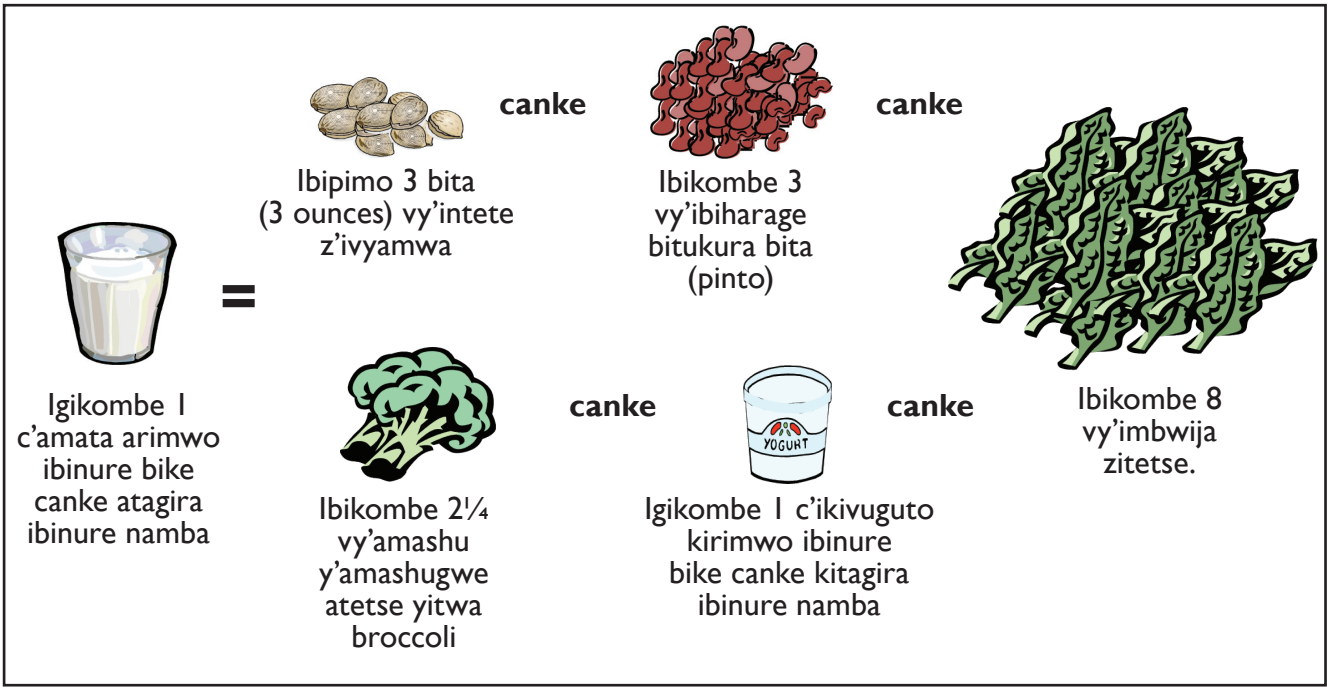
Amagi n'amazi y'imicungwe bakanye

Vyiganire umuganga wawe igihe woba ufise ibibazo vyerekeye umujumbu mu mubiri.

KARISIYOMU

- Karisiyomu mu mubiri ni nkenerwa mu gukomeza amagufa n'amenyo yawe.
- Birakenewe cane rero ko wewe hamwe n'umuryango wawe murya iminsi yose imfungurwa zirimwo karisiyomu nyinshi.
- Imfungurwa zikozwe mu mata ariko zifise ibinure bikeyi (amata, ikivuguto, amaforomaji) birimwo karisiyomu nyinshi. Igikombe kimwe c'amata kirimwo nk'icakane ca karisiyomu ikinewe mu mubiri wawe ku munsi.

Udashobora kurya ibikozwe mu mata, urashobora gufungura:



Igikombe 1 kingana nk'igipimo c'igipfunsi cawe

Igipimo bita 1 ounce c'intete kingana n'urushi 1 rwuzuye

- Ushobora gufungura kandi:
  - Imboga z'amababi z'urwatsi rutoto z'ubwoko bwinshi nk'izo bita kale, bok choi and turnip greens
  - Ubwoko bwinshi bw'ibiharage, bw'ubwishaza, inkore, isoya n'ibindi.
- Uko mwe n'abana mukura niko mukenera karisiyomu nyinshi. Ni ukubaza umuganga wanyu urugero rwa karisiyomu mukeneye mu mubiri.

IMFUNGURO IYO WIBUNGENZE

- **Fungura neza kandi ivy'ubwoko bwinshi.** Bizogufasha hamwe n'umwana ari mu nda kuronka ama vitamine ya nkenerwa.

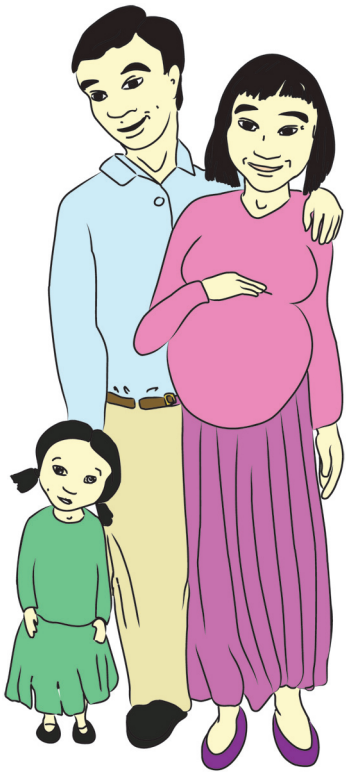
- **Indemamubiri niho hava intanganguvu nyinshi.** Indemamubiri ziha umubiri wawe ama vitamine n'inguvu zikenewe mu gufasha inda gukura neza. Kugira ugwize indemamubiri muri wewe ushobora kurya ibiharage, amata atagira ibinure vyinshi, amagi, inyama zoroshe, umukate ukozwe mw'ifu n'amata y'isoya tofu, hamwe n'amavuta y'ibiyoba.

- **Irya imfungurwa zirimwo umujumbu.** Gufungura ibirimwo umujumbu mwinshi biragabanya ingorane zo kuvyara umwana atageze. Imboga nk'izifise amababi menshi y'urwatsi rutoto zirimwo umujumbu mwinshi umubiri wawe ukeneye igihe wibungenze. Fungura izo mboga z'amababi ufatanije n'imfungurwa zirimwo vitamine C nk'imicungwe kugira bifashe umujumbu kwinjira neza mu mubiri.

- **Aside yo mu mubiri bita (Folic acid).** Kugira aside bita (folic acid) ikwiye mu mubiri imbere yo gutwara inda n'igihe wibungenze bituma ugabanya ubumuga umwana ashobora kuvukana. Imfungurwa zirimwo(folic acid) ni nk'imboga z'amababi y'urwatsi rutoto, imbwija, amashu, imicungwe n'ibiharage vyumye.

- **Kunywa amazi menshi.** Amazi arafasha cane kugira ayo ma vitamine n'ibindi vy'agatakataka vya nkenerwa bishikire neza umwana ari mu nda.

- Iyo wibungenze, reka kurya inyama, inkoko, amafi canke amagi iyo bidatetse canke ari bibisi.



- Gabanya canke ureke kunywa ikawa canke icayi. Ikawa nyinshi mu mubiri irashobora gutuma inda ikoroka.

- Ntunywe inzoga. Kunywa inzoga birashobora kugirira nabi umwana ari mu nda.

Kubonana n'umuganga kenshi igihe wibungenze birakenewe cane kuri wewe n'umwana wawe.

INGABURO KU BANA BAWE BARI MUNSI Y'IMYAKA 3

- Abana bato bafise umushishito mutoyi, kandi bashobora kurya utuntu dukeyi cane mu mwanya umwe. Gaburira ibikwiye abana bawe batarakwiza imyaka 3, gatatu ku munsi kandi uze uracishamwo mu kubaha utwo baza barahekenya 2 canke 3.

- Gaburira abana bawe iminsi yose kw'isaha imwe. Ivyo bituma abana bamenyera iyo saha kandi biborohera mu gufungura ku gihe.

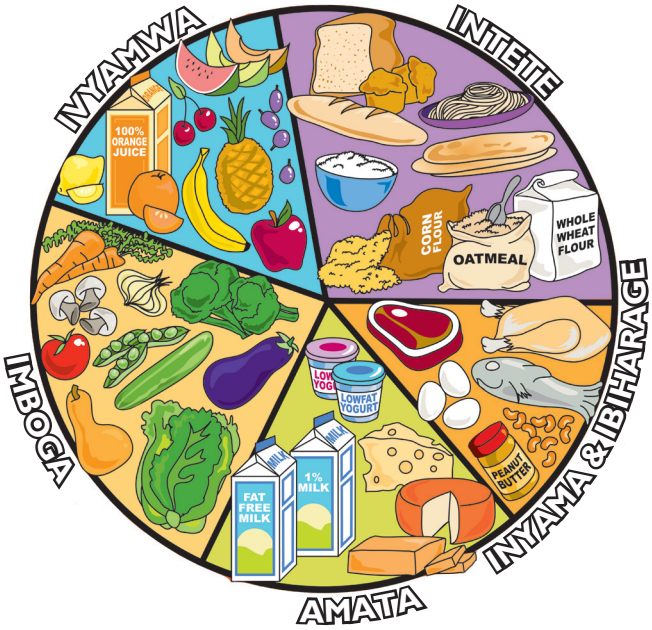
- Tegurira abana imfungurwa z'ubwoko bwinshi harimwo amata, ivyamwa, imboga, imikate n'intete, ibiharage n'inyama.

- Bamenyereze mu gucishamwo imfungurwa nshasha. Iyo umwana atabikunze, gerageza gusubira ku bimuha uwundi munsi wabiteguye ukundi. Birashobora gufata nk'incuro cumi kugira umwana mutoyi atebe akunde imfungurwa nshasha.

- Umwana atarakwiza imyaka 3 akwiye kunywa igikombe kimwe n'igice 1 ½ c'amata ku munsi.

- Kata ivyamwa n'imboga mu tumanyu duto duto.

Iminsi yose gaburira abana bawe ivyamwa vy'amabara menshi – ibitukura, vy'umuhondo, vy'urwatsi rutoto, vy'ubururu, vyera canke bisa n'ivu – kugira bagume bafise amagara meza.



GUSOMA IVYANDIKO VY'INGABURO

Ivyandiko vy'ingaburo vyerekana akamaro k'ibiri mu mfungurwa wihereza. Gusoma witonze ivyo vyandiko vy'ingaburo bizogufasha gucagura neza imfungurwa zikenewe kugira ugire amagara meza n'umuryango wawe.

Ibigize ingaburo ku nkarange z'ibiraya

Igipimo Gikwiye: 1Inkarange 15 zingana ingaburo imwe.

Intanganguvu: Ingaburo1 canke inkarange 15 biguha intanganguvu 150. Umubiri wawe ukeneye intanganguvu nk'2000 ku munsi.

Ibinure: Ibinure birakenewe mu mubiri wawe ariko iyo ari vyinshi birashobora konona amagara.

Ibinure bidatsindagire nivyo vyiza kuruta ibitsindagiye. Ni ukwirinda kurya imfungurwa zirimwo ibinure bitsindagiye.

Sodium: Sodium ni irindi zina ry'umunyu.

Amavitamine n'agatakataka: Izo nkarange z'ibiraya ntiziha umubiri wawe amavitamine n'agatakataka umubiri wawe ukeneye.

Ahanditse (Ingredients): Aho niho usanga handitse ibigize imfungurwa wihereza. Ibigize imfungurwa vyanditwe ku rutonde, uhereye ku bwinshi bwa kimwe kimwe ukamanuka gushika ku gifise bike.

Nutrition Facts

Serving Size 1oz- about 15 chips

Servings per Container about 2.5

Amount Per Serving	1 oz	whole bag
Calories	150	360
Calories from Fat	90	210
	% Daily Value*	
Total Fat 10g, 25g	16%	38%
Saturated Fat 1g, 3g	6%	14%
Trans Fat 0g, 0g		
Polyunsaturated Fat 4.5g, 11g		
Monounsaturated Fat 4.5g, 11g		
Cholesterol 0mg, 0mg	0%	0%
Sodium 180mg, 420mg	7%	18%
Potassium 330mg, 780mg	9%	22%
Carbohydrate 15g, 36g	5%	12%
Dietary Fiber 1g, 2g	4%	9%
Sugars 0g, 0g		
Protein 2g, 5g		
Vitamin A		0%
Vitamin C		10%
Calcium		0%
Iron		2%
Vitamin E		6%
Vitamin B6		4%

* Ibice kw'ijana ry'ivyo ukeneye ku munsi biharurwa bafatiye ku ngaburo irimwo intanganguvu 2000. Ibipimo vy'imfunguro zo ku munsi bishobora kuduga canke kumanuka bivuye ko ntanganguvu umubiri wawe ukeneye.

INGREDIENTS: Potatoes, Sunflower Oil and/or Corn Oil, and Salt.

Ingaburo uravye ico batekeramwo: Aka gafuko nk'inkarange z'ibiraya karimwo ingaburo 2 n'igice.

Ivy'ijana% ku ngaburo yo ku munsi: Ingaburo 1 canke inkarange 15 biguha ibice 16% ku binure umubiri wawe ukeneye ku munsi kugira ugume ufise amagara meza. Agafuko kose k'izo nkarange gatanga ibice 38% vy'ibinure bikenewe ku munsi.

FUNGURA BIKE CANE!

IBIPIMO VYO KU GUKEBURA!
Ibice 5% ni bike
Ibice 20% ni vyinshi

FUNGURA VYINSHI!

IBIHAMBAYE: Intanganguvu ukeneye mu mubiriri ziva ku myaka ufise, ku gitsina, ku buremere bw'umubiri n'inguvu zawe. Bibaze umuganga wawe.

IBINYOBWA NGIRAKAMARO

- Ivyo abana banywa birashobora kugira ingaruka ku magara yabo. Abana bawe bakwiye kunywa amazi menshi kuruta ibindi binyobwa banywa ku mu munsi.
- Amata arimwo karisiyomu nyinshi ikinewe gukomeza amagufa n'amenyo. Abana bari munsi y'imyaka 2 bakwiye kunywa amata arimwo vya ngombwa vyose. Abana bamaze kurenza imyaka 3 bakwiye kunywa amata bakuyemwo ibinure canke atagira ibinure namba.
- Kunywa ku rugero amazi bakanye mu vyamwa ibice 100% birafasha kuronka amavitamine ya nkenerwa.
- Imbinyobwa vyinshi nk'ama soda canke ibindi binyobwa vy'abakinyi usanga bongeramwo isukari. Ivyo binyobwa birimwo intanganguvu zitagiramwo ingaburo, bituma kunguka ibiro vyinshi hamwe no kugwara amenyo.
- Mw'isoda harimwo ibintu dusanga mw'ikawa bita caffeine bishobora gutuma abana canke abantu bakuze gushavura canke kubura itiro.

Raba utuyiko tw'isukari usanga bongera mu gikombe kimwe (8 ounces) c'ibinyobwa bikurikira:

Isoda
Hongeyemwo utuyiko tw'isukari 6

Amata
Harimwo ubusa bw'isukari 0

Amazi y'ivyamwo bihinguye
Hongeyemwo utuyiko tw'isukari 7

Amazi
Harimwo ubusa bw'isukari 0

AMAZI

- Kugira ugume ufise amagara meza n'abana bawe, fungura ibitetswe mu hira, ugabanye kurya imfungurwa zahinguwe kugira ziribwe vyihuta.
- Ivyo bifungurwa biribwa ni ngoga bidandazwa mu ma resitora nk'izitwa McDonalds, Burger King, Wendy's, Taco Bell na Kentucky Fried Chicken.
- Mu mangazini y'imfungurwa urasangamwo n'ivyo vyokurya biribwa ni ngoga mu bice birimwo ivyo kurya bihiye canke bibitwe mu vyuma bikanyisha nk'urubura.
- Izo mfungurwa zihuta zirimwo intanganguvu n'ibinure vyinshi, isukari n'umunyu bishobora konona amagara yawe.
- Kurya imfungurwa zihuta nyinshi bishobora gutera:
  - Iyunguka ry'ibiro mu gihe gito bikonona n'amagara yawe
  - Ubuvyibuhe burengeye, cane cane ku bana bakiri bato
  - Ingwara z'umurindi w'amaraso canke ingwara z'umutima

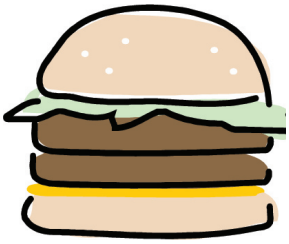
GUCAGURA IMFUNGURWA ZIHUTA NGIRAKAMARO

Gerageza kutarya imfungurwa zihuta akarenga rimwe kw'iyinga.

Iyo utegerezwa kurya imfungurwa zihuta, cagura ku bwenge ibikurikira:

- Saba ko baguha ku bipimo bito.
- Ibiteguririrwa abana ni ibimanyu bito bito bikwiye ku bana.
- Saba ko baguha ihamburugeri (hamburger) igereranye hagucagura iyirimwo ibimanyu bibiri canke bitatu vy'inyama.
- Cagura ibibabuye canke vyokeje imbere yo gutora imfungurwa zikaranze.
- Saba ko baguha inkoko zitagira igikoba iyo bishoboka.
- Saba ko baguha isaradi zitagira isosi canke zifise isosi itanuze.
- Fungura ivyamwa mu gusozera, hako ucagura urubura rw'ibisosa (ice cream) canke amata bongeyemwo isukari n'ibindi.
- Nywa amazi, amata atanuze hako unywa isoda.

IGIPIMO KININI:



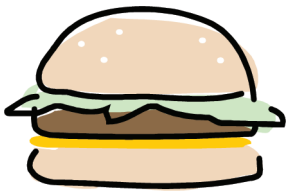
Ni igikate kinini kirimwo ibihimba vy'inyama n'iforomaji nyinshi kandi binini (Double cheeseburger)
Intanganguvu 740
Amagarama 42 y'ibinure

Ni igikombe kinini cane c'isoda (Large soda)
Intanganguvu 310
Amagarama 86 y'isukari

Ni igipimo kinini cane c'amafiriti y'abafaransa (Large French fries)
Intanganguvu 500
Amagarama 25 y'ibinure

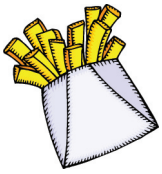
→ **Igipimo kinini c'ibinure Amagarama 67 y'ibinure**

IBIPIMO BITOYA:



Ni umukate urimwo utumanyu tw'inyama n'iforomaji duto (Cheeseburger)
Intanganguvu 300
Amagarama 12 y'ibinure

Igikombe gitoya c'isoda (Small soda)
Intanganguvu 150
Amagarama 40 y'isukari



Igipimo gitoya c'amafiriti y'abafaransa (Small French fries)
Intanganguvu 30
Amagarama 11 y'ibinure

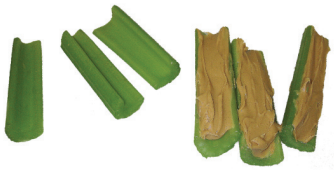
→ **Igipimo gitoya c'ibinure Amagarama 23 y'ibinure**

UBURYO BWIZA BWO KURYA MU KURINDIRA IBIHE VYAGENEWE GUFUNGURIRAKO

- Mu kurindira ibihe vyo kurirako vya minsi yose, fungura dukeyi igihe ushonje gusa.
- Tegekanya udufungurwa tworoshe abana bashika barya iyo bashitse mu hira bavuye kw'ishule.
- Kirazira kurya utwo dufungurwa imbere yo kuja kuryama. Ivyo wariye birakeneye umwanya wo guhingurwa mu mubiri imbere y'uko usinzira.
- Itwararike kutarya cane inkarange z'ibiraya, imbombo canke ibisuguti.
- Fungura ibintu birimwo ibipimo vy'ibinure bike, umunyu muke n'isukare nkeyi cane, nk'ibi:
  - Ikaroti n'izindi mboga
  - Ivyamwa: amapome, imihwi, imicungwe
  - Udusuguti twumye turimwo umunyu muke n'iforomaji
  - Intete z'ibiterwa bimwe bimwe
  - Ikivuguto kitarimwo ibinure vyinshi (kivanze n'ivyamwa)
  - Ikirahuri c'amata arimwo ibinure bike

Utwo kurya turyohera abana

1) Oza isereri hanyuma uzikatemwo uduti duto duto.



2) Siga amatega y'ibiyoba mu gati kose k'isereri.

3) Renzako utuntu tumeze nk'ikere bita raisins uce wihereza uryohegwe!

Urashobora kandi no kugerageza kuvanga utumanyu tw'amapome canke imihwi n'amatega y'ibiyoba.