



LET'S GO! TERO 5210 I GANG KWAN

Dwok wel sukari madwong-jami amata ma lim, ka ciel ki juice

Wek latin pe omat gin amata ma dwong

- Me atir myero inen ni iyero matunda ma pe girubu gi gaa mukene
- Ka itamo me wilo matunda, **wil 100% matunda**
- Pi nino ducu, wel matunda ma omyero ii mat myero obed ma opore kit man:
 - Ounces 4-6 bot lotino me **mwaka 1-6**
 - Ounces 8-12 bot lotino me **mwaka 7-18**
 - Pe myero gu mii gaa amata bot lotino ma tye gi dwe abiciel odok kwede piny



Ngec nyo lok angea?

Matunda nyo jami amata ma tum gi “-ade”, “drink”, or “punch” tye gi 5% me matunda nyo nok. Apoka poka I kin gaa “amata” gi soda aye dwongo pa bitamin C.

- According to the Center for Family & Community Health



Kit me timo ne ma yot:

- Nen ni tam me mato pi nyo cak ka wang matunda nyo gi amata.
- Ka twere nen kit me medo pi ma nok nok I gin amata nyo matunda pa latin ni.
- Tem me rubu gin amata nyo matunda gi seltzer



The Barbara Bush
Children's Hospital
At Maine Medical Center



Lim www.letsgo.org Ka i mito ngeo ma pol

Tam pa jo me Let's Go pe nyutu, nyo pe rom ki tam me gang kwan me dul me Portland.

Suggestions for Nutritious Snacks
Acholi