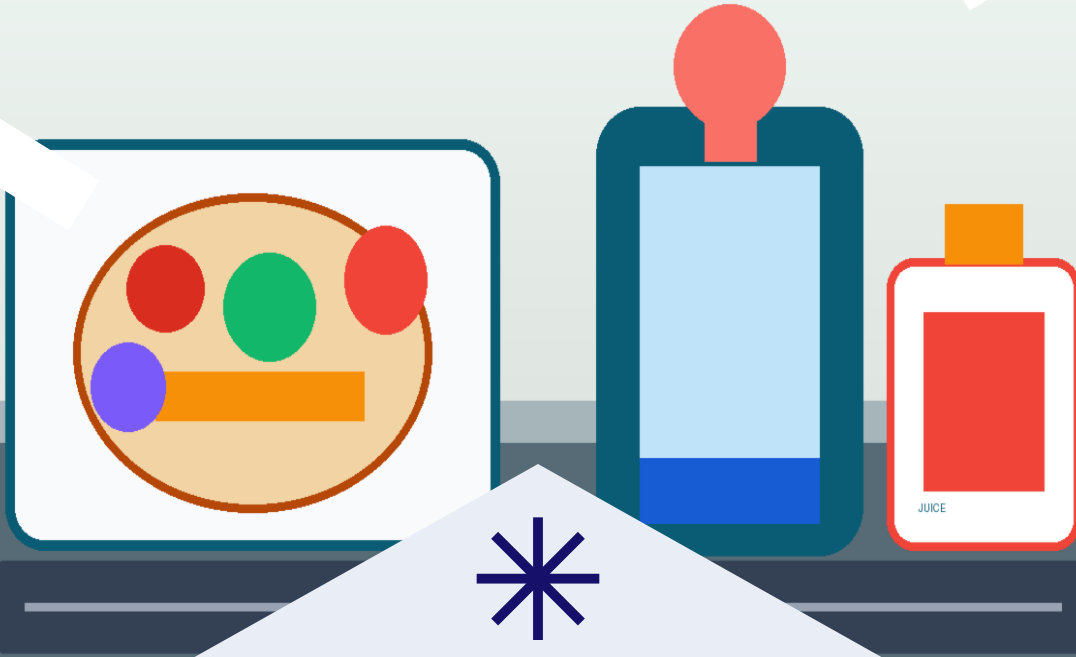




50 Manje ak Bwason Imigran Ayisyen Ta Dwe Konnen Ozetazini

Prezante pa
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Entwodiksyon

Lè yon imigran Ayisyen rive Ozetazini, manje se youn nan premye bagay ki fè l santi diferans lan. Gen manje ki sanble ak sa nou konnen, gen lòt ki nouvo, epi gen anpil non Angle ki ka fè moun konfonn. Gid sa a ede w konprann 50 manje ak bwason ou pral rankontre souvan, kijan pou chwazi yo, kijan pou itilize yo, ak ki bagay pou veye pou sante w ak bidjè w.

1. Rice

Rice se diri. Ou ka jwenn long grain, jasmine, basmati, parboiled, brown rice, ak instant rice. Si ou renmen diri ki pa kole twòp, chèche long grain oswa parboiled.

2. Beans

Beans se pwa. Black beans, red kidney beans, pinto beans, navy beans, ak chickpeas fasil pou jwenn. Pwa nan bwat pi rapid, men li ka gen anpil sèl; rense l avan ou kwit li.

3. Chicken

Chicken se poul. Ou ka achte whole chicken, drumsticks, thighs, wings, oswa breast. Thighs ak drumsticks souvan pi bon mache epi yo gen plis gou.

4. Turkey

Turkey se kodenn. Yo vann li antye sitou bò Thanksgiving, men ou ka jwenn ground turkey tou. Ground turkey ka sèvi pou boulèt, taco, pasta, oswa diri.

5. Beef

Beef se vyann bèf. Ground beef, chuck roast, stew meat, ak steak se kèk fòm komen. Gade pousantaj grès la sou pake a, tankou 80/20 oswa 90/10.

6. Pork

Pork se vyann kochon. Ou ka jwenn pork shoulder, pork chops, ribs, bacon, ak ham. Tcheke si li sale oswa smoke deja avan ou mete plis sèl.

7. Fish

Fish se pwason. Tilapia, salmon, cod, catfish, snapper, ak whiting fasil pou jwenn. Frozen fish ka pi bon mache, men tcheke si li pa gen twòp glas sou li.

8. Shrimp

Shrimp se kribich. Yo vann li raw, cooked, peeled, deveined, frozen, oswa fresh. Si li deja cooked, pa kwit li twòp pou li pa vin di.

9. Eggs

Eggs se ze. Yo vann small, medium, large, extra large, cage-free, organic, brown, oswa white. Koulè koki la pa vle di ze a otomatikman pi bon.

10. Milk

Milk se lèt. Whole milk, 2 percent, 1 percent, skim, lactose-free, almond milk, oat milk, ak soy milk se opsyon komen. Si lèt fè vant ou fè mal, eseye lactose-free.

11. Butter

Butter se bè. Unsalted butter pa gen sèl; salted butter gen sèl. Pou kwit manje lakay, unsalted souvan bay plis kontwòl sou gou a.

12. Cheese

Cheese se fwomaj. Cheddar, mozzarella, parmesan, American cheese, cream cheese, ak feta trè komen. Gade si li sliced, shredded, block, oswa spread.

13. Yogurt

Yogurt se yogurt. Greek yogurt gen plis pwoteyin epi li pi epè. Flavored yogurt ka gen anpil sik, kidonk li etikèt la.

14. Bread

Bread se pen. White bread, wheat bread, whole grain, sourdough, pita, bagel, ak tortilla fasil pou jwenn. Whole grain ka pi bon pou fib.

15. Cereal

Cereal se sereyal pou manje ak lèt. Gen kèk ki gen anpil sik. Gade sugar grams sou Nutrition Facts la si w ap achte pou timoun.

16. Oatmeal

Oatmeal se avwàn. Li bon pou dejene, li ka ede moun rete plen pi lontan, epi li souvan pa chè. Plain oats pi bon pase pake ki deja gen anpil sik.

17. Pasta

Pasta se makawoni, spaghetti, penne, ak lòt fòm. Li rapid, bon mache, epi li mache ak sòs, vyann, ton, legim, oswa fwomaj.

18. Tomato Sauce

Tomato sauce se sòs tomat pou kwit manje. Pa konfonn li ak ketchup. Marinara, pasta sauce, crushed tomatoes, ak tomato paste gen itilizasyon diferan.

19. Ketchup

Ketchup se sòs tomat dous yo mete sou fries, burger, hot dog, oswa sandwich. Li ka gen anpil sik, kidonk sèvi avè l ak mezi.

20. Hot Sauce

Hot sauce se sòs piman. Gen anpil mak tankou Tabasco, Frank's, Cholula, ak Louisiana. Li pa menm gou ak pikliz lakay, men li ka ede bay manje gou.

21. Peanut Butter

Peanut butter se manba. Gen smooth, crunchy, natural, ak sweetened. Natural peanut butter ka separe lwil anlè, ou jis brase l.

22. Jelly and Jam

Jelly oswa jam se konfiti. Yo mete l sou pen ak manba. Gade sik la, paske anpil gen anpil added sugar.

23. Potatoes

Potatoes se pòm detè. Russet bon pou baked potato ak fries; Yukon gold bon pou mashed potato; red potato bon pou bouyi oswa salad.

24. Sweet Potatoes

Sweet potatoes se patat dous. Li pa menm ak patat Ayiti, men li ka sèvi nan fou, bouyi, fri, oswa fè puree.

25. Plantains

Plantains se bannann peze oswa bannann pou kwit. Ou ka jwenn yo nan makèt Latin, Caribbean market, African market, oswa kèk gwo supermarket.

26. Yucca

Yucca se manyòk. Yo vann li fre oswa frozen. Retire po a byen, kwit li nèt, epi sèvi l ak sòs, pwason, vyann, oswa legim.

27. Malanga

Malanga se yon rasin ki sanble ak kèk viv Ayisyen. Li bon nan soup, bouyon, oswa puree. Ou ka jwenn li nan market Latin oswa Caribbean.

28. Corn

Corn se mayi. Gen fresh corn, canned corn, frozen corn, popcorn, cornmeal, ak grits. Cornmeal ka sèvi pou fè manje ki sanble ak mayi moulen.

29. Grits

Grits se yon manje fèt ak mayi moulen, popilè nan Sid Etazini. Li ka manje ak bè, fwomaj, shrimp, oswa ze.

30. Salad Greens

Salad greens se fèy pou salad tankou lettuce, spinach, kale, arugula, ak spring mix. Lave yo byen, menm lè pake a di pre-washed.

31. Broccoli

Broccoli se yon legim vèt ki fasil pou jwenn. Ou ka vapè li, sote li, mete l nan soup, oswa sèvi l ak diri ak poul.

32. Collard Greens

Collard greens se fèy vèt anpil moun nan Sid Etazini renmen. Li ka kwit ak lay, zonyon, epis, epi yon ti vyann smoke si ou renmen.

33. Avocado

Avocado se zaboka. Hass avocado piti ak po nwa; Florida avocado pi gwo ak pi dlo. Zaboka bon pou sandwich, salad, diri, oswa manje maten.

34. Apples

Apples se pòm. Gala, Fuji, Honeycrisp, Granny Smith, ak Red Delicious se varyete komen. Granny Smith pi si; Honeycrisp ak Fuji pi dous.

35. Bananas

Bananas se fig mi. Yo pa menm ak plantains. Yo bon pou dejene, smoothie, oswa snack rapid.

36. Grapes

Grapes se rezen. Yo vann red, green, oswa black grapes. Lave yo byen epi tcheke pri a pa liv, paske yo ka vin chè vit.

37. Orange Juice

Orange juice se ji zoranj. Some pulp vle di gen ti moso zoranj; no pulp vle di li lis. Gade si li 100 percent juice oswa si li gen added sugar.

38. Apple Juice

Apple juice se ji pòm. Li fasil pou timoun renmen, men li ka gen anpil sik. Pa bay timoun twòp ji chak jou.

39. Cranberry Juice

Cranberry juice se ji cranberry. Anpil boutèy yo rele cranberry cocktail, sa vle di yo melanje ak sik oswa lòt ji. Li etikèt la.

40. Bottled Water

Bottled water se dlo nan boutèy. Li pratik, men li ka koute chè si ou achte l chak jou. Yon filtè dlo oswa boutèy reusable ka ede ekonomize.

41. Sparkling Water

Sparkling water se dlo gazez san sik oswa ak ti gou. Li pa menm ak soda. Li ka ede moun ki vle diminye soda.

42. Soda

Soda se bwason gazez dous tankou Coke, Pepsi, Sprite, ak Fanta. Li ka gen anpil sik. Bwè l ak mezi, sitou si ou gen dyabèt oswa tansyon.

43. Sports Drinks

Sports drinks tankou Gatorade ak Powerade fèt pou moun ki swe anpil oswa fè espò. Yo gen sik ak elektwolit. Pa pran yo tankou dlo chak jou.

44. Energy Drinks

Energy drinks tankou Red Bull, Monster, ak Celsius gen caffeine. Yo ka fè kè bat vit, bay tansyon, oswa deranje dòmi. Pran prekosyon.

45. Coffee

Coffee se kafe. Gen drip coffee, espresso, latte, cappuccino, iced coffee, ak cold brew. Bwason kafe nan boutik ka gen anpil sik ak krèm.

46. Tea

Tea se te. Black tea, green tea, herbal tea, ginger tea, ak chamomile fasil pou jwenn. Herbal tea pa toujou gen caffeine, men li etikèt la.

47. Frozen Meals

Frozen meals se manje pare nan frizè. Yo pratik, men yo ka gen anpil sèl. Gade sodium sou etikèt la avan ou achte anpil.

48. Canned Soup

Canned soup se soup nan bwat. Li rapid, men anpil gen anpil sodium. Chèche low sodium si ou gen tansyon oswa ou vle manje pi lejè.

49. Deli Meat

Deli meat se vyann tranche pou sandwich tankou turkey, ham, roast beef, salami, ak bologna. Li pratik, men li ka gen anpil sèl ak preservatives.

50. Nutrition Facts Label

Nutrition Facts Label se etikèt ki montre calories, sodium, sugar, fat, protein, ak serving size. Aprann li etikèt sa a se youn nan pi bon fason pou pwoteje sante w Ozetazini.

Lis aksyon rapid

- Aprann non Angle manje ou achte souvan yo.
- Tcheke Nutrition Facts pou sugar, sodium, ak serving size.
- Rense pwa nan bwat pou diminye sèl.
- Konpare pri pa liv oswa pa ounce.
- Pa achte soda, juice, ak energy drinks san mezi.
- Chèche Caribbean, Latin, oswa African market pou plantain, yucca, malanga, ak epis.
- Kenbe manje frozen oswa fresh nan bon tanperati.

- Li dat expiration oswa best by sou pake yo.
- Eseye nouvo manje piti piti olye ou achte anpil yon sèl kou.
- Fè lis avan ou al makèt pou pa depanse twòp.

Konklizyon

Manje Ozetazini gen anpil opsyon, men opsyon yo ka fè moun pèdi lajan oswa pran move abitud si yo pa konprann etikèt, pri, ak non pwodwi yo. Lè ou aprann manje ak bwason sa yo, ou vin pi alèz nan makèt, ou manje ak plis kontwòl, epi ou pran pi bon swen tèt ou ak fanmi w.



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Mèsi !

Swiv nou e Pataje pou plis gid konsa

Ede Yon Lòt Avan Li Twò Ta!

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