

KATAK – JOÑAN MŌKAJIM MAKE

Ālikin riiti katak in, jipede survey link eo ijo jemļokin im uwaake jejo kajjitōk ko im kwōnaaj bōk credit in aṃ ekkatak.

Calcium + Vitamin D: Juon Ippān doon Ekajoor



Ekkar ñan Karōk ko Ikijjien Mōñā Ñan Ājmour, Ri-Amedka ro ilo iiō ko kajojo ejjab bwe aer bōk calcium im vitamin D ōn ko. Riit ṃaanwaj im katak ta aorōkin calcium im vitamin D ōn ko, im euwāween aṃi ilo baaṃle eo maroñ kōjeral WIC ñan kōļapļok aṃi bōk calcium im vitamin D ōn ko.

Ta in calcium im etke eaorōk?

Mineral eo etan Calcium ej men eo ej ejaake enañin aolepen di im ñi ko. Menono eo, majel ko, im system ko jet ilo ānbwin rej barainwōt kōjerbale. Komaroñ kauwōtata ñan bwilok di, mōkunlōk di (osteoporosis), im nañinmej ko jet eto kūtier ñe ejabwe calcium ānbwinnūm. Eļap wōt kōjermal milik ñan kōmman calcium ilo Amedka. Kōkan ko āinwōt tofu, milik in soy, kōkan ko ewōr kakkobaba ōn ie, jet kain pejtōbōl, im ek eļap aer bar letok calcium.

Ta in vitamin D im etke eaorōk?

Vitamin D ej juon ōn eo ej jipañ ejaake di ko im kōjparoki bwe ren pen wōt. Ilo mool, ānbwinnid eaikuj vitamin D ñan jipañe maroñ bōk calcium. Vitamin D ej kōjparok kōj ilo an bar jipañ ijo jikin bōbrae jān addimejmej im nañinmej ippād. Ewōr jet mōñā ewōr kadede Vitamin D ōn ie (āinwōt: ek ko rōkūriij, boļ in lep ko, im jet mushroom), ak ewōr bar mōñā rej kobaiklōk ñani āinwōt kein kōkajoor. Waanjoñok in mōñā ko ewōr kakkobaba in ōn in ie rej milik, milik in soy, tofu, im jet cereal, wōtmiiļ im dānnin leen wōjke. Mekarta ewōr mōñā in kakkobaba ko, ejjab bidodo bōk ebwe vitamin D jān mōñā ko kijed.

- **Mool ke imaroñ bōk vitamin D ōn jān al?**

Anbwinnid emaroñ kōmman vitamin D ilo an kilid kōjeje iumwin al. Bōtaap, eaorōk bwe jen kōjermal sunscreen ko ñan kōjparok kilid. Ej aikuj aitoklōk an armej ro emaroklōl kilier al-kōjeje ñan kabwe joñan vitamin D eo rej aikuji. Kōn menin, emaroñ jabwe aṃ kōmman vitamin D ilo aṃ kōjparok ilo aṃ al-kōjeje.

- **Ij ke aikuj bōk eļap lōk vitamin D ōn?**

Bōlen. Laļe ippān taktō ro aṃiro ajri eo nājim jimor.

Kōkan ko karōki ñan WIC rej letok calcium im/ak vitamin D.

- **Milik + kōkāālel ko ñan pinej-jenkwan**
 - Aolep kain milik in kau (āinwōt milik eo emeraļok ñan loje (lactose free), milik bouta, im milik carnation (evaporated)
 - Yogurt (āinwōt Greek Yogurt)
 - Tofu
 - Milik in Soy
- Lep ko
- Cereal ko rekkar im wōtmiiļ ko ewōr kakkobaba ōn ie, lale jikin kōmmeļeļeik ōn (Nutrition Facts Label)
- Joñan jāānin jipañ wia mōñā (Cash value benefit):
 - Pejtōbōl Amej, Kwōj ak Pejtōbōl ilo Kuwat āinwōt Kūriin Collard ko, Spinach, Bok Choy, Kūriin Turnip ko, Kale, Kūriin in Mustard ko, im Mushroom ko
- Kōkāālel ko ikijjien ek (ek ko ilo pakij ko an WIC wōt):
 - Kuwat in Jaṃoṃ, Jatiin, im Bwebwe ak Tuna



Euwāween aō kobaik mōñā ko eļap ūnen calcium im vitamin D ñan mōñā ko kijem ilo baamle eo lo kajojo raan?

Jej jeraamman bwe elōñ kōkan ko rej letok calcium im vitamin D jimor āinwōt milik, yogurt, tofu, milik in soy.

• Kobaik waj diktata 1 kōkan eļap ūnen calcium im/ak vitamin D ñan kajojo iien mōñā ko, waanjoñok:

- Idaak milik ak milik in soy ilo iien mōñā ko.
- Iiōk in casserole ko, pasta, pejtōbōl, kōlāplōk jiiij.
- Kōmaolaļ kōn parfait- yogurt kare ippān leen wōjke.
- Kōpooj pejtōbōl ko eļap ūnen calcium im/ak vitamin D (waanjoñok ko ijo lōñ).
- Kobaik waj ek ilo menu eo.

• Kakkinono kōn milik ko (āinwōt yogurt, cottage jiiij, ak jiiij) ilo iien mōñā-kōtaan-awa ko.

• Ñe emaroñ, kajjoñ kālōt kōkan ko emōj kareik ūnen calcium im/ak vitamin D ie.

- Kobaļok ippān kōkan ko karōki ñan WIC im rej laajrak ijo lōñ, jet cereal in kajibboñ, wōtmiiļ, dānnin leen wōjke iio, im kōkan ko jet emōj kareik ūnen calcium im/ak vitamin D ie.

• Laļe Jikin Kōmmeļeļeik Ōn ko (Nutrition Facts Label).

- Tokjān juon mōñā eo ej letok diktata 10% in joñan ōn eo aikuji ilo juon raan “emman.”
- Tokjān juon mōñā eo ej letok diktata 20% in joñan ōn eo aikuji ilo juon raan “eweppān.”

Kwaar ke Jeļā?

Oktak eo de eo ikōtaan milik iio, milik edikļok kūrriij ie, and milik ejeļok kūrriij ie (skim milk) ej joñan kūrriij eo ie. Ōn im menin kōkajoor ko āinwōt calcium im vitamin D rejjab oktak ļok ikijjien men kein kajojo!

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Jeraamman, kwōdedeļok!

Ewōr ke bar kajjitōk? Kapaak rijerbal in WIC eo etijemļok kōn mōñā ūne ko (nutritionist) ijo jikūm!

STOP!

Jiped ijin ñan kadedeikļok ekkatak (survey) eo ñan bōk credit



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