

## Matenda oyamba chifukwa chosowa zakudya

Chakudya chabwino n'chofunika kuti munthu akule bwino, agwire ntchito molimbika ndiponso kuti akhale wathanzi. Matenda ambiri amayamba chifukwa chosadya chakudya choyenera m'thupi.

Munthu amene ali wofowoka kapena akudwala chifukwa sakudya chakudya choyenera kapena samadya chakudya chokwanira amatengedwa kuti ndi woperewera zakudya zoyenera m'thupi mwake. Munthu wotere amadwala matenda woperewera zakudya m'thupi.



Mavuto otsatirawa amayamba chifukwa chosowa zakudya zoyenera m'thupi:

### Kwa ana

- sakula bwino monga momwe zimayenera kukhalira (onani tsamba 316)
- kucedwa kuyenda, kuyankhula kapenanso kuganiza
- kukula mimba, miyendo ndipo mikono imawonda kwambiri
- kudwaladwala kumene kumapha ana
- kusowa mphamvu, mwana amakhala wosasangalala ndipo sasewera konse
- kutupa mapazi, nkhope ndi manja, nthawi zambiri amakhala ndi zilonda
- kupyapyala ndi kusosoka tsitsi komanso tsitsilo silidziwika mtundu wake
- kulephera kuwona bwinobwino usiku, kuuma kwa mmaso komanso kuchita khungu

### Kwa wina aliyense

- kufowoka ndiponso kutopa kwambiri
- kusakhala ndi chilakolako cha chakudya
- kuchepa magazi m'thupi
- zilonda m'mbali mwa kamwa
- tizilonda ta pa lirime
- kutentha kapenanso kuchita dzanzi kwa mapazi

Mavuto otsatirawa akhoza kuyamba chifukwa cha zinthu zina ngakhale kuti nthawi zambiri amayamba chifukwa chosadya bwino:

- |                         |                                |
|-------------------------|--------------------------------|
| • kutsekula kwa m'mimba | • kutayika kwa magazi m'nkhama |
| • kudwaladwala          | • kamfuno                      |
| • kulira kwa m'khutu    | • kupweteka kwa m'mimba        |
| • kupweteka kwa mutu    | • nkhwawa                      |
| • vuto la chiwindi      | • kugunda kwambiri kwa mtima   |

Mayi woyembekezera amafowoka, amatha magazi m'thupi ndiponso akhoza kufa ngati **sakudya chakudya choyenera m'thupi**. Izi zingathenso kuchititsa mayi woyembekezera kubereka mwana wakufa, wamng'ono kapena wosokonezeka mutu.

### **Kudya chakudya choyenera kumathandiza thupi kupewa matenda.**

Kusadya chakudya choyenera kumayambitsa mavuto osiyanasiyana omwe atchulidwa kale. Kuphatikiza apo kudya chakudya chosayenera kumafowola thupi koteru kuti silingathe kulimbana ndi matenda:

- Ana osowa chakudya choyenera m'thupi amatsekula m'mimba kwambiri ndipo nkwa pafupi kuti afe kusiyana ndi ana omwe amadya chakudya choyenera.
- Chikuku n'chowopsa kwambiri kwa ana osowa chakudya choyenera m'thupi.
- Matenda a m'chiwindi, amene amayamba chifukwa cha uchidakwa, amapezeka komanso amavutitsa kwambiri anthu amene sadya chakudya choyenera.
- Chifuwa chachikulu chimazika mizu m'matupi mwa anthu omwe sadya chakudya choyenera.
- Ngakhale chimfine chimene chimavuta kwambiri komanso chimatenga nthawi yayitali kuti chithe mwa anthu mwe sadya chakudya choyenera.

### **Kudya chakudya choyenera kumathandiza wodwala kuchira msanga.**

Chakudya chabwino sichimangothandiza kuteteza matenda chabe ayi, komanso chimathandiza thupi kulimbana ndi matenda kuti lichire. Choncho chakudya choyenera n'chofunika munthu akamadwala.

N'zodandaulitsa kuti amayi ambiri amasiya kupereka chakudya choyenera kwa ana awo pamene akudwala kapena akutsekula m'mimba. Choncho mwana amafowoka koteru kuti thupi lake silingathe kulimbana ndi matenda ndipo amamwalira. **Ana odwala amafunika kudya chakudya choyenera. Ngati mwana wodwala akukana kudya, n'kakamizeni kuti adye.**

Mwanayo ayenera kupatsidwa chakudya chokwanira chomwe angathe kudya kapena kumwa. Muyenera kudekha chifukwa mwana wodwala safuna kudya kwambiri. Choncho ayenera kupatsidwa chakudya kambirimbiri masana. Muwonetsetsenso kuti apatsidwe zakumwa zambiri kuti azitha kukodza kwambiri. Ngati mwana sangathe kudya zakudya zolimba, zinyenyeni ndi kuzipota ndikumpatsa mwanayo.

Kawirikawiri zizindikiro zakusowa zakudya zoyenera m'thupi zimayamba kuwoneka pamene munthu wadwala matenda ena ake. Mwachitsanzo, mwana yemwe wakhala akutsekula m'mimba kwa masiku angapo amatupa manja, mapazi ndiponso nkhope. Amakhalanso ndi madonthomadontho akuda kapena zilonda zofundula m'miyendo mwake. Izi ndi zizindikiro za kusowa chakudya choyenera kwambiri m'thupi. Mwana amafunika kudya chakudya chambiri ndiponso pafupipafupi. Mwana azidyetsedwa kwambiri tsiku lililonse.

**Mwana ayenera kudya chakudya chabwino akamadwala komanso akachira.**

**Chakudya chabwino komanso ukhondo ndi zofunika kwa aliyense pofuna kukhala wathanzi.**



## Ndi chifukwa chiyani kuli kofunika kudya chakudya chabwino?

Anthu amene sadya chakudya choyenera amadwala matenda operewera kwa zakudya m'thupi. Izi zingachitike chifukwa chosadya chakudya chokwanira komanso chosakwanira cha mtundu wina uliwonse, onani tsamba 131.

Munthu wina aliyense akhoza kudwala matenda akuperewera kwa zakudya m'thupi koma matendawa ndi owopsa makamaka kwa:

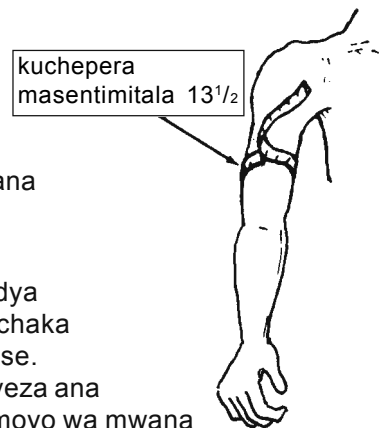
- **Ana**, chifukwa amafunika zakudya zambiri kuti akule bwino komanso akhale athanzi.
- **Amayi** a msinkhu wobereka makamaka ngati ali oyembekezera kapena oyamwitsa chifukwa amafuna chakudya chowonjezera kuti akhale athanzi, kuti abereke ana athanzi komanso kuti azigwira ntchito bwino tsiku lililonse.
- **Nkhalamba**, chifukwa nthawi zambiri zimakhala zitagwerula mano ndiponso chilakolako cha chakudya chimatha. Choncho sizingathe kudya kwambiri nthawi imodzi ngakhale zimafunikabe kudya bwino kuti zikhale zathanzi.

Mwana woperewera chakudya m'thupi sakula bwino. Amakhala wochepa thupi komanso wamfupi kusiyana ndi ana ena. Mwanayu sachedwa kukwiya, amalira kwambiri, sayenda ndiponso sasewera kwambiri ngati ana ena ndipo amadwaladwala. Ngati mwanayo akutsekula m'mimba thupi lake limaphwa. Njira yabwino yodziwira ngati mwana akuperewera zakudya m'thupi, ndi kumuyeza mozungulira mkono wake wa m'mwamba.

### Kufuna kudziwa ngati ana ali operewera zakudya m'thupi:

Chizindikiro cha pa mkono wake wa m'mwamba chaka chimodzi chikatha, mwana aliyense amene pakati pa mkono wake pakumuyeza mozungulira amakwana masentimitala ochepera  $13\frac{1}{2}$  ngoperewera chakudya m'thupi ngakhale atakhala wonenepa chotani mapazi, manja ake ndi m'mene nkhope yake ikuwonekera. Ngati mkono wake ukukwana masentimitala ochepera  $12\frac{1}{2}$ , ndiye kuti mwanayo.

Akuperewera chakudya kwambiri m'thupi mwake. Njira ina yodziwira ngati mwana akudya kapena sakudya bwino ndi kumuyeza pa sikelo: kamodzi pa mwezi m'chaka chake choyamba. Kenaka kamodzi miyezi itatu iliyonse. Mwana wathanzi amawonjezera kulemera kwake. Kuyeza ana pa sikelo ndiponso kagwiritsidwe ntchito katchati ya moyo wa mwana zafotokozedwa mokwanira m'mutu 21.



### Kupewa kuperewera kwa chakudya choyenera m'thupi

Matupi athu amafuna chakudya chabwino ndi choyenera kuti tikhale athanzi. Chakudya chimene timadya chiyenera kukwaniritsa zofunika zambiri m'thupi. Poyamba chakudya chiyenera kupereka mphamvu **kuti tikhale anyonga ndiponso kuti tizitha** kugwira ntchito zosiyanasiyana. Chakudya chiyeneranso kumanga kapena kukulitsa thupi ndi kuteteza thupi kumatenda. Tiyenera kudya zakudya zosiyanasiyana tsiku lililonse.

## Zakudya zodalirika kwambiri komanso zakudya zina zowonjezera

M'maiko ambiri, anthu ambiri amadya chakudya cha mtundu umodzi pa nthawi ya chakudya iliyonse, **chofunikira koma chotsika mtengo**. Malinga ndi kusiyana kwa madera, chakudya chingakhale mpunga, chimanga, mawere, tirigu, chinangwa, mbatata kapena nthochi. **Chakudyachi chimakhala ndi zakudya zambiri zofunika m'thupi.**

Chakudya chosakwanira kuti munthu akhale wathanzi **chimadalira chakudya china chothandizira**. Izi n'zofunika kwa ana, amayi oyembekezera kapena oyamwitsa ndiponso nkhalamba.

Ngakhale mwana atamadya chakudya chodalirika kwambiri chamtundu umodzi kwambiri, akhoza kuwonda komanso kufowoka. Ichi n'chifukwa choti chakudyachi chimakhala ndi madzi ambiri zomwe zimachititsa mwana kukhuta msanga asanapeze mphamvu zomuthandiza kukula bwino.

Titha kuchita zinthu ziwiri izi kuti tithandize ana apeze chakudya chopatsa mphamvu:

1. **Adyetseni ana chakudya pafupipafupi** mosachepera kasanu pa tsiku pamene mwana ndi wamng'ono, wowonda kapena amene sakukula bwino. Komanso apatseni tizakudya tina asanadye chakudya china chodalirika kwambiri.



Ana, monga nkuku,  
azilandira chakudya nthawi  
zonse.



2. **Onjezeraninso zakudya zopatsa mphamvu** monga mafuta ophikira, shuga, uchi kuchakudya chodalirika kwambiricho. Ndi bwino kuwonjezera mafuta ophikira, mtedza ndiponso nyungu (chitowe).



Pofuna kuonjezera mphamvu, mwana ayenera kudya mpunga wambiri chomwechi wowiritsa.

Ngati mwana amakhuta asanadye, mwanayo angawonde ndi kufowoka.



Koma amafunika kudya mpunga wambiri chomwechi ngati mwasakaniza ndi mafuta ophikira.

Zakudya zamitundu ina ziyenera kuwonjezeredwa ku chakudya chodalirika kwambiricho. Ngati ndi kotheka onjezani **zakudya zomanga thupi** monga nyemba, mkaka, mazira, mtedza, nsomba ndi nyama.

Muyeneranso kuwonjezera chakudya **choteteza thupi kumatenda** monga malalanje ndi ndiwo za masamba ndi masamba ena obiriwira kwambiri. Zakudya zoteteza ku matendazi zimakhala ndi mavitamini ndi mchere wofunika m'thupi (onani tsamba 111).

## Kudya chakudya choyenera kuti tikhale athanzi

Chakudya chodalirika kwambiri chimene banja lanu limadya chimakhala ndi zambiri koma **sichakudya chilichonse** chomwe chimapatsathanzi. Powonjezera **chakudya china ku chakudya chodalirika** kwambiricho mmapanga chakudya chofunikira kwambiri pa mtengo wotsika. **Si koyenera kuti muzidya zakudya zonse zimene zalembedwa m'munsimu kuti mukhale athanzi.** Idyani chakudya chodalirika kwambiri chimene munachizolowera ndipo onjezerani zakudya zina zothandizira zimene zikupezeka m'dera lanu. Zakudya zothandizirazi ziyenera kutengedwa m'magulu onse a zakudya.

### Zakudya zowonjezera

(zopatsa mphamvu)

#### Zitsanzo:

**Chakudya chopereka mafuta**

(mafuta ophikira, batala)

**Zakudya za mafuta ambiri**

(kokonati, olivi, nyama ya mafuta kwambiri)

**Zakudya za nthangala\***

(mteza, alimondzi, nkashiwu)

**Njere zamafuta**

(maungu, mavembe, mpendadzuwa)

**Zakudya za shuga**

(shuga, uchi, molasezi, nzimbe)

\***Chidziwitso:** Mteza ndi njere zamafuta, nzofunika kwambiri pomanga thupi chifuka zimakhala ndi chakudya chomanga thupi.



**Kumbukirani:** Kuwapatsa ana chakudya **chokwanira** ndikuwapatsa chakudya **katatu kapena kasanu pa tsiku** kusiyana ndi zakudya zina zomwe mumawapatsa.



### Chakudya cha tsiku ndi tsiku

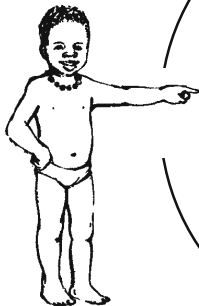
#### Zitsanzo:

**Zakudya zochoka kunthangala** (tirigu, chimanga, mpunga, mapira, mchewere)

**Chakudya chochoka kumizu** (chinangwa, mbatata, kaloti)

**Zipatso zotsekemera** (nthochi, makombo)

**Chidziwitso:** Chakudya chatsiku ndi tsiku chimapatsa mphamvu. Zakudya zochoka kunthangalanso zimapatsa mphamvu yokulitsa/kumanga thupi, ayironi ndi mavitamini.



### Zakudya zokulitsa thupi

(zothandiza kukulitsa thupi)

#### Zitsanzo:

Nyemba, nsawawa, khobwe, nandolo

Mteza, njere zamafuta (mpendadzuwa)

**Nyama** (mkaka, mazira, tchizi,

nkhuku, nyama, nyama

zazing'onozing'ono monga

mbewa ndi zoulukauluka)



### Zakudya zopatsa thanzi

(mavitamini ndi mchere kapena zoteteza ku matenda)

#### Zitsanzo:

**Ndiwo zamasamba** (zobiriwira, phwetekere, karoti, maungu, mbatata, mpiru, kale, ndi tsabola)

**Zipatso** (mango, malalanje, mapapaya ndi maapulizi)



### Chidziwitso kwa anthu ogwira ntchito ya zakudya:

Ndondomeko yopezera zakudyayi ikufanana ndi kuphunzitsa za 'magulu a zakudya' koma ikulimbikitsa kufunika kwa chakudya chokwanira cha nthawi **zonse powonjezera kuwapatsa zakudya zopatsa mphamvu.** Mabanja osauka angathe kutsatira njirayi molingana ndi chakudya chochepa chimene amakhala nacho.

## Mmene mungazindikirire kuperewera kwa chakudya m'thupi

Pakati pa anthu osauka, **kuperewera kwa chakudya m'thupi kawirikawiri kumadetsa nkawa kwa ana, amene amafunika chakudya choyenera kuti akule bwino ndi kukhala athanzi.** Kuperewera kwa chakudyachi kulipo kosiyanasiyana motere:

### Kuperewera pang'ono kwa chakudya m'thupi

Kuperewera pang'ono kwa chakudya kwa m'thupi ndi komwe kumakhudza ana ambiri. Mwana yosakula msanga kuyerezeka ndi mwana yemwe akupatsidwa chakudya choyenera. Mwanayu sawoneka ngati akudwala ngakhale awoneke kuchepa msinkhu ndiponso thupi. Chifukwa chosowa chakudya choyenera m'thupi lake, mwanayu sakhala ndi mphamvu zolimbana ndi matenda m'thupi. Izi zimachititsa **kuti adwale kwambiri** ndi kutenga nthawi kuti achire kusiyana ndi mwana yemwe amadya chakudya choyenera.

Ana operewera pang'ono chakudya m'thupi amadwala matenda otsekula m'mimba ndi zimfine kawirikawiri. Chifukwa chakuti zimfinezi zimatenga nthawi yayitali kuti zithe, zimayambitsa zibayo. Chifuwa chachikulu komanso **matenda opatsirana amakhala** owopsa kwambiri kwa ana operewera chakudya pang'ono m'thupi ambiri mwa anawa amafa.

Ndi kofunika kuti ana otere azilandira chisamaliro chapadera ndi chakudya chokwanira asanayambe kudwala kwambiri. N'chifukwa chake kuyeza ana pasikelo kapena mozungulira mkono wa m'mwamba ndi kofunika. Kumatithandiza kuzindikira kuperewera pang'ono kwa chakudya m'thupi mwa mwana ndi kuwona momwe tingamuthandizire.

**Tsatani njira zoyenera zopewera kuperewera kwa chakudya m'thupi.**

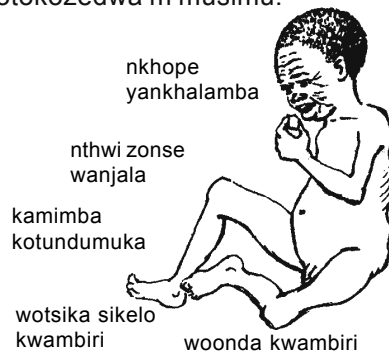
### Kuperewera kwambiri kwa chakudya m'thupi

Kuperewera kwa chakudyaku kumachitika kwambiri pakati pa ana aang'ono amene adasiya kuyamwa msanga kapena mwadzidzidzi ndipo sapatsidwa chakudya chokwanira chopatsa mphamvu pafupipafupi. Kuperewera kwambiri kwa chakudyaku kumayamba mwana akamatsekula m'mimba kapena matenda ena. Ana ame ali ndi vuto lakuperewera operewera kwambiri kwa chakudya tingawazindikire popanda kuwapima. Chiwerengero cha anawa chimachulukuka m'madera momwe muli anthu ambiri osauka, nthawi ya nkondo komanso ya njala. Mitundu iwiri ya kuperewera kwa chakudya m'thupi kotereku kwa fotokozedwa m'musimu:

### Marasimasi (*marasmus*)

Mwanayu sadya chakudya chokwanira cha mtundu uliwonse. Mwana wotereyu amatengedwa kuti akudwala **marasimasi**. Tingathe kunena kuti mwanayu alibiretu chakudya choyenera mthupi lake. Thupi lake limakhala laling'ono. Amangokhala mafupa okhaokha.

Mwanayu akusowa chakudya chambiri makamata chopatsa mphamvu.



## Kwashioko (matenda otupa)

Mwanayu akudwala kwashoko **chifukwa mapazi, manja ndi nkhope yake zikutupa**. Matendawa amayamba ngati mwana sakudya chakudya chokwanira chomanga thupi. M'madera a m'zipalamba a muAfrica, kusowa chakudya kuphati kizapo kusowa kwa chomanga thupiku kumayambitsa malasimasi.

M'madera a mzipalambawa (zipulu), matenda a kwashoko amavuta kwambiri. M'madera otentha ndi onyowa, chimanga, chinangwa ndi mtedza zimayanga ndere zikasungidwa. Nzodziwika kuti poyizoni wopezeka mu zakudya zosasa kapena kuyenga ndere ndi zoipa kwa ana ang'onoang'ono makamaka amene akusowa zakudya zomanga thupi. Kwa akuluakulu poyizoniyu si owopsa ayi. Ichi ndi chimodzi cha zifukwa zomwe zimayambitsa kwachoko.



**MWANAYU WANGOTSALA KHUNGU, MAFUPA NDI MADZI AM'THUPI**

**Choncho ngati ndi kotheka ana apatseni zakudya zabwino zomwe sizinasungidwe nthawi yaitali.** (Akuluakulu akhoza kudya zakudya zoyamba kusasa.)

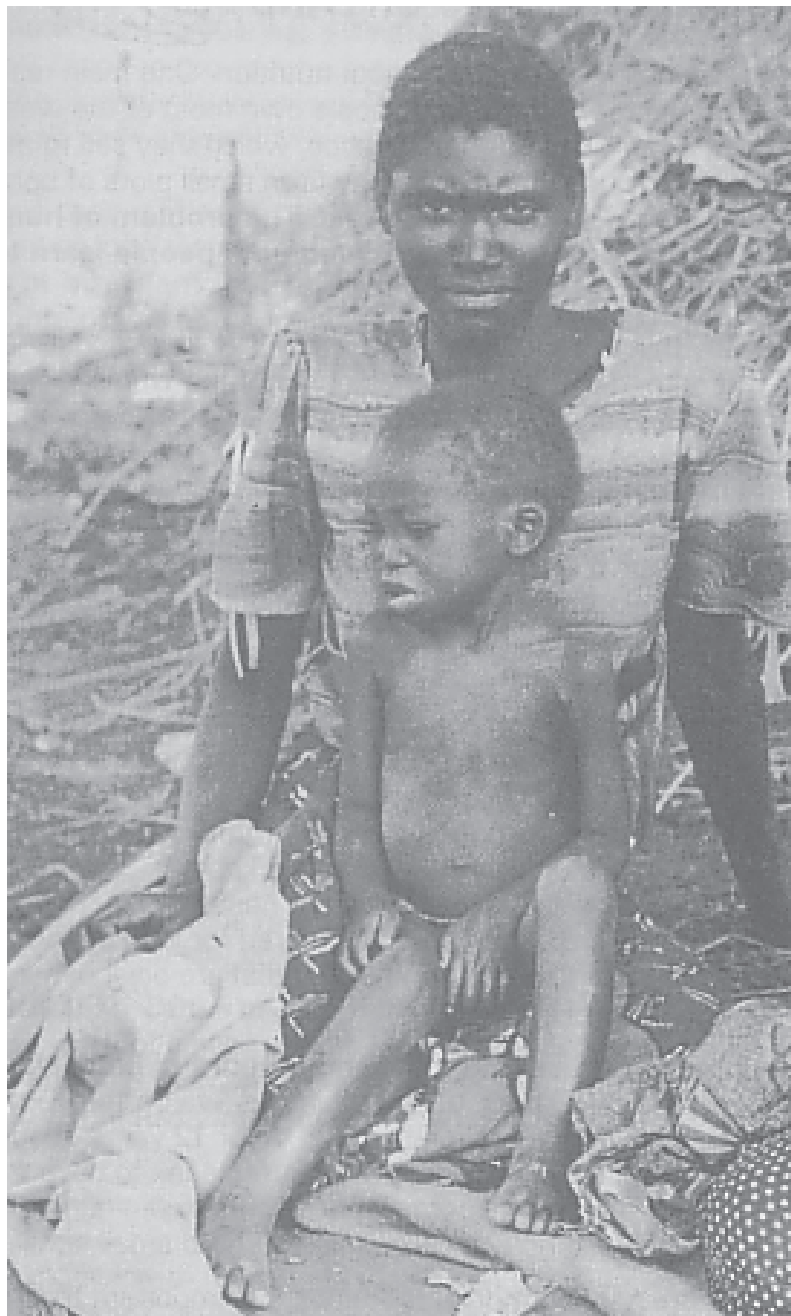
Mwana ali pa chithunzichi ndi wofunika zakudya zambiri zopatsa mphamvu ndi zina zomanga thupi (onani tsamba 116). Ngati banja lili ndi nkhekwe yakale ndi yakutha, ndi bwino kugula ufa wa m'sitolo kapena mkaka wa ufa. Thirani mafuta ophikira kapena mavitamini ena aliwonse m'chakudya (onani tsamba 237).

Malungo akhoza kuyamba matenda a kwashoko akamatha. Amwetseni ana mankhwala olimbana ndi malungo (onani tsamba 379).

## Kuperewera kwina kwa zakudya m'thupi

Pakati pa anthu osauka kuperewera kwa zakudya m'thupi kumachitika chifukwa cha njala (kuchepa kwa zakudya marasimasi) ndiponso kuchepa kwa zakudya zomanga thupi ndi kudya zakudya zosasungidwa bwino (kwashoko). Kuperewera kwina kwa zakudya m'thupi kungayambe chifukwa chosowa mavitamini ndi mchere wa m'thupi. Mitundu yambiri ya kuperewera kwa zakudya m'thupi kwafotokozeredwa bwino m'chaputala china chake komanso m'magawo ena a bukuli.

- **Matenda a khungu** la usiku kwa ana osadya chakudya chokhala ndi mavitamini A okwanira (onani tsamba 237).
- **Matewe** chifukwa chosowa vitamini D (onani tsamba 130).
- **Matenda osiyanasiyana a pakhungu**, zilonda za m'milomo ndi m'kamwa kapena kutayika kwa magazi m'nkhamu (chiseyeye) chifukwa chosadya zipatso, ndiwo za masamba ndi zakudya zina zokhala ndi mavitamini (onani tsamba 220).
- **Kuchepa kwa magazi m'matupi** mwa anthu osadya chakudya chokhala ndi ayironi (onani tsamba 129).
- **Nthenda ya kutupa kwa nkhwio (Giotre)** imayamba chifukwa cha kuchochepa kwa mchere wokhala ndi ayodini (onani tsamba 135).



Mwanayu akudwala matenda a kwashoko. Miyendo zala ndi milomo ndi yotupa komanso akuwoneka wosasangalala. Amayi ake ndi wosauka ndipo adya komanso amudyetsa mwanayu phala la ufa wachimanga chomwe chasungidwa kwa nthawi yayitali. Mayiwo ali bwino ndithu koma mwanayu akudwala.

**Pofuna kupewa kuperewera kwa zakudya m'thupi ana ayenera kudyetsedwa ngati ndi kotheka chakudya chomwe sichinasungidwe nthawi yayitali. Ana amafunikanso zakudya zambiri zomanga thupi.**



## Kudya zakudya zabwino pamene mulibe ndalama zambiri ndiponso malo olima



Pali zifukwa zambiri zomwe zimayambitsa njala ndiponso kudya zakudya zosayenera. Chimodzi mwa zifukwazi ndi umphawi. M'madera ambiri dziko lapansi, ndi anthu ochepa omwe ali ndi chuma komanso malo olima. Anthu amalima khofi kapena fodya kuti azigulitse kuti apeze ndalama ngakhale zilibe chakudya china chirichonse chofunikira m'thupi. **Anthu ambiri osauka amalima minda ing'onoing'ono yobwereka yomwe eni ake amatenga gawo lalikulu la zokolola. Vuto la njala ndi kudya zakudya zosakwanira m'thupi silidzatha pokhapokha anthu atayamba kugawana zinthu bwinobwino mosachenjeretsana.**

Koma pali zinthu zambiri zomwe anthu akhoza kuchita kuti azidya zakudya zabwino pa mtengo wotsika. Pakudya zakudya zabwino angathe kukhala ndi mphamvu zomenyera ufulu wawo wachibadwidwe. Anthu a m'mudzi umodzi kapena gulu la mabanja atagwirizana kugwirira pamodzi ntchito zawo, zingathandize kuti apeze zakudya zoyenera m'thupi.

- **Njira zoyenera za ulimi:** Kugwiritsira ntchito ulimi wothirira, kasinthasintha wa mbewu m'munda, ulimi wa nsomba, ulimi wa njuchi ndiponso minda ya pabanja. Afunsezi alangizi a za ulimi zambiri za zimenezi.
- **Kusunga bwino mbewu zokolodwa:** Makamaka chimanga, chinangwa ndi zakudya zina. Muchiyanike chinangwa kwa masabata awiri. Chikasinjidwa kapena kuperedwa, ndi kofunika kuwonetsetsa kuti chikuumitsidwa bwino. Ufa wa chinangwa wosakonzedwa bwino sungasungidwe kwa miyezi ngakhale itatu usanawonongeke. **Chimanga chosaumitsitsa** chikasungidwa m'nkhokwe, sichichedwa kufuka (kyfumbwa). Ndi koyeneranso kuchiteteza chimanga ku makoswe. **Nyemba ndi mtedza** sizivuta kuuma ndi kusunga kwa nthawi yayitali. Ndipo zikasungidwa, mukhoza kumasankha nyemba ndi mtedza wofuka musanawakonzero ana chakudya (onani tsamba 118).
- **Munda wogwirizana ndi kukula kwa banja:** Munda waukulu ukhoza kudyetsa anthu ambiri. Mabanja ang'onoang'ono amakhala bwino. Njira zakulera zimathandiza kukhala ndi mabanja ang'onoang'ono. Mabanja osauka amakonda kukhala ndi ana ambiri chifukwa ana a zaka 10 mpaka 12 angathe kulima pofuna kuti apeze zokolola zambiri. Pokhapokha umphawi utatha, malipiro abwino akuperekedwa, ndiponso malo olima akugawidwa bwinobwino popanda kuchenjeretsa ena ndi pamene anthu ena angafune kukhala ndi chiwerengero chochepa cha ana.
- **Kasamalidwe kabwino ka ndalama:** Ndalama ikakhala yosakwanira ndi bwino kuyigwiritsira ntchito mosamala kapena mwanzeru. Izi zitanthauza kugwirizana pakagwiritsidwe ntchito ka ndalama ndi kuwona patsogolo. Mu mabanja ambiri osauka, abambo amawononga ndalama yosakwanira kale ndi kale iya pomwera mowa ndi kusutira fodya m'malo mogula chakudya chofunikira m'thupi, kapena kugula nkhu yoti ikayikire mazira kapena china chake kuti chitukule moyo wa banja lawo. Abambo amene amawera mowa limodzi, ayenera nthawi zina kukumana ali bwinobwino nkukambirana za mavutowa ndiponso kupeza yankho labwino.

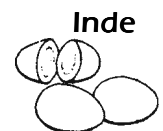


M'malo mogula mazira, mkaka, mtedza kapena zakudya zina zokhala ndi zofunikira zonse, amayi ambiri amawononga ndalama pogulira ana awo maswiti ndi firizesi. Powagulira zakudya zoyenera m'malo mwa maswiti, anawo angakule ndi thanzi kwambiri. Kambiranani ndi amayiwo ndi kupeza yankho loyenera.



**Ayi**

**Ngati muli ndi ndalama yocheperapo ndipo mukufuna kuthandiza mwana wanu kuti akule bwino: Musamugulire firizesi/zakumwa zoziziritsa kukhosi mugulireni mazira awiri kapena mtedza.**



**Inde**

## Zakudya zabwino pamtengo wotsika

Anthu ambiri pa dziko lapansi amadya zopatsa mphamvu zokha popanda zina zowonjezera mphamvuzo ndi zomanga thupi kapena kuteteza ku amatenda. Ichi ndi chifukwa chakuti zakudya zinazo ndi zokwera mtengo. Makamaka zochokera ku ziweto monga nyama ndi mkaka.

Anthu ambiri sangakwanitse kugula nyama ndi mkaka. Ziweto zimafuna malo aakulu oziwetera kuti zizipereka mkaka ndi nyama yambiri. **Banja losauka lingamapeze zakudya zonse zoyenera litamalima kapena kugula zakudya monga nyemba, khobwe komanso mtedza pamodzi ndi zakudya zofunikira monga chimanga kapena mpunga m'malo mogula zakudya zokwera mtengo zochokera ku ziweto monga mkaka ndi nyama.**

**Anthu akhoza kukhala amphamvu ndi athanzi atamapeza zakudya zomanga thupi kuchokera ku zakudya zochita kulima.**

Komabe ndi koyenera kumadya nyama ndi mkaka ngati banja lili ndi ndalama zokwanira kugulira zakudyazi ndiponso ngati miyambo yawo imalola kudya zakudyazi. Ichi ndi chifukwa chakuti mbewu zomwe zimakhala ndi zakudya zomanga thupi sizikhala ndi mitundu yonse ya zakudya zomanga thupi.

Yesetsani **kudya zakudya zosiyanasiyana** zomanga thupi, mavitamini komanso mchere ndi wofunikira m'thupi. Mwachitsanzo, nyemba ndi chimanga zimakhala ndi zofunikira zonse m'thupi zikadyedwa pamodzi kusiyana ndi nyemba kapena chimanga pa zokha. Ndiwo zamasamba ndi zipatso zikawonjezeredwa pa chimanga ndi nyemba, zimakhala bwino kwambiri.

Maganizo otsatirawa angathandize kupeza mavitamini mchere wa m'thupi ndiponso chakudya chomanga thupi pa mtengo wotsika.

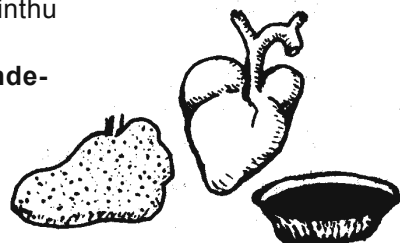
**1. Mkaka wa m'mawere:** Uwu ndi osavuta kupeza, wopereka thanzi kwambiri ndipo umakhala ndi zakudya zonse zofunikira kwa ana. Amayi angathe kudya chakudya chambiri chochita kudzilimira kotero mayi akhoza kukhala ndi mkaka wabwino m'mawere awo oyamwitsa ana. Mkaka wa m'mawere umateteza mwana kumatenda osiyanasiyana komanso suwonongetsa ndalama.

**2. Mazira ndi nkhuu:** M'madera ambiri, mazira savuta kupeza ndipo ali ndi zakudya zomanga thupi kwambiri zochokera ku ziweto. Mazira akhoza kuphikidwa ndi kusakanizidwa ku chakudya cha ana omwe akuyamwa. Akhonzanso kumaperekedwa kwa ana powonjezera kuyamwa mwana akamakula.

Makombe amazira akaphikidwa nkuperedwa kwambiri ndi kuwasakaniza kuchakudya angapereke *calcium* kwa amayi oyembekezera omwe amatuluka zilonda kugwedera mano ndi kumva kukokana kwa mitsempha m'thupi chifukwa chosowa *calcium*.

Chakudya chomanga thupi kuchokera ku ziweto chimapezeka mosavuta ngati banja likuweta lokha zinthu monga nkhuu.

**3. Chiwindi, mtima, mapapo ndi utchazo/uwende-izi zili ndi zoyenera zomanga thupi,** zambiri mavitamini ndiponso ayironi ndipo ndi zotsikira mtengo. **Nsomba** nazo ndi zotsikirako mtengo kusiyana ndi nyama ndipo zili ndi zofunika kwambiri m'thupi.



**4. Nyemba, mtedza ndi mbewu zina za gulu la mtedza** ndi zabwino zopezeka mosavuta pazakudya zomanga thupi. Nyemba, mtedza ndi mbeu za gulu la mtedza zikhoza kukhala ndi mavitamini ambiri ngati zitayamba za phukira kaye zisanaphikidwe kudyedwa ndi chakudya cha ana chingapangidwe kuchokera ku yemba zophikidwa bwino nkuzisenda ndi kuzipota.

**Njira ziwiri zophikira nyemba za soya:**

**Chiponde cha soya**

- Tengani makapu awiri anyemba za soya, zitsukeni ndikuchotsa fumbi ndi timiyala.
- Thirani madzi odzadza makapu atatu mu mpoto. Abwatitseni kenaka thirani nyemba za soyazo m'madzi obwatawo. Ziphikeni kwa mphindi khumi.
- Tayani madzi mpoto wa soyayo ndipo ziyikeni m'madzi ozizira. Zikhale m'madzimo usiku wonse kuti zifewe.
- M'mawa zipereni nyemba za soyazo pa mwala woperela mpakana zipange pesiti wofewa yemwe angaphatikizidwe ku mbatata ya kholowa kapena masamba.



**Mkaka wa soya**

- Tengani kapu imodzi ya soya ndipo mtsukeni.
- Bwatitsani madzi okwanira makapu atatu ndipo thiranimoni soda. Madzi akhale pa moto kwa mphindi khumi.
- Tayani madzi mpotomo ndipo thirani makapu ena atatu amadzi ozizira nkuwazamo soda. Kenaka abwatitseninsu kwa mphindi khumi.
- Chotsani madzi mpotomo ndi kuwasunga mpoto wina. Perani soyayo kuti akhale pesiti. Onjezerani madzi omwe munasunga aja. Tayani pesiti ndi madzi kudzera pa nsalu yoyera bwino ndipo mufinye madzi amkakawo kuti adutse pa nsalupo.
- Uwu ndi mkaka wa soya. Ubwatitseni kwa mphindi khumi musanausunge.

Nyemba ndi mtedza ndi zakudya zonse za gululi sizakudya zomanga thupi zotsika mtengo kokha. Mbewuzi zimathandizanso kubwezeretsa chajira m'nthaka koteru kuti mbewu zimakula bwino. Pa chifukwa ichi ulimi wa kasintha mbewu pa malo amodzi komanso wosakaniza mbewu zimodzi pa malo amodzi ngwabwino kwambiri (tsamba W13).

**5. Ndiwo za masamba obiriwira kwambiri** zimakhala ndi ayironi, mavitamini A ndiponso zina zofunika pomanga thupi. Mtoliro (kholowa), khwanya, chitambe, mnkhwani ndi masamba amalambe zili ndi zakudya zofunikira kwambiri m'thupi. Zingafutsidwe, kuperedwa ndikusakanizidwa ku chakudya cha ana.

**6. Chigwada (masamba achinangwa)** amakhala ndi zofunikira zomanga thupi zochulukira kasanu ndi kawiri ndiponso mavitamini kuposa chinangwa chenicheni. Zimakhala bwino kudyera pamodzi. Masamba osakhwima ndiye ali bwino koposa.

**7. Chimanga choviika mu layimu chisanaphikidwe, chimakhala ndi layimu wambiri.** Kuchiviika mulayimu kumathandiza kuti mavitamini ndi zoyenera pomanga thupi zambiri zigwiritsidwe ntchito m'thupi.

**8. Mpunga ndi tirigu:** Izinsu zili ndi zofunikira kwambiri zomanga thupi ngati zagayitsidwa zisanayambe zakonoledwa. Mpunga wokonoledwa pang'ono, tirigu wosakonoledwa amakhala ndi, mavitamini ndi mchere wofunikira kwambiri pomanga thupi kusiyana ndi mpunga ndi tirigu wokonoledwa wonse.

**Dziwani izi:** Zakudya zomanga thupi zopezeka mu tirigu, mpunga, chimanga ndi zina zingagwiritsidwe bwino ntchito m'thupi ngati zidyedwa pamodzi ndi nyemba.

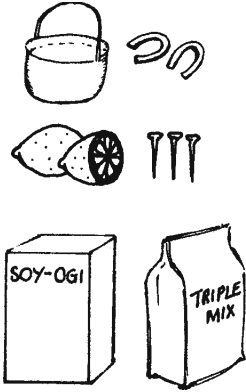
**9. Masamba ophika, mpunga ndi zakudya zina za madzi ochepa:** zisanaphikidwe kwambiri kuti mavitamini ndi zofunikira pomanga thupi zisatayike. Madzi otsala mungathe kuwamwa kapena kuwapangira msunzi.

**10. Zipatso za m'tchire ndi monga zipatso** za sitilobere zimakhala ndi vitamini C ndi shuga wachilengedwe. Izi zimathandiza kuwonjezera mavitamini ndiponso m'phamvu (somalani kuti musadye zipatso zokhala ndi poyizoni).



**11. Kuphikira mpoto wa chitsulo** kapena kuika kachibenthu ka ayironi mu ferempani pophika nyemba ndi zakudya zina kumawonjezera ayironi kuzakudya ndipo zimateteza kuchepa kwa magazi m'thupi. Matimati amawonjezera ayironi m'chakudya.

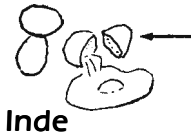
Kuika misomali ya ayironi m'mandimu kwa mawola angapo kumawonjezeranso ayironi m'thupi mukamwa madzi a mandimuwo.



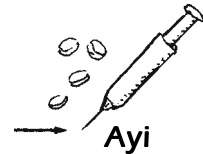
**12. M'maiko ena zakudya za zokonzeratu za ana zimapezeka pa mtengo wotsika** ndipo zimapangidwa posakaniza zinthu zosiyanasiyana monga nyemba za soya, njere za thonje, mkaka kapena nsomba zouma. Zakudya zina sizimakoma kusiyana ndi zina koma zimakhala ndi zonse zofunikira. Zikaphatikizidwa ndi phala, chimanga chophika kapena chakudya china cha ana, zimawonjezera kwambiri zakudya zofunikira m'thupi.

## Kumene mavitamini angapezeke: m'mapiritsi, m'majekeseni, mankhwala otsekemera amadzi kapena m'zakudya

Munthu aliyense amene amadya zakudya zabwino za kasakaniza kuphatikizapo ndiwo za masamba ndi zipatso, amapezeka ndi mavitamini onse ofunikira m'thupi. Ndi bwino kudya zakudya zabwino kusiyana ndi kugula mapiritsi a mavitamini, majekeseni, mankhwala otsekemera a madzi kapena opatsa mphamvu.



**Ngati mukufuna mavitamini, gulani mazira kapena zakudya zina zokhala ndi zofunikira m'thupi m'malo mwa mapiritsi kapena majekeseni.**



Nthawi zina zakudya zofunikira zimasowa. Ngati munthu sadya zakudya zoyenera, ayenera kudya monga mmene angathere kuwonjezerapo mavitamini.

Mavitamini ochita kumwa amagwira ntchito chimodzimidzi ndi ochita kubaya ndipo ndi otsika mtengo komanso si owopsa. **Musabaye jekeseni wa vitamini! Ndi bwino kuwameza makamaka kudzera m'zakudya ndi zakudya zopatsathanzi.**

**Ngati mukugula zosiyanasiyana zokonzera mavitamini, onetsetsani kuti zili ndi mavitamini onsewa:**

- *Niacin (niacinamide)*
- Vitamini B<sub>1</sub> (*thiamine*)
- Vitamini B<sub>2</sub> (*riboflavin*)
- Ayironi (*ferrous sulphate* ndi zina zotere) — makamaka kwa amayi apakati. (Kwa anthu osowa magazi, mapiritsi amavitamini osiyansiyana sakhala ndi ayironi wokwanira. Mapiritsi a ayironi amathandizako.)

Poonjezera apa, anthu ena amafunika zakudya izi zoonjezera:

- Folic acid (*folicin*) kwa amayi apakati
- Vitamini B<sub>6</sub> (*pyridoxine*) kwa ana aang'onoang'ono komanso odwala omwe akumwa mankhwala ochiza TB
- Vitamini A
- Vitamini C
- Vitamini D } kwa ana aang'onoang'ono
- *Calcium*, kwa ana komanso amayi oyamwitsa omwe samalandira *calcium* wokwanira kuchokera mumkaka tchizi, kapena zakudya zokonzedwa ndi laimu
- Ayodini (kumalo komwe kuli matenda a chithokomiro)

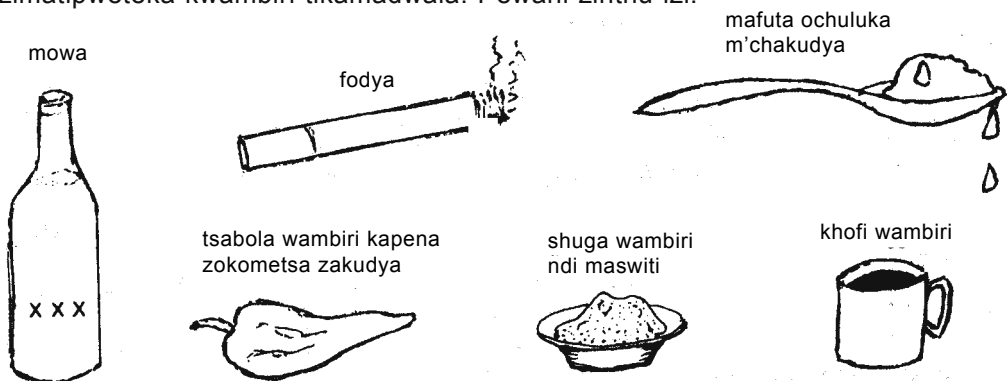
## Zoyenera kupewa m'zakudya zathu

Anthu ambiri amakhulupirira kuti zakudya zambiri zingawapweteke kapena kuti sayenera kudya kalikonse akamadwala. Amaganiza zazakudya zina zotentha ndi zina zozizira ndipo salola kudya zakudya zotentha pamatenda aakulu kapena zozizira pa matenda osadetsa nkhawa. Amaganizanso kuti zakudya zina zosiyanasiyana ndi zoipa kwa mayi yemwe ali ndi mwana wakhanda. Zikhulupiriro zina zimakhala zomveka pomwe zina nzowononga. Kawirikawiri zakudya zimene anthu amaganiza kuti si zabwino kudya akadwala ndi zakudya zimene zimafunika kwambiri kuti achire.

Munthu wodwala amayenera kudya zakudya zomanga thupi kwambiri kusiyana ndi amene ali bwinobwino. Tisamadandaule kwambiri ndi zakudya zimene zingamupweteke wodwala m'malo mwake tiziganizira kwambiri za zakudya zimene zingamuthandize wodwala kuti achire. Zakudyazo ndi monga zipatso, ndiwo za masamba, mkaka, nyama, mazira, ndi nsomba. Mwa lamulo:

**Chakudya chomwe nchabwino tikakhala kuti sitikudwala n'chabwino tikamadwala.**

Komanso zinthu zomwe zimatipweteka tikakhala kuti sitikudwala nzomwense zimatipweteka kwambiri tikamadwala. Pewani zinthu izi:



- Mowa umayambitsa kapena umakulitsa matenda a chiwindi, m'mimba ndiponso m'mitsempha. Umayambitsanso mavuto ena osiyanasiyana monga kusakhala bwino ndi anthu.
- Kusuta fodya kumayambitsa chifuwa chamgonagona, khansa ya m'mapapo ndi mavuto enanso (onani tsamba 156). Kusuta nkoipa makamaka kwa anthu odwala matenda a m'mapapo monga chifuwa chachikulu (TB), mphumu.
- Zakudya za mafuta kwambiri, tsabola kapena khofi zingayambitse zilonda zam'mimba ndi mavuto ena amziwalo zogayira zakudya.
- Shuga ndi mchere wambiri amapha chilakolako cha zakudya, kuwoletsa mano, matenda a mtima komanso khansa ya m'matumbo. Komabe, shuga wina amapereka mphamvu kwa munthu wodwala kwambiri kapena kwa mwana operewera zakudya m'thupi.

Matenda ochepa okha safuna kuti odwala adye zakudya zina. Mwachitsanzo, anthu amene magazi awo amathamanga kwambiri, mavuto ena a mtima, mapazi otupa ayenera kudya mchere wochepa kapena osadya mchere kumene. Zilonda zam'mimba ndi matenda a shuga amafuna zakudya zapadera (onani masamba 132 ndi 133).

## Chakudya chabwino cha ana

### Miyezi inayi mpaka isanu ndi umodzi yoyambirira

Kwa miyezi inayi yoyambirira mwana ayenera kuyamwa mkaka wa m'mawere okha basi. Mkaka wa m'mawere ndi chakudya chabwino komanso chaukhondo kwa ana. Mkakawu ndi wabwino kuposa zakudya zina za ana zogula msitolo.



Mwana amatetezedwa ku matenda otsekula m'mimba ndi ena akakhala kuti akuyamwitsidwa mkaka wa m'mawere miyezi isanu ndi umodzi yoyambirira akangobadwa. **Mwanayo asamwetsedwe tiyi kapena madzi ngakhale kunja kutenthe kwambiri.**

**Amayi ena amaletsa ana kuyamwa msanga chifukwa amaganiza kuti mkaka si wabwino kapena kuti mawere awo sakutulutsa mkaka wambiri.** Mkaka wa m'mawere uli ndi zakudya zonse zofunikira kuti mwana akule bwino ngakhale mayi wa mwana atawonda komanso kufowoka kwambiri.

Pafupifupi amayi onse amakhala ndi mkaka wonse womwe ana angafune kuyamwa:

- Njira yabwino yoti mayi apitirize kupanga **mkaka wa m'mawere ndi kumamuyamwitsa mwanayo pafupipafupi.**
- Musayambe kuwapatsa zakudya zina ana asanakwanitse miyezi inayi. Mwana akayamba kudya zakudya zina, nthawi zonse **muyamwitseni asanadye zakudya zinazo.**
- Ngati mawere a mayi sakutulutsa mkaka, komabe pambuyo pake akhoza **kuyambanso kutulutsa mkaka.** Ayenera kudya zakudya zabwino, kumwa zamadzi zambiri kenaka mwana ayambenso kuyamwa pafupipafupi musanamupatse chakudya china chilichonse. Mwana akatha kuyamwa, ayenera kumwetsedwa ndi kapu mkaka wa mtundu wina uliwonse monga mkaka owiritsa wa ng'ombe kapenanso wa mbuzi, kapena wa ufa. (Musamumwetse mkaka wa madzimadzi wotsekemera wa m'chitini). Thirani shuga kapena mafuta ophikira ku mkaka wina uliwonse.

**Chidziwitso:** Madzi owiritsidwa (ndikuziziritsidwa) ayenera kuthiridwa mu mkaka wa mtundu wina uliwonse womwetsa kwa ana. M'munsimu muli njira ziwiri zomwe mungakonzere mkaka wa ana:

mbali ziwiri za mkaka wowiritsa ndi kupoletsedwa

mbali imodzi ya madzi owiritsa ndi kupoza

sipuni yaikulu ya shuga kapena mafuta pa tambula iliyonse yaikulu



mbali ziwiri za mkaka wam'chitini wamadzi

mbali zitatu za madzi owiritsa ndi kupoza

sipuni imodzi yaikulu ya shuga kapena mafuta ku tambula iliyonse



Ngati mkaka wopanda mafuta wagwiritsidwa ntchito, thirani supuni yodzadza ndi mafuta ophikira mu mkakamo.

- Nthawi zonse bwatitsani mkaka ndi madzi. **Ndi bwino kudyetsa mwana pogwiritsira ntchito kapu ndi supuni kusiyana ndi botolo.** Mabotolo a ana ndi tinkhumbu ta botolo la mkaka amavuta kuwasunga bwinobwino ndipo amayambitsa matenda osiyanasiyana monga kutsekula m'mimba (onani tsamba 163). Botolo likagwiritsidwa ntchito, ilo pamodzi ndi kankhumbu ka botolo la mkaka ziyenera kuwiritsidwa nthawi iliyonse mwana akadyetsedwa/akamwetsedwa mkaka.
- Ngati palibe ndalama zokwanira zogulira mwana mkaka, m'phikireni phala la mpunga kapena la ufa wachimanga chabwino chosafutwa. Nthawi zonse muzionjezera mazira, nyama, nkuku ndiponso nyemba kapena zakudya zina zomanga thupi. Izi ziyenera kunyenyedwa ndikusakanizidwa ndi madzi.

**Chenjezo:** Madzi a mpunga ndi chimanga okha alibe zakudya zofunikira zonse m'thupi mwa mwana. Mwana sangakule bwino kapena kuyenda ndi kuyankhula pa nthawi yake. Mwana angadwale ndi kumwalira chifukwa chosowa zakudya zofunikira m'thupi. Mwana ayenera kudya zakudya zomanga thupi.

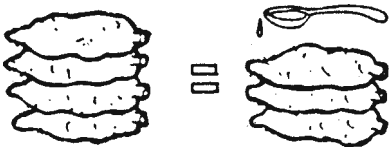
## Kuyambira miyezi inayi mpaka cha chimodzi

1. Mwana ayenera **kupitiriza kuyamwa** mpakana atakwanitsa zaka ziwiri kapena zitatu.

2. Mwana **ayambe kupatsidwa zakudya zina pakati pa miyezi inayi ndi isanu kapena isanu ndi umodzi**. Muyamwitseni kaye musanampatse zakudya zina. Ndi bwino kuyamba kumudyetsa mwana phala la ufa wachimanga kapena la mpunga lophikidwa ndi madzi kapena mkaka ndipo muyambe kuthiramo **mafuta ophikira pang'ono** pofuna kuwonjezera mphamvu m'thupi la mwana. Pakatha masiku angapo, mukhoza kuyamba **kuwonjezera zakudya zina koma pang'onopang'ono ndikumawonjezera chakudya chimodzichimodzi** kuti mwana asamakhale ndi vuto logaya zakudyazo m'mimba. Zakudya zatsopanozi ziyenera **kuphikidwa bwino nkuzinyenya**. Onetsetsani kuti nzosafuka kapena kuwonongeka/kusasa. Poyamba mungazisakanize ndi mkaka wa m'mawere kuti mwana asavutike kumeza.

3. Mkozereni mwana chakudya chokhala ndi zofunikira zonse koma pa mtengo wotsika pophatikiza zakudya zowonjezera ku chakudya chodalirikacho (onani tsamba 115). Ndi kofunika kuphatikiza zakudya zopatsa mphamvu (monga mafuta ophikira) ndi ayironi (monga ndiwo zobiriwira za masamba).

Kumbukirani kuti mimba ya mwana ndi yayin'gono kotero kuti chakudya chambiri sichingakwanemo. **Choncho n'dyetseni mwanayo pafupipafupi** ndiponso onjezerani **chakudya chopatsa mphamvu** kwambiri.



Sipuni imodzi ya mafuta ophikira akathiridwa ku chakudya cha mwana n'koyenera kuti azidya  $\frac{3}{4}$  ya chakudya chomwe mwanayo amachidalira kuti akhale ndi mphamvu zoyenera. Mafuta othira ku chakudyawa amathandiza kuti pamene mwanayo azikhuta akhale atapeza mphamvu zokwanira nthupi mwake.

**Chenjezo:** Nthawi yomwe mwana akhoza kupezeka kuti akuperewera zakudya m'thupi ndi kuyambira ali ndi miyezi 6 mpaka zaka ziwiri. Ichi n'chifukwa chakuti mkaka wokha sukwanitsa kupereka chakudya chokwanira chopatsa mphamvu mwana akakwanitsa miyezi 6. Pa nthawiyi, zakudya zina zimafunika ngakhale kuti sizikhala zopatsa mphamvu. Mayi akaleka kuyamwitsa mwana wake, mwanayo angapezeke kuti akuperewera zakudya zofunikira m'thupi.

Kuti mwana wa msinkhuwu akhale wathanzi tiyenera:

- Kupitiriza kumuyamwitsa mkaka wa m'mawere kwambiri monga pachiyambi.
- M'dyetseni zakudya zina zokhala ndi zofunikira zonse. Nthawi zonse muyambe kum'dyetsa pang'onopang'ono.
- M'dyetseni kasanu pa tsiku ndipo mumpatse tizakudya tina mukamadyetsa komanso musanamudyetse chakudya china.
- Onetsetsani kuti chakudya n'chosamalidwa komanso chophikidwa bwino.
- Sefani, bwatitsani ndi kuchotsa tina ndi tina tosakhala bwino m'madzimo.
- Mwana ndiponso malo omwe akukhala akhale osamalidwa bwino.
- Mwana akadwala, m'dyetseni chakudya chowonjezera pafupipafupi ndipo mumpatse zakumwa zambiri.
- **Kwa amayi amene ali ndi kachilombo ka HIV/Edzi:**



Pakapita miyezi isanu ndi umodzi mwana wanu adzakhala wonenepa ndi wamphamvu ndipo sangadwale kapena kumwalira ndi matenda otsekula m'mimba. Ngati mwakhala mukumuyamwitsa tsopano mungathe kuyamba kumumwetsa mkaka wina ndikumudyetsa zakudya zina. Mukatero ndiye kuti sikungakhale kwa pafupi kuti mwanayo atenge kachilombo ka HIV/Edzi.

## Mwana wa chaka chimodzi ndi wamkulu

Mwana akatha chaka chimodzi, akhoza kudyā chakudyā china chofanana ndi akuluakulu koma azimwa mkaka ngati ndi kotheka.

Yesetsani kumpatsa mwana zakudyā zambiri zomanga thupi, mavitamini, ayironi ndi mchere wofunika m'thupi, tsiku lililonse (onani tsamba 115) kuti akule ndi thanzi komanso mphamvu.

**Ana ndi zakudyā zashuga:** Ana musawazolowezetse kudyā zakudyā zashuga yekhayekha ndiponso maswiti kapena zakumwa zoziziritsa kukhosi. Akamadya zakudyā zashuga kwambiri, samafunanso zakudyā zomwe n'zabwino pa moyo wawo. Maswiti amawoletsa mano awo.


Komabe, zakudyā zikakhala kuti n'zoperewera, mungawonjezere shuga pang'ono ndi mafuta ophikira ku mkaka kapena zakudyā zina zomwe mwana angapezemo zoyenera zomanga thupi.

### CHAKUDYA CHABWINO CHA ANA


**Miyezi inayi mpaka isanu ndi umodzi**

mkaka wam'mawere wokhawokha

**INDE**




**AYI**




**Miyezi 6 mpaka zaka ziwiri**


mkaka wam'mawere



komanso



mkaka wa ng'ombe, mbuzi kapena waufa



ndi zakudyā zina zophika bwino

**Dyetsani mwana kawirikawiri**



## Maganizo oyipa okhudza chakudya

1. Chakudya cha amayi oyembekezera ndiponso akabereka m'madera ambiri anthu amakhulupirira kuti mayi yemwe akudya nthochi angachititse kuti mwana wake akabadwa ndi liwombo lolowa m'kati.

Izi si zowona. Maganizo ambiri okhudza chakudya cha amayi oyembekezera ndinso mwana akabadwa ndi oipa kwambiri ndipo amaletsa amayi oyembekezera kudya zakudya zofunikira kwambiri. Akamangodya pang'ono mwina nsima, amafowoka komanso amatha magazi m'thupi. Mayiyo akhoza kumwalira chifukwa chakuchepa mphamvu yolimbana ndi kutayika kwa magazi kapena matenda ena.

**Mayi akakhala woyembekezera komanso akabereka ayenera kudya zakudya zokhala ndi zonse zoyenera/zofunikira m'thupi mwake.**

Mayiyu ndi wathanzi chifukwa amadya zakudya zakasinthasintha komanso zokhala ndi zofunikira zonse pamene adali woyembekezera ndiponso atabereka.



Pamandapa pagona mayi yemwe anakawopa kudya zakudya zokhala ndi zofunikira zonse atabereka.



Pofuna kulimbana ndi matenda kapena kutayika kwa magazi ndi kuti mayi atulutse mkaka wokwanira wa ana, **mayi woyamba kumene kubereka ayenera kudya zakudya zodalirika pamodzi ndi zomanga thupi monga nyemba, mazira, nkhuu ndi nsomba.** Ayeneranso kudya zakudya zomuteteza ku matenda monga zipatso ndi ndiwo zamasamba ndi zina zopereka mphamvu m'thupi. Zakudyazi sizingamupweteke mayiyu ndipo zimangomteteza ndi kumulimbikitsa.

2. Si zowona kuti malalanje, magwafa ndi zipatso zina ndi zoipa kwa munthu yemwe akudwala chimfine kapena chifuwa. Chowona chake n'chakuti zipatso monga malalanje ndi matimati ali ndi mavitamini C ambiri amene angalimbane ndi chimfine kapena matenda ena.

3. Si zowona kuti zakudya monga nyama ya nkumba, zokometsera ndiwo, magwafa zingadyedwe pamene munthu akumwa mankhwala. Kudya mafuta ndi zokometsera ndiwo pamene munthu akudwala m'mimba kapena zigawo zina za momwe zakudya zimagayidwira zikhoza kusokoneza matendawo. Izi zimathandizanso pamene munthu akumwa kapena sakumwa mankhwala.

4. Sizowona kuti kumpatsa mwana nyama ndiye kuti ayamba kuba. Ana onse ayenera kudya nyama kuti akule bwino.

## Mavuto azaumoyo okhudzana ndi zomwe anthu amadya

Zakudya zina zapadera zimathandiza kuteteza komanso kuchiza kapena kugonjetsa matenda ena.

### Kuchepa kwa magazi m'thupi

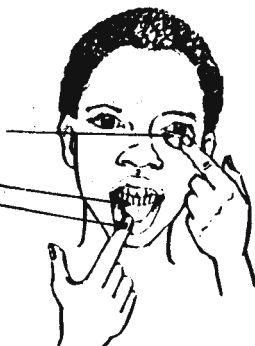
Munthu wodwala matendawa amakhala ndi magazi ochepa. Izi zimachitika ngati magazi atayika kwambiri kapena kuwonongeka mofulumira kusiyana ndi momwe thupi lingawabwezerere. Kutayika kwa magazi kuchokera ku zilonda zikuluzikulu, zilonda zam'mimba komanso kamwazi kumachititsa kuchepa kwa magazi m'thupi. Chimodzimodzinso kusamba komwe akazi amachita mwezi uliwonse makamaka ngati sakudya zofunikira m'thupi mwawo.

Chakudya chomwe chilibe nyama, masamba obiriwira kwambiri ndi zakudya zina zokhala ndi ayironi wambiri chikhoza kuchititsa kuchepa kwa magazi m'thupi.

Pakati pa ana, kuchepa kwa magazi m'thupi kumayamba chifukwa cha chakudya chopanda ayironi komanso ngati akungoyamwa osapatsidwa chakudya china atakwanitsa miyezi isanu ndi umodzi. Matenda a malungo (tsamba 181), njoka zam'mimba (tsamba 148) komanso kutsekula m'mimba (tsamba 162) zimayambitsa kuchepa kwa magazi m'thupi (tsamba 336).

#### Zizindikiro za kuchepa magazi m'thupi:

- kutuwa m'kati mwa zikope
- nkhamu zotuwa
- zikhadabo zoyera
- kulefuka komanso kutopa



- Ngati wodwala ali ndi magazi ochepa kwambiri, nkhope ndi mapazi ake zimatupa, mtima umagunda mofulumira kwambiri ndiponso wodwalaya amapuma mopereweza.
- Ana ndi amayi omwe amakonda kudya dothi nthawi zambiri amasowa magazi.

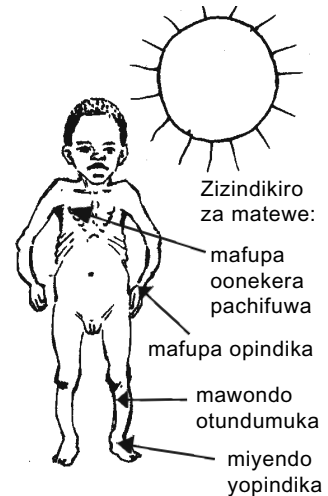
#### Kupewa ndiponso chithandizo chakuchepa kwa magazi m'thupi:

- **Idyani zakudya zokhala ndi ayironi wambiri monga:** nyama, nsomba ndi nkuku zili ndi ayironi amapezeka wambiri m'chiwindi. Komanso ayironi amapezeka mu ndiwo zamasamba obiriwira kwambiri, nyemba ndi khobwe. Kuphikira chakudya mpoto wa ayironi kumathandiza kupeza ayironi wambiri (onani tsamba 123). Kudya ndiwo zosaphika zamasamba komanso zipatso ndi kupewa kumwa khofi kapena tiyi nthawi ya chakudya kumathandiza thupi kupeza ayironi wambiri.
- Ngati kuchepa kwa magazi nkodetsa nkhuwa kwambiri wodwala angathe kumwa mapiritsi a ayironi wa safeti (onani tsamba 406). Izi nzofunika kwambiri kwa amayi oyembekezera. Mapiritsiwa ndi abwino kuposa mavitamini B<sub>12</sub> ndiponso mafuta **omwe amapezeka m'chiwindi**. Mwa lamulo mavitamini a ayironi ayenera kumwedwa osati kuchita kubaya jekeseni chifukwa majekeseni ndi owopsa koteri si abwino kuposa mapiritsi.
- Kuchepa kwa magazi kukayamba chifukwa cha kamwazi, malungo, njoka zam'mimba kapena matenda ena aliwonse, wodwala ayenera kukalandira chithandizo kuchipatala.
- Pitani ndi wodwala kuchipatala ngati kuchepa kwa magazi m'thupimo ndi kodetsa nkhuwa kwambiri. Ndi koyenera kuteri makamaka akakhala amayi apakati.

**Amayi ambiri amakhala ochepa magazi m'thupi** ndipo akhoza kupita padera nthawi yobereka komanso kutaya magazi ambiri pa nthawiyi. **Ndi kofunika kwambiri kuti amayi azidya zakudya zokhala ndi ayironi wambiri ngati kungatheke** makamaka nthawi yomwe ali ndi pakati. Amayi amabwezeretsa mphamvu m'thupi komanso amakhala ndi magazi ambiri akatenga zaka ziwiri kapena zitatu asanayimense (onani Mutu 20).

## Matewe

Ana omwe matupi awo samenyedwa konse ndikuwala kwa dzuwa, miyendo yawo imachita matewe. Mavitamini D komanso mkaka umathandiza ana kulimbana ndi matendawa. **Njira yosavuta komanso yotsika mtengo yoteteza ana ku matewe ndi kuwonetsetsa kuti matupi a ana akumenyedwa ndi kuwala kwa dzuwa kwa mphindi khumi pa tsiku** kapena kuposera apa. Ana asapatsidwe mlingo waukulu wa mavitamini D kwa nthawi yayitali chifukwa matupi a ana akhoza kupwetekeka ndi poyizoni wopezekeka m'mankhwawala.



KUOTHA DZUWA NDIYO NJIRA YODALIRIKA YOPEWELA NDI KUCHIZA MATEWE

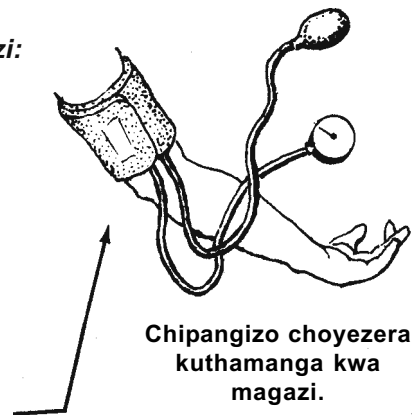
## Kuthamanga kwambiri kwa magazi

Kuthamanga kwambiri kwa magazi kungayambitse matenda osiyanasiyana monga a mtima, impso ndiponso siti-roko. Anthu onenepa kwambiri akhoza kukhala ndi vuto la kuthamanga kwambiri kwa magazi.

### Zizindikiro za kuthamanga kwambiri kwa magazi:

- kudwaladwala mutu
- kugunda kwa mtima ndi kupuma mopereweza
- kufowoka ndiponso chizungulire
- kupwetekeka pa chifuwa ndi phewa la kudzanja la manzere

Mavuto onsewa angathe kuyamba chifukwa cha matenda ena aliwonse. Choncho ngati munthu akukayikira kuti ali ndi matenda othamanga kwambiri kwa magazi, ayenera kukawonana ndi dotolo kuti akamupime.



Chipangizo choyezera kuthamanga kwa magazi.

**Chenjezo:** Poyamba kuthamanga kwambiri kwa magazi sikuwonetsa zizindikiro zake ndipo kuyenera kuchepetsedwa zizindikiro zowopsa **zisanawoneke**. Anthu onenepa kwambiri kapena omwe akukayikira kuti ali ndi vutoli, ayenera kumapimidwa kathamangidwe ka magazi awo nthawi ndi nthawi. Onani masamba 38 ndi 39 momwe mungapimire kuthamanga kwa magazi.

### Zoyenera kuchita pofuna kupewa matenda othamanga kwambiri kwa magazi:

- Anthu onenepa kwambiri ayenera kuchepetsa kunenepako.
- Zakudya za mafuta makamaka a nkumba ndi zakudya za shuga wambiri ziyenera kupewedwa. Gwiritsani ntchito mafuta opangidwa kuchokera ku mtedza, kapena mpenda dzuwa m'malo mwa mafuta a akhumba.
- Musasute fodya komanso musamwe mowa kwambiri.
- Kuthamanga kwa magazi kukakwera kwambiri, **pitani kuchipatala kuti mukalandire malangizo**. Mankhwala othandiza kuwona kathamangidwe ka magazi ayenera kumamwedwa nthawi ndi nthawi. Anthu ambiri akhoza kuchepetsa kuthamanga kwambiri kwa magazi pochepetsako kunenepa kwa matupi awo kapena kuchepetsa zadanandaula.

## Anthu onenepa

Kunenepa kwambiri sikusonyezathanzi ayi. Kuchuluka kwa mafuta m'thupi kumayambitsa kutha manga kwambiri kwa magari, matenda a mtima, kufa kwa ziwalo, matenda a shuga, kutupa kwa m'mabondo ndi m'mapazi, matenda a miyala ya mchikhodzodzo ndi matenda ena.

Anthu onenepa angachepetse kunenepako m'njira izi:

- posadya zakudya zamafuta kwambiri
- posadya zakudya zashuga ndi zotsekemera kwambiri
- kuchita masewero olimbitsa thupi
- **kusadya kwambiri buledi**, mbatata, mpunga, chinangwa, zikhawo ndi zina. Anthu onenepa kwambiri angathe kudya zipatso zambiri, ndiwo zamasamba komanso nyama yopanda mafuta

**Kapewedwe kake:** Mukayamba kunenepa kwambiri, tsatani ndondomeko yomwe ili pamwambayi.



**Kuti muchepetse kunenepa, idyani theka la chakudya chomwe mukudya tsopano.**

## Kudzimbidwa

Munthu amene akulephera kupanga chimbudzi kwa masiku atatu kapena kuposerapo amatengedwa kuti wadzimbidwa. Kudzimbidwa kumayamba chifukwa chakudya chakudya chosayenera (makamaka kusadya zipatso ndiponso ndiwo zamasamba) kapena kusachita masewero olimbitsa thupi.

**Kumwa madzi ambiri** ndi kudya zipatso zambiri, ndiwo zamasamba ndi zakudya zina monga buledi, tirigu, kaloti, tanaposi, maungu, chinangwa, mbewu za mpendadzuwa n'kwabwino kusiyana ndi kumwa mankhwala othandiza kupanga chimbudzi. Kuthira mafuta ophikira mu ndiwo kumathandizanso munthu yemwe wadzimbidwa. Anthu okalamba kapena akuluakulu amayenera kumayenda kapena kumachita masewero olimbitsa thupi kuti matumbo azimasuka.

Munthu amene matumbo akhala masiku anayi kapena kuposerapo osamasuka, ngati sakumva kupweteka m'mimba, akhoza kumwa mankhwala othandiza kuti achite chimbudzi monga magineziyamu. **Koma musamamwe mankhwalawa pafupipafupi.**

Ana ang'onoang'ono sayenera kumwetsedwa mankhwala othandiza kuchita chimbudzi. Ngati mwana wamng'ono wadzimbidwa kwambiri, muyikeni mafuta ophikira kuthako kwake. Ngati ndi koyenera zinyenyani manyi olimbawo pang'onopang'ono ndi chala chopakidwa mafuta chomwe mwalowetsa kuthako kwa mwanayo.

**Musagwiritse ntchito mankhwala othandiza kuchita chimbudzi — makamaka ngati wodwala akumva m'mimba.**

## Matenda a shuga

Anthu odwala matenda a shuga amakhala ndi shuga wambiri m'magazi mwawo. Matendawa akhoza kuyamba munthu ali mwana kapena ali wamkulu. Matenda a shuga ndi owopsa kwa ana choncho amafunika chithandizo chapadera chochepetsera matendawa. Anthu omwe ali ndi zaka zoposa makumi anayi omwe amadya kwambiri nkunenepanso kwambiri ndiwo amadwala matendawa.

### **Zizindikiro zoyambirira za patsogolo:**

- ludzu pafupipafupi
- kukodzakodza
- kutopa nthawi zonse
- njala pafupipafupi
- kuwonda
- mikono kapena mapazi kuchita dzanzi

### **Zizindikiro zowopsa za matenda a shuga:**

- kuyabwa kwa thupi
- kusawona bwino
- zilonda zosapola za m'miyendo
- kusazindikira chomwe chikuchitika (kukoka)
- matenda a kawirikawiri ku maliseche kwa azimayi

Zizindikiro zonsezi zikhoza kuyamba chifukwa cha matenda ena. Pofuna kudziwa ngati munthu akudwala matenda a shuga, ndi kofunika kuyeza mkodzo wake pofuna kuwona ngati muli shuga. Njira imodzi yoyezera mkodzowo ndi kuwulawa. Ngati mukumva kutsekemera, afunse anthu ena awiri kuti awulawe. Ngati nonse mwagwirizana kuti mkodzowo ukutsekemera, ndiye kuti munthuyo akudwala matenda a shuga. (**Chenjezo:** Musalawe mkodzowo ngati munthuyo ali ndi kachilombo koyambitsa matenda a Edzi.)

Njira ina yoyezera matenda a shuga nkugwiritsira ntchito mapepala olembedwa mizere (**Uristix**). Ngati mapepalawa asintha mtundu akaviikidwa mu mkodzo, ndiye kuti mu mkodzomo muli shuga.

Ngati wodwalayo ndi mwana kapena okulirako pang'ono ayenera kuyezedwa ndi adotolo.

Munthu yemwe wayamba kudwala matenda a shuga atakwanitsa zaka makumi anayi, angathandizike bwino podya zakudya zofunikira m'thupi. **Chakudya cha munthu wodwala matenda a shuga n'chofunika kwambiri ndipo chiyenera kumatsatidwa pa moyo wake wonse.**

**Chakudya cha munthu wodwala matenda a shuga:** Anthu onenepa kwambiri omwe akudwala matendawa ayenera kuchepetsa kunenepa mpaka atafika pa mlingo woyenera wa kunenepako. **Anthu odwalawa sayenera kudya shuga, maswiti kapena zakudya zotsekemera.** Ndi koyenera kuti odwalawa azidya zinthu monga buledi wa tirigu yekhayekha kuphatikizapo zakudya zina monga nyemba, mpunga ndi mbatata ndi zokhala ndi zomanga thupi.

Matenda a shuga kwa akuluakulu akhoza kuthandizidwa pakumwa madzi a m'makakitasi (*cactus*). Dulani kakitasi m'tizidutswa n'kutiphwanya kenaka n'kuchotsamo madzi ake omwe mungamwe musanadye; kapu imodzi ndi theka katatu patsiku. Fuusani a zaumoyo.

Popewa matenda ndi kuvulala kwa khungu, muzitsuka mano mukatha kudya, lisamaleni thupi ndipo nthawi zonse muzivala nsapato popewa kuvulala. Kusazungulira bwino kwa magazi m'mapazi (dzanzi), kumadalira kukweza miyendo m'mwamba popumula (tsamba 186).

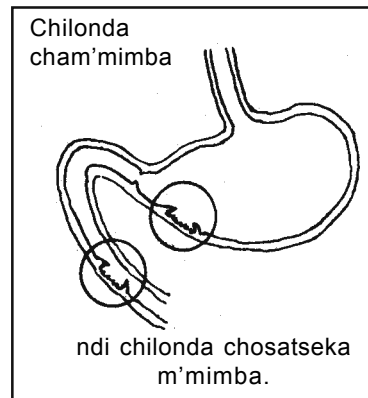
## Asidi wolepheretsa kugaya zakudya, kutentha kwa pachifuwa zilonda zam'mimba

Asidi wolepheretsa kugaya chakudya, ndi kutentha pa chifuwa amayamba chifukwa chakudya zakudya zolimba kwambiri kapena kumwa kwambiri mowa ndiponso khofi. Izi zimachititsa kuti m'mimba muzitulutsa mpweya wa asidi womwe umapweteketsa m'mimba kapena kutethetsa pa chifuwa. Anthu ambiri amasokoneza kupweteka kwa pa mtima ndi matenda a mtima m'malo mwakusagayika kwa chakudya m'mimba. Ngati kupwetekaku kumakula mukagona pansi ndiye kuti ndi vuto la asidi.

Chimodzi mwa zizindikiro za zilonda zam'mimba ndi kusatha kwa asidi la kudzi mlidwa m'mimba kapena kusatha kwa vuto la kudzi mlidwa.

### Chilonda cha m'mimba ndi chilonda chosapola msanga m'mimba kapena m'matumbo chomwe chimayamba chifukwa cha mpweya wa asidi.

Chingamachititse kupweteka kosatha. Ululu umachepa munthu akamadya ndikumwa madzi ambiri m'mimba mukakhala mpweya wolepheretsa kugayika kwa chakudya. Kupweteka kumawonjeza ola limodzi likatha chidyereni chakudya, komanso ngati sanadye chakudya kapena ngati akumwa mowa, kudya zakudya zokhala ndi mafuta ambiri kapenanso zakudya zokhala ndi zokometsera zowawa. Kupweteka kumakula kwambiri usiku. Ndi kovuta kudziwa ngati munthu yemwe akumva kupweteka m'mimba ngati ali ndi zilonda zam'mimba ngati sanapimidwe mwapadera kuchipatala.



Ngati chilonda cha m'mimba chakula kwambiri, chikhoza kuyambitsa kunsanza nthawi zina pamodzi ndi magari kapena magari ogayidwa owoneka ngati khofi. Chimbudzi cholimba chokhala ndi magari apachilonda cha m'mimba chimakhala chakuda ngati tala.

**Chenjezo:** Zilonda zina zam'mimba sizimapweteka ndipo **chizindikiro chawo ndicho kukhala ndi magari ndi m'asanzi kapena manyi omata akuda.** Izi zimafunika chithandizo cha kuchipatala msanga. Munthu akhoza kufa chifukwa chotaya magari kwambiri kotero **pitani ku chipatala msanga!**

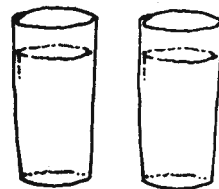
### Kupewa ndi chithandizo chake:

Kaya ndi kupweteka kwa m'mimba kapena pa chifuwa koyamba chifukwa chotentha pa chifuwa, asidi wolepheretsa kugaya zakudya kapena chilonda cha m'mimba, mfundo zovomerezeka zingathandize kuchepetsa ululu ndi kuchepewa kuti usayambirensa.

- **Musamadye mopyola muyezo.** Idyani zakudya zochepepa ndi chakudya china. Muzidya zakudya zochepetsa kupweteka m'mimba.
- **Dziwani zakudya kapena zakumwa zimene zimayambitsa kupweteka kwa m'mimba ndipo zipeweni.** Zina mwa izi ndi mowa, khofi, tsabola, zakudya za mafuta ndi zakumwa zokhala ndi soda.
- Yesani kugona chokhala ngati kutentha kwa pa mtima kukupitirira usiku mukagona pansi.



- **Imwani madzi ambiri:** Yesetsani kumwa makapu awiri akuluakulu amadzi musanadye komanso mutadya. Muzimwanso madzi ambiri mukadya komanso musanadye chakudya china. Ngati mukumvabe kupweteka m'mimba, pitilizani kumwa madzi monga tafotokozeramu.



- **Pewani fodya:** Kusuta fodya kumawonjezera mpweya wa asidi m'mimba ndipo umakulitsa vuto la kupweteka kwa m'mimba.



- **Imwani mankhwala olimbana ndi asidi:** Mankhwala abwino ndi amphamvu olimbana ndi asidi (tsamba 394) ali ndi *magnesium* komanso *aluminum hydroxide*.

- Imwani *cimetidine* (**Tagamet**) kapena *ranitidine* ngati mukumva kupweteka kwambiri kapena ngati zilonda zam'mimba sizikupola (tsamba 395). Mankhwala wa ndi okwera mtengo koma amphamvu pochotsa kupweteka ndikupoletsa chilonda. Komano chilonda chikhoza kuyambiranso.

- **Alo vera ndi chomera chopezeka m'mayiko ambiri chimene chimapoletsa zilonda zam'mimba.** Masamba ake okhala ngati siponji aduleni mtizidutswa ting'onoting'ono nkuwaviika m'madzi usiku wonse. Kenaka imwani kapu imodzi yamadzi owawawo pa mawola awiri aliwonse.



### Chenjezo:

1. Madotolo ambiri amavomereza kumwa **mkaka** ngati mankhwala azilonda zam'mimba. Ngakhale kuti mkaka ukhoza kuchepetsa kupweteka kwa zilondazo, umawonjezera mpweya wa asidi m'mimba zomwe zingakulitse zilondazo. Masiku ano adotolo amati **osamwa mkaka ngati mankhwala azilonda zam'mimba**.

2. Monganso mkaka mankhwala ena olimbana ndi asidi monga **soda (sodium bicarbonate)** ndi **Alka-Seltzer** akhoza kuchepetsa msanga asidi wolepheretsa kugaya zakudya, koma pakangopita nthawi pang'ono asidiyo amachulukanso m'mimbamo. Mankhwala wa asagwiritsidwe pa zilonda zam'mimba chimodzimidzinsu mankhwala olimbana ndi asidi okhala ndi *calcium*.

3. **Mankhwala ena** monga *aspirin* komanso ayironi wokhala ndi mchere amangokulitsa zilonda zam'mimbazo. Munthu amene ali ndi zizindikiro za kutentha pa mtima kapena asidi olepheretsa kugaya kwa zakudya sayenera kumwa *aspirin*. Mwina akhoza kumwedwa nthawi ya chakudya (tsamba 52).

4. Ndi kofunika **kupeza chithandizo cha zilonda msanga** powopa kutayika kwambiri kwa magazi. Zilonda zam'mimba zimapola ngati wodwala awonetsetsa zakudya zomwe akudya ndinso kumwa. Kukwiya ndi mantha kumawonjezera asidi m'mimba. Chisamaliro choyenera n'chofunika kwambiri kuti zilonda zam'mimba zikapola zisayambirensu.

**Pewani mavuto oyamba chifukwa cha asidi wam'mimba posadya kwambiri, kusamwa kwambiri mowa kapena khofi komanso posasuta fodya.**

## Nkhwiko (chotupa cha pakhosi)

Chotupa chachikulu cha pakhosi (*goitre*) chomwe chimayamba chifukwa cha kusakula bwino kwa magilandi otchedwa *thyroid*.

Nthendayi imayamba chifukwa chosowa ayodini m'zakudya. Kusowa kwa ayodini m'chakudya cha amayi apakati kumachititsa ana obadwawo kufa kapena kukhala ndi bongo wozizira kapena agonthi (tsamba 337). Izi zikhoza kuchitika ngakhale mayi alibe nthendayi.

### ***Mmene mungapewere kapena kuchizira matenda a chotupa cha pakhosi (goitre):***

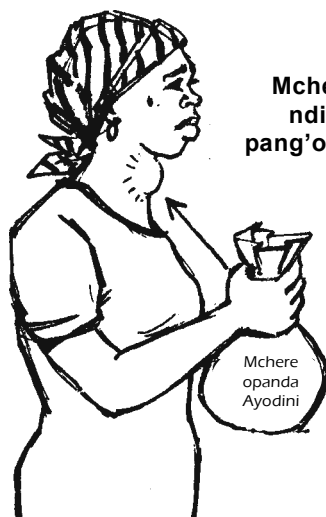
Anthu onse okhala m'madera m'mene matendawa amagwira anthu ayenera kumadya mchere wokhala ndi ayodini. Kudya mchere wokhala ndi **ayodini** kumateteza komanso kuchizanthendayi. Nthendayi ikakhalitsa ingachoke ngati wodwalayo atachitidwa opaleshoni.

Ngati kuli kovuta kupeza mchere wokhala ndi ayodini, gwiritsirani ntchito ayodini. Thirani kadontho kamodzi mkapu yamadzi tsiku lililonse ndikumwa koma muyenera kusamalitsa kuti musagwiritsire ntchito timibulu tambiri. Botolo la madzi a mankhwalawo liyenera kusungidwa patali ndi ana. Kudya mchere wokhala ndi ayodini ndi kwabwino kwambiri.

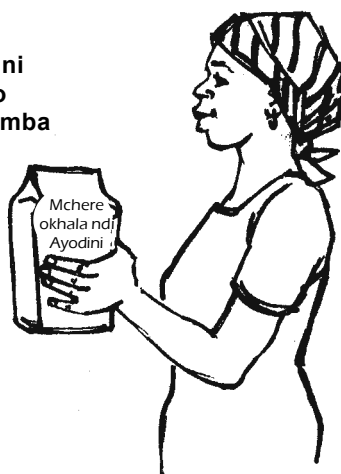
Njira zina zochizira matendawa ndi kudya zinthu zokhala ngati zinkhanira koma zokhala m'madzi ndi kudya zina za m'madzi kumateteza anthu ku matendawa chifukwa zimakhala ndi ayodini wambiri. Kusakaniza zakudya zina za m'nyanja zimawonjezera ayodini m'thupi. Koma njira yosavuta ndi kudya mchere wokhala **ndi ayodini**. Ngati mukukhala m'madera amene matendawa amapezeka kwambiri, muzipewa kudya chinangwa kwambiri.

### MMENE MUNGADZITETEDZERE KU NTHENDA YA NKHWIKO

**Musagwiritsire**  
ntchito mchere wamba



**Gwiritsani** mchere  
wokhala ndi a yodini



**Mchere wokhala ndi ayodini  
ndi wokwererako mtengo  
pang'onokuposa mchere wamba**

**Chidziwitso:** Ngati munthu yemwe ali ndi chotupa cha pakhosi akunjijemera kwambiri, ali ndi mantha ndipo maso ake atong'oka kwambiri, akhoza kukhala kuti ali ndi nthendayi komano ya mtundu wina yotchedwa tokiziki goyita (*toxic goitre*). Pitani naye kuchipatala msanga.