

## Ubundi buryo bwo gutegura imfungurwa zibereye:

- Fungura imikate ikozwe mu bufu buvuye mu ntete, nk'akarorero imikate ikozwe mw'ifu y'ingano, hamwe n'ukurya umuceri usa n'umugina (utera cane).
- Fufungura ivyamwa n'imboga nyinshi.
- Gura ivyamwa ubikatemwo uduhimba dutoduto, wongere unywe kurugero rubaye imitobe ikozwe mu vyamwa.
- Koresha ku rugero rutoya cane rushoboka ibinure, amavuta asanzwe, n'amavuta y'ibinure igihe uriko urateka.
- Koresha amavuta bapompa kw'isafuriya mu gukaranga (canke bamemera) ku ndya ava mu biterwa hako ukoresha ay'amazi, ibinure canke maragarine.
- Gerageza guteka canke kwotsa mw'ifuru, gutekesha amazi, kwotsa k'umucanwa usanzwe, gutekesha umuhisha, hagutekesha amavuta.
- Fungura inyama zirimwo ibinure bike nk'inkoko ishishuye urushato, inyama y'ikanga canke umusoso w'inka utagira ibinure.
- Koresha amata bakuyemwo amavuta yose canke ayarimwo igice kimwe kw'ijana (1%) c'amavuta, iforomaji, n'ikivuguto bitarenza igice kimwe kw'ijana (1%).

### CONTACT INFORMATION:

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Suite 200  
Washington, DC 20036  
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Fax: 202 • 347 • 7177  
www.refugees.org

## Niwashaka kumenya ayandi makuru yerekeye indwara y'umutima, koresha ubuhinga wa internet urabire mubigo bikurikira:

American Heart Association  
www.americanheart.org

The Centers for Disease Control and Prevention  
www.cdc.gov

The U.S. Department of Agriculture  
www.usda.gov

American Diabetes Association  
www.diabetes.org

Medline Plus  
www.medlineplus.gov

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*Aka gatabo kanditswe gakurikijwe ivyanditswe n'amashirahamwe akurikira:*

*The U.S. Department of Agriculture*

*The Centers for Disease Control and Prevention (CDC)*

*Georgia State University, Department of Geography and Anthropology*

*American Heart Association*

*American Obesity Association*

*Aka gatabo kashoboye gutegurwa kubera imfashanyo yatanze n'Ubushikiranganji bwo kubungabunga amagara y'abantu, Ikigo co kwakira no gufasha impunzi.*



**Ubuvyibuhe buregeje  
bwo mu bwana**



**www.refugees.org**

*Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911*

**KUBAHO UFISE AMAGARA MEZA**

Indwara y'ubuvyibuhe burenze urugero ifata umuntu iyo afise ibinure vyinshi birenze urugero mu mubiri wiwe. Ubuvyibuhe burengeje urugero ni ingorane ikomeye kumagara y'abana n'imiyabaga. Ubwo buvyibuhe ku bana bushobora gutera ingorane z'amagara zibandanya gushika no mu zabukuru. Kuvyibuha birenze urugero mu bwana bishobora gutera ingorane z'ivumbuka ry'umurindi w'amaraso, indwara iterwa n'iziba ry'imitsi itwara amaraso mu bwonko hamwe n'indwara y'umutima.

### **NI KUBERE IKI ABANA BAVYIBUHA BIRENZE URUGERO?**

Ibituma bikuru bikuru bitera ubuvyibuhe mu bwana ni:

- Kutagira imyimenyerezo yo kunonora imitsi
- Kuba umuntu yama yicaye hamwe (nko kuraba imboneshakure (TV))
- Kumenyera gufungura ivyo arivyo vyose, n'umwanya uwariwo wose
- Kugaburirwa birenze urugero.

### **UMWANA WAVE WOMUFASHA GUTE KWIRINDA UBUVYIBUHE BURENZE URUGERO?**

Kwigisha abana kuva bakiri bato gufungura imfungurwa zibereye hamwe n'ukugira imyimenyerezo yo kunonora imitsi. Kwama witwararika gufungura imfungurwa zibereye hamwe n'ukunonora imitsi mu muryango wawe. Uburyo bumwe bumwe bwofasha



umuryango wawe mu kugira inyifato zotuma abana bagira imigenzo myiza ijana n'amagara meza hamwe no kunonora imitsi ni nk'iyi ikurikira:

### **Guha abana akaryo ko kunonoro imitsi:**

- Kurondera umwanya umuryango wose wohurira hamwe mu kunonora imitsi, nko kugira urugendo rw'amaguru, gukina umupira w'amaguru canke gutamba.
- Kureka abana bagakina, bakongera bakiruka
- Kuja hamwe n'iyindi miryango mu nkino z'imirwi, nk'umupira w'amaguru, uw'amaboko canke izindi nkino
- Kuha abana n'abakuze ibikorwa vy'amaboko bisaba inguvu, nk'ugukubura canke gutema ivyatsi
- Gushigikira umwana wanyu mukumufasha igihe agerageza urukino rushasha rwokunonora imitsi, haba kw'ishure canke mukibano canyu
- Kugabanya umwanya umuryango umara uraba imboneshakure (TV)
- Kubera akarorero keza umwana wawe mu kuba nawe winonora imitsi.

### **Gushiraho umugenzo wo gufungura bibereye:**

- Gutegurira umuryango wawe imfungurwa zibereye zirwiryemwo ivyamwa, imboga n'intete.
- Gutegurira imfungurwa hamwe. Abana barakunda gufasha kandi barashobora kwiga guteka bibereye hamwe n'ugutegura imfungurwa ngirakamaro.
- Gufungurira hamwe ku meza kandi kubihe bimwe.
- Kwigisha abana bawe gufungura bitonda kugira baronke umwanya ukwiye wo kumva ko bahaze.
- Kwirinda ibindi bikorwa mu gihe co gufungura, nk'ukuraba imboneshakure (TV).
- Kwirinda imfungurwa zirimwo ibivyibusha vyinshi, isukari n'ibinure,



- nk'akarorero imbombo, inyobwa zisosa atari umutobe canke amafriti.
- Kudahatira umwana ku mfungurwa igihe adashonje. Mugihe umwana yanka gufungura nk'uko bikwiriye, ni ukumujana k'uwujewe kubungabunga amagara y'abantu yavyigiyeye.
- Kugabanya kuja kugura imfungurwa mu mazu y'uburiro bitarenza rimwe mundwi.
- Kwirinda gukoresha imfungurwa ngo zibe agashimwe canke igihano ku bana.
- Kutanga gake gashoboka ibintu bisosa, nk'imbombo.

### **Gufungura imfungurwa zibereye:**

- Kufungura imfungurwa zitandukanye z'ubwoko bw'inshi, zirwiryemwo ivyamwa n'imboga
- Kugerageza kwirinda canke kugabanya, mu muryango wawe, urugero rw'amafriti, ibisuguti birimwo isukari nyinshi, imbombo, amavuta y'ibinure, maragarine, mayoneze, umunyu, imfungurwa zitetse mu mavuta, n'ibarafu zikozwe mu binure
- Kwirinda imfungurwa zitetse mu mavuta n'izirimwo ibinure vyinshi, nk'imikate irimwo ibinure, ibisuguti n'ibitumbura.