IMFUNGURWA ZIBEREYE MUKUBUNGABUNGA AMAGARA Y'ABANTU BAKUZE

- Gufungura neza bisigura kwihereza imfungurwa z'ubwoko bwinshi imisi yose utibagiye imfungurwa zigizwe n'intete, ivyamwa, imboga, amata hamwe n'izindi mfungurwa zikomoka ku mata, inyama, amafi n'ibindi binyaruzi, canke ibiharage.

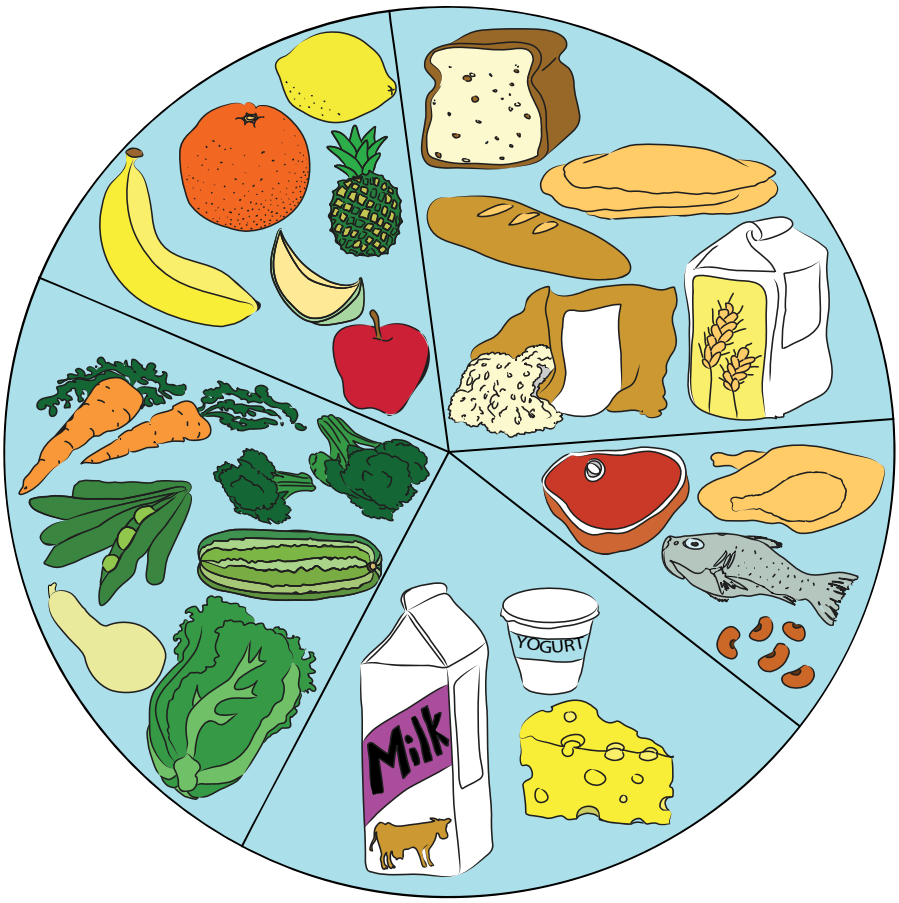
- Gufungura neza kandi bisigura kutarya ibinure vyinshi , isukari n'ibisosa vyinshi be n'umunyu mwinshi.

- Imfungurwa nkomezamubiri zose nk'umuceri usa n'umugina, imikate ikozwe mw'ifu y'ingano hamwe n'izindi mfungurwa zivuye mu ntete zubundi bwoko, ni isoko rihambaye ryo gukomeza imitsi.

- Ni ngombwa kurya ivyamwa vyinshi n'imboga nyinshi, nimiburiburi gatanu ku munsi. Igihe ivyamwa n'imboga bikiri bitoto bitakiboneka, umuntu yofungura ivyamwa n'imboga bibikwa ahakanyishijwe cane canke bibitse mu makopo.

- Gabanya canke mwirinde gufungura indya zidandazwa, zibitswe zitetswe kuko bene izo ndya zirimwo ibinure vyinshi n'umunyu mwinshi.

- **Gufungura indya zituma umuntu agira amagara meza, bigufasha wewe n'umuryango wawe kuguma mukomeye kandi mufise n'amagara meza, mugakora neza ku kazi, kw'ishule hamwe no mu nkino.**



KWONSA IBIBONDO AMABEREBERE, BITUMA ABANA BAGIRA AMAGARA MEZA

- Amaberebere niyo ngaburo nziza iruta izindi zose ku nzoya.
- Ni mwonse abana banyu mubahe amaberebere yonyene gushika bashikane amezi ane, mubandanye mubonsa gushika n'imiburiburi bakwize umwaka umwe.
- Hambavu y'amaberebere, tangura kugaburira abana banyu indya zitetse kuva bamaze hagati y'amezi ane n'atandatu.
- Mugaburire uruyoya rwanyu ubwoko bumwe bw'ivyokurya bushasha mwikurikiranya incuro nyinshi imbere yo kumuha ubundi bwoko bw'imfungurwa nshasha.
- Mwirinde kugaburira umwana umuryamitse mu kumuha agacupa k'amata kuko vyomutera ingwara y'amenyo.
- **Abana bonkejwe amaberebere bagira ingorane nkeyi zijanye n'amagara yabo, kurusha abana bonkejwe amata yo mu macupa.**

IMFUNGURWA NZIZA ZEREKEYE AMAGARA MEZA Y'IBIBONDO

- Abana barakenera imfungurwa nziza kurya kw'abakuze ukurikije urugero rujanye n'imyaka y'abo bagezeko.
- Ni mugaburire abana banyu ubwoko bwinshi butandukanye bw'imfungurwa iminsi yose utibagiye imfungurwa z'intete, ivyamwa n'imboga z'amababi, amata hamwe n'izindi mfungurwa ziyakomokako, inyama , amafi n'ibindi binyaruzi, canke ibiharage.
- Gabanya ibinyobwa hamwe n'izindi mfungurwa zisosa abana banyu bihereza.
- Gabanya kugaburira abana indya zirimwo ibinure vyinshi nk'amafiriti, imikate isosa, ibisuguti, n'indya zitekeshejwe amavuta gusa muvyo abana banyu barya.
- Abana barakenera kunywa amata kugirango bagire amagufa n'amenyo bikomeye.
- **Gufungura indya nziza bituma abana bagira amagara meza, bakagira n'ubukomezi, bagaca ubwenge kw'ishure, kandi bigatuma batagira ubuvyibuhe bw'umurengera.**

REKA KURERA AMABOKO KUGIRA UGIRE AMAGARA MEZA

- Rondera ikintu ukora mu kiringo kitari munsi y'iminota mirongo itatu ku munsi ku munsi (umwana akeneye isaha yose).
- Ongereza imyimenyerezo yo kunonora imitsi mukuduga ingazi, muguhagarika umuduga wawe kure y'aho ugiye gusumira kugira ugende n'amaguru.
- Kutembera n'amaguru n'uburyo bworoshe kandi butazimvye bwo kunonora imitsi.
- Tegekaniriza umuryango wawe wose imyimenyerezo yo kunonora imitsi yobaryohera, nk'ukugendagenda, gukinira mu bibanza vyogutembereramwo, kurima impande y'inzu no gutamba imvyino.
- Vyoba vyiza abana bagiye gukinira hanze mu gihe bishoboka, hako baguma mu nzu barorera imboneshakure TV.
- Abaganga bahimiriza ko abana bafise imyaka iri munsi y'ibiri batoraba imboneshakure.Abana barenza imyaka ibiri nabo boyiraba canke bakayikoresha mu dukino amasaha atarenga abiri ku munsi.
- Shigikira inkino zibera mu nzu canke ku mbuga, nk'inkino zisaba inguvu, gusimba umugozi canke gutamba.
- **Kutarera amaboko bifasha, wewe n'umuryango wawe, kugira amagara meza, bikabaha ubukomezi n'ukumererwa neza kandi bigatuma mugira uburemere canke ubuvyibuhe bubereye.**

IGIHE CO GUFUNGURA NIRYO HURIRO RY'UMURYANGO

- Tegurira umuryango wawe imfungurwa ngirakamaro zitanga amagara meza, kandi muzifungurire hamwe.
- Koresha umwanya wogufungura umuryango wose ukoraniye hamwe kugira ngo mumenye ingene abana biriwe kandi mwongere muganire nabo ivyerekeye imico kama n'imigenzo y'ikirundi.
- Ntimureke abana banyu ngo barabe imboneshakure TV canke ngo bayikinishe inkino mu mwanya wo gufungura.
- Gusangira imfungurwa mu miryango bituma imiryango ikomeza ubumwe igaheza ikaguma iri hamwe.
- **Abana bafungurira hamwe n'imiryango yabo iminsi yose, bamana amagara meza kandi biga neza mw'ishure.**
- **Abana bama basangira imfungurwa n'imiryango yabo bararonka umwanya wokugumana n'abavyeyi kandi bagasangira akabisi n'agahiye.**

GUMYA IBIRO VY'UBUREMERE BIJANYE N'AMAGARA MEZA

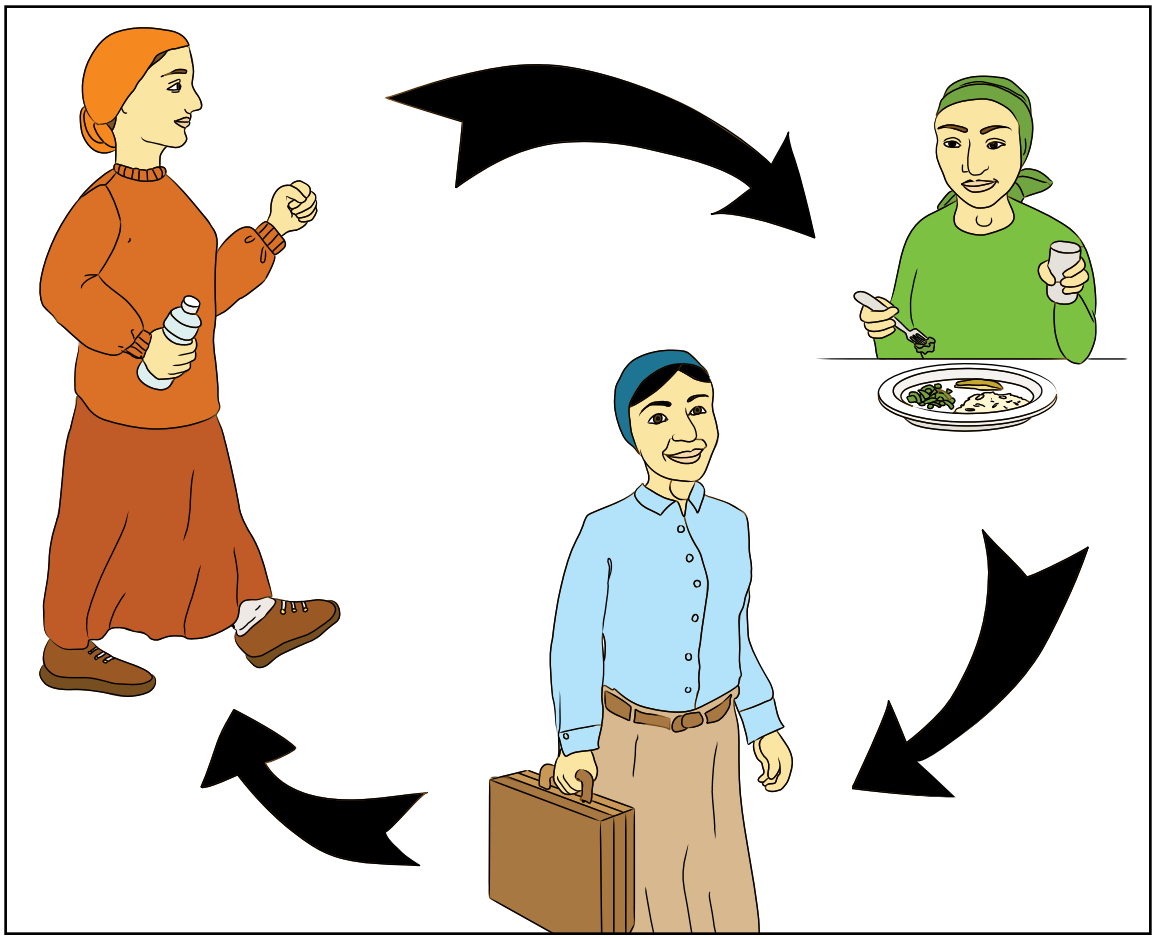
- Umuntu arya ibirengeye urugero mugihe ariye imfungurwa zirengeye iz'umubiri wiwe ukeneye gukoresha.

- Igihe uriye imfungurwa nyinshi ntuce ugira imyimenyerezo yo kunonora imitsi bikwiye, uca wunguka ibiro aribwo buremere burengeye urugero rw'umubiri wawe.

- Kugumya ibiro bikwiye ni nkenerwa kugira ngo ugumane amagara meza.

- Hari ingingo ushobora kugenderako kugira ngo ugumane uburemere bwiza. Nazo n'izi zikurikira:
  - Kwirinda imfungurwa zirimwo ibinure vyinshi canke zisosa cane.
  - Kugabanya urugero rw'ibifungurwa wihereza.
  - Guhagarika gufungura igihe wumvise ko uhaze.
  - Kwongereza ibikorwa bisaba inguvu.

- **Kwirinda kugira uburemere bw'umurengera bifasha kugabanya ingwara z'ikurikira:**
  - **Ingorane ziba mw'ihuriro ry'amagufa (amakonyera)**
  - **Umurindi canke itera ry'amaraso**
  - **Indwara y'igisukari**
  - **Indwara y'umutima**
  - **Ubwoko bumwe bumwe bwa kanseri**



ISUKU RYIZA RY'IMFUNGURWA RIKINGIRA INDWARA

- Wame ubanza gukaraba n'isabuni imbere y'uguteka canke y'ugufungura.
- Banza woze neza kandi urongorore ivyamwa n'imboga bifungurwa ari bibisi imbere yo kuvyihereza.
- Shingura mu cuma co gukanyisha (ifirigo) inyama mbisi, ifi n'ibindi binyaruzi bidatetse ntubivange y'izindi ndya.
- Bika amata n'ibindi bifungurwa biyakomokako, inyama n'amafi, mu cuma co gukanyisha bita firigo.
- Uhejeje guteka, oza n'isabuni kandi uhanagure neza ibikoresho vyose wakoresheje hamwe naho wabikoreye.
- Ntugumize imfungurwa zitetse aho wazitekeye umwanya munini urenze amasaha abiri imbere yo kuzishingura mu cuma co gukanyisha (ifirigo) canke ugume ubishuhije.
- Shingura ibifungurwa vyasigaye mu kintu gifundikiye uheze ugitereke mucuma gikanyisha frigo canke mukibanza gikanyisha nk'urubura (firizere).
- **Gutegurana imfungurwa isuku bituma umuryango utandura indwara ziterwa n'ugufungura indya zononekaye kubera kugasha.**
- **Kushingura indya buno nyene uhejeje kuziteka bigufasha wewe hamwe n'umuryango wawe kutandura indwara ziterwa n'imfungirwa zononekaye kubera ukugasha.**

GUSUMA NEZA IMFUNGURWA

- Tegekanya ivyo muzofungura hanyuma uce ugira urutonde rwavyo imbere yo kuja gusuma.
- Genda gusuma wahejeje gufungura, ntugende ushonje.
- Soma ivyanditse kubidandazwa uheze utore ibirimwo ibinure bikeyi, isukari nke, n'umunyu muke.
- Mugusuma, koresha ibipande vy'udukaratasi batabura mu binyamakuru kugira uziganye amadolari kuvyo ukeneye kugura.
- Gura ibisumwa bagabanije ibiciro kandi ugure ivyo ukeneye gukoresha gusa.
- Gereranya ibiciro vy'amasoko kugira usumire ahazimbutse hanyuma ushobore kuziganya amadolari.
- Usanze ivyamwa n'imboga biribwa ari bibisi bizimvye, gura birya bisanzwe biri mu bubushinguro bw'ivyuma bikanyisha, canke ibibikwa mu makopo.
- Usume ibiri kurutonde wateguye gusa, ibikenewe kugira uze gutegura imfungurwa wategekanije kusuma imbere yo kuva i muhira.
- **Gutegekanya urutonde rw'imfungurwa imbere yo kuja gusuma bigufasha mu kudata umwanya no kuziganya amadolari.**
- **Kumenya neza imangazini baguriramwo imfungurwa, bituma uziganya amadolari kandi ugasuma ibifungurwa bikugirira akamaro wewe n'umuryango wawe.**

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.

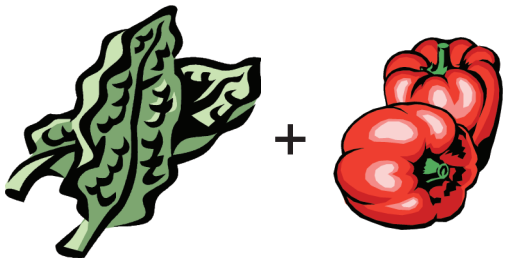
Himiriza abana gufungura mu gitondo imfungurwa nz'ingira kamaro ku magara yabo. Abana bawe bafunguye neza mu gitondo bizobafasha gukora neza mw'ishule.

(KIRUNDI)

UMUJUMBU MU MUBIRI

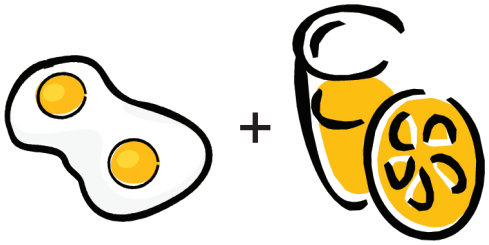
- Umujumbu mu mubiri ni ikintu gihambaye kuko ugwiza amaraso mu mubiri wawe.
- Umwana wawe iyo adafise umujumbu ukwiye mu mubiri, birashobora korohera utuvunguka tw'icuma bita "lead" twinjira bitagoranye mu maraso y'umwana wawe. Lead ni ubwoko bw'ubutare bwamyeho dusanga kenshi na kenshi mu marangi canke 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



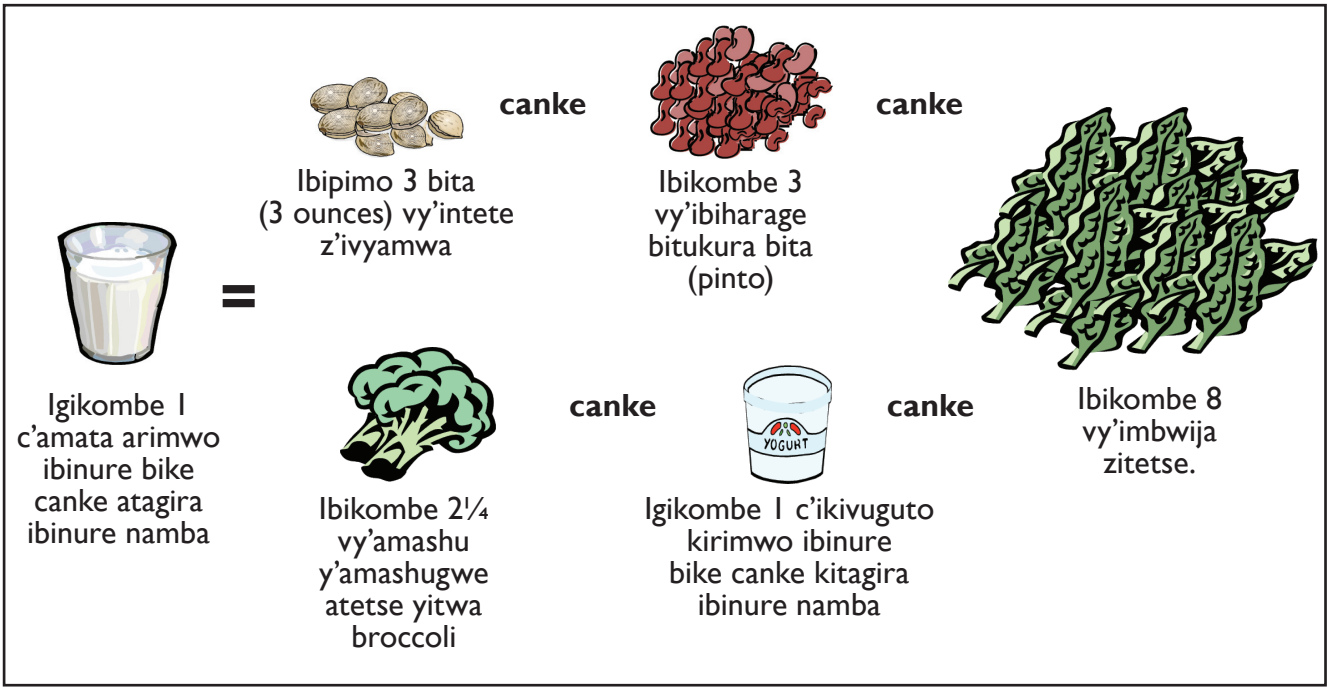
Amagi n'amazi y'imicungwe bakanye

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.

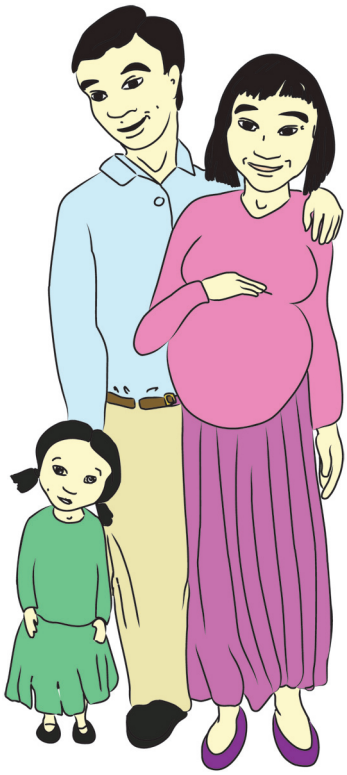
- **Indemamubiri niho hava intanganguvu nyinshi.** Indemamubiri ziha umubiri wawe ama vitamine n'inguvu zikenewe mu gufasha inda gukura neza. Kugira ugwize indemamubiri muri wewe ushobora kurya ibiharage, amata atagira ibinure vyinshi, amagi, inyama zoroshe, umukate ukozwe mw'ifu n'amata y'isoya tofu,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

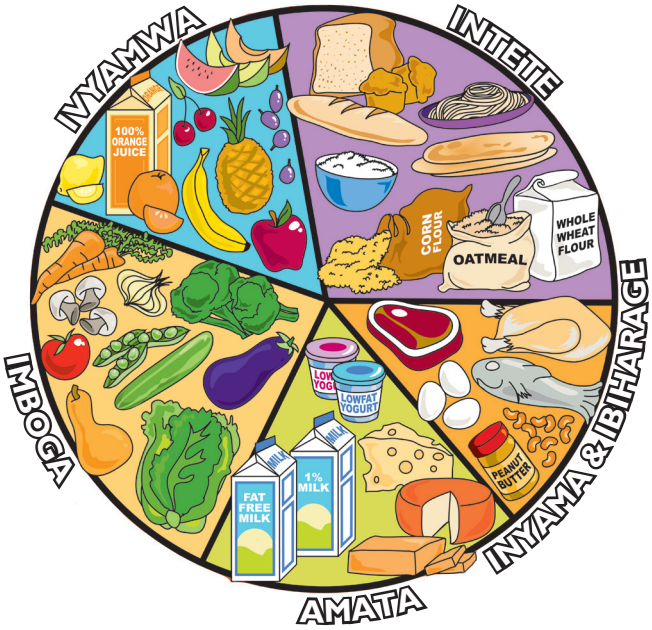
- Tegurira abana imfungurwa z'ubwoko bwinshi harimwo amata, ivyamwa, imboga, imikate n'intete, ibiharage n'inyama.

- 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.

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

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

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.

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.

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

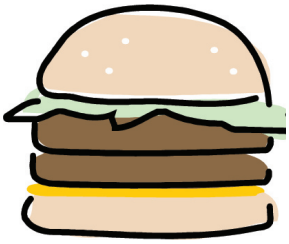
GUCAGURA IMFUNGURWA ZIHUTA NGIRAKAMARO

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:



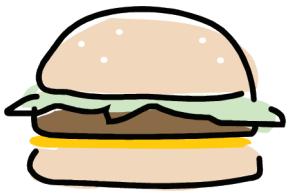
Ni igikate kinini kirimwo ibihimba vy'inyama n'iforomaji nyinshi kandi binini (Double cheeseburger)
Intanganguvu 740
Amagarama 42 y'ibinure

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

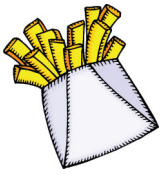
→ **Igipimo kinini c'ibinure Amagarama 67 y'ibinure**

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

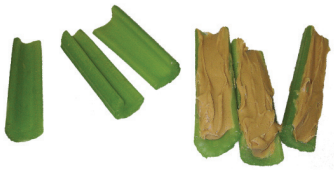
→ **Igipimo gitoya c'ibinure Amagarama 23 y'ibinure**

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.

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
USCRI
www.refugees.org
Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911

BWAKI KU BANA

IVYO ABABYEYI BAKWIYE KUMENYA

NI GUTE INGABURO MBI / BWAKI YOGIRIRA UMWANA WAWE NABI?

Ingwara z'ingaburo mbi (bwaki) zigira ingaruka mbi ku mikurire y'umubiri n'ubwonko by'umwana. Abana bahawe ingaburo mbi bagira ingorane gukurikira mu ishuri. Bakunze kandi kugira ingwara kuko ingaburo mbi igabanya ubushobozi bw'umubiri mu kugwanya ubwandure bw'ingwara.

Bwaki iza iyo umubiri utaronka indyo ihagije ikenewe mu gukura no kugumana ubuzima bwiza. Iboneka iyo umuntu atagaburiwe indyo ihagije canke se atariye ibiribwa biri ngombwa ku buzima no gukura. Hari abandi bantu bamwe bashobora kugira ingwara za bwaki kuko bafise icyorezo gituma batabasha gukoresha intungamuburi zituruka mu ndyo.

NI IZIHE NGARUKA MBI?

Abana nibo bashobora kugira ingaruka mbi kurusha abandi kuko bakeneye ibiryo bitandukanye kugirango bakure kandi bagire ubuzima bwiza.

NI IBIHE BIMENYETSO?

Rimwe na rimwe umwana ashobora kugaragara nk'aho ari muzima kandi asa naho afise ubuzima bwiza yewe n'ubwo yoba afise ingwara ya bwaki. Niyo mpamvu ari ngombwa ko bajyanwa kwa muganga kugirango bakomeze kubapima ku ivuriro.

Mu bindi bihe, ibimenyetso bishobora kugira ibi bikurikira:

- Kunanigwa
- Kugira ingorane mu gukurikira
- Gutumba inda
- Kuma uruhu
- Kugira umubiri muto muto no kuba bagufi ukurikije imyaka yabo

NI IKI WAKORA?

- Niba utekereza ko umwana wawe afise ingwara ya bwaki, jya kwa muganga canke ku ivuriro rya WIC. Bazasuzuma umwana wawe kandi bakubwire ni iki wakora kugirango utume umwana wawe agira imbaraga kandi akagira ubuzima bwiza. Ugomba gusubirayo kugirango bakore andi masuzuma kugirango barebe niba umwana arimo agenda akura kandi agira ubuzima bwiza.

- Gaburira umwana wawe indyo itandukanye kandi nziza buri munsi birimo ingano, imbuto, imboga, amata n'ibindi biribwa bituruka ku matungo, amafi n'ibishyimbo.

- Niba uri konsa, ugomba kurya neza bihagije kugirango umubiri wawe ubone amata ahagije y'umwana kand biguhe imbaraga zihagije n'ibindi bitunga umubiri. Ugomba kurya imbuto nyinshi, imboga, ingano, proteyini n'ibiryo bifise kalisiyumu, urugero nk'amata.

(Kirundi)

•1717 Massachusetts Ave. NW, Suite 200, Washington, DC 20036•Telefoni: 202-347-3507•Fax: 202-347-7177•