

# Jireenya fayyaa

Fayyaa ta'uuf maal  
gochu qabdu





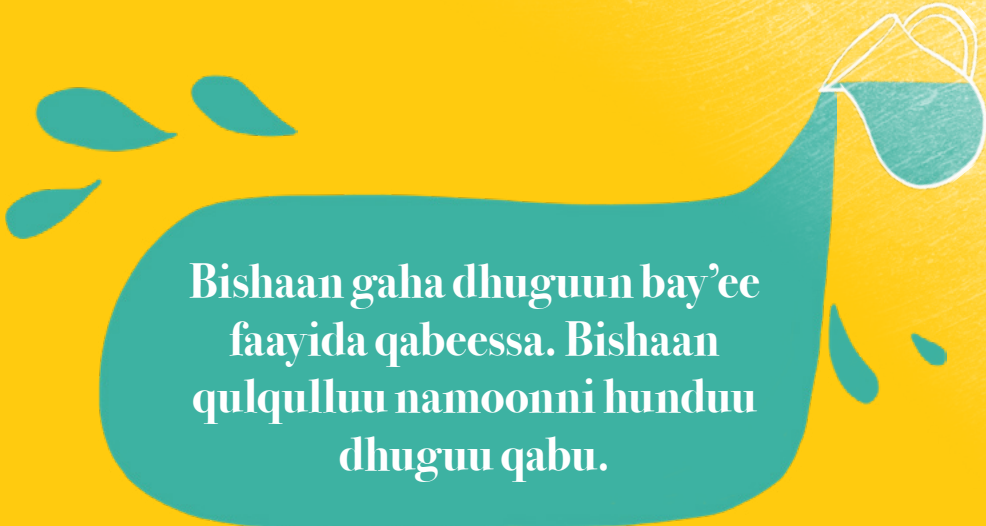
**Jireenya fayyaa  
jechuun qaama  
keessanii fi  
sammuu keessaan  
haala garii irratti  
qaba jirtuu  
jechuudha.**

**Nyaata  
madaalawaa  
nyaachun miira  
garii akka isinitti  
dhagahamuu  
gargaraa.**

**Nyaatota adda  
addaa hanga sirritti  
isin barbaachisa.  
Nyaatota istarchi  
qaban, kuduraa fi  
mudura, protinnii,  
bu'aa anaanni  
fi commaa isin  
barbachisaa.**

**Wantootni isin  
barbachisaan  
shaakala  
hangammii akka  
hojjeettan irratti  
hunda'aa, yoo  
dhukkubsatan  
yookiin, dubarraaf  
yoo ulfaa taate.**





**Bishaan gaha dhuguun bay'ee  
faayida qabeessa. Bishaan  
qulqulluu namoonni hunduu  
dhuguu qabu.**



**Shaakalli baay'ee faayidaa qabeessa. Cimminaa  
qaama fi sammu akka qabataan isin gargaraa.**

**Talaallin dhukkuboota dadarboo ni ittisa.  
Talaalliwaan isin barbachisu danda'aanif  
GP keessaan waliin hasa'uu qabdu.**



Oddeeffanoo dabalataaf  
marsaari kana daawwaadha

[www.nhs.uk/live-well/eat-well/](http://www.nhs.uk/live-well/eat-well/)  
[www.doctorsoftheworld.org.uk/](http://www.doctorsoftheworld.org.uk/)



Kan qopheessee

