

## O dabi igba ti a ba n gbin ohun elo asara lore si enu ona wa ni.



### Afiwe ewe Moringa pelu awon oonje ojojumo\*

Akosile wonyii n se afiwe ogoron giramu ewe Moringa.

| Eroja Isaraloore | Ounje ati eso           | Ewe tutu        | Ewe gbigbe       |
|------------------|-------------------------|-----------------|------------------|
| Vitamin A        | Miligiraamu 1.8 karooti | Miligiraamu 6.8 | Miligiraamu 18.9 |
| Calcium          | Miligiraamu 120 miliiki | Miligiraamu     | Miligiraamu 2003 |
| Potassium        | Miligiraamu 88 ogede    | Miligiraamu 259 | Miligiraamu 1324 |
| Protein          | Giraamu 3.1 yugooti     | Giraamu 6.7     | Giraamu 27.1     |
| Vitamin C        | Miligiraamu 30 Osan     | Miligiraamu 220 | Miligiraamu 17.3 |

\* Nutritive Value of Indian Foods, by C. Gopalan, et al, and *The Miracle Tree - Moringa oleifera: Natural Nutrition for the Tropics*, by Lowell Fuglie, ed. Fun alaye lekunrere: [www.treesforlife.org/moringa](http://www.treesforlife.org/moringa)

## O rorun lati gbin:

- Pelu irugbin tabi igi
- Paapaa ninu ile
- Itoju die lo nilo
- Omi die lo nilo
- Yoo hu eso ati ewe laarin osu mejo

## O rorun lati lo:

- Fi ewe tutu tabi ewe gbigbe kun oonje sise
- Sa ewe (labe iboji) ki o si toju re

Fun ilewo yi, ekan si:

## Je alaragbayida!

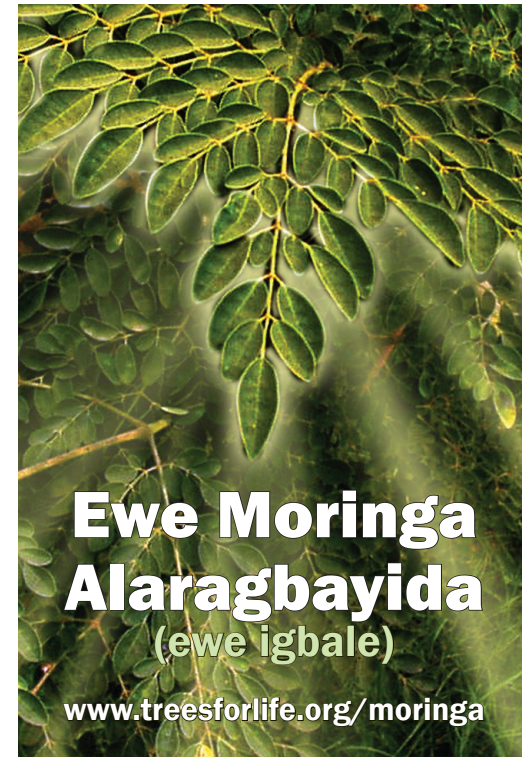
- Gbin igi kan.
- Fi ewe gigun sinu oonje re.
- Se itankale ifilo yi pelu awon eniyan ki a le jumo ran ara wa lowo lati bunkun gbigbe aye ilera.



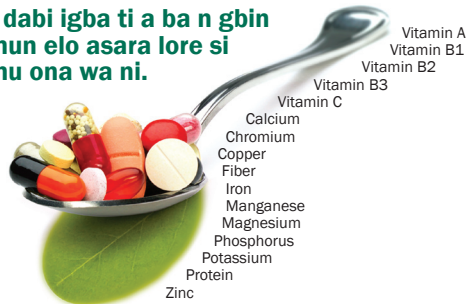
[www.treesforlife.org](http://www.treesforlife.org)

Trees for Life, 3006 W. St. Louis,  
Wichita, KS 67203-5129 USA  
Phone: (316) 945-6929  
Fax: (316) 945-0909  
[moringa@treesforlife.org](mailto:moringa@treesforlife.org)

Trees for Life n ro awon eniyan ni agbara nipa sise afihan pe ninu iranra-eni-lowo ni oun mere- mere ma n jade to le fi oyin si aye wa.



## O dabi igba ti a ba n gbin ohun elo asara lore si enu ona wa ni.



### Afiwe ewe Moringa pelu awon oonje ojojumo\*

Akosile wonyii n se afiwe ogoron giramu ewe Moringa.

| Eroja Isaraloore | Ounje ati eso           | Ewe tutu        | Ewe gbigbe       |
|------------------|-------------------------|-----------------|------------------|
| Vitamin A        | Miligiraamu 1.8 karooti | Miligiraamu 6.8 | Miligiraamu 18.9 |
| Calcium          | Miligiraamu 120 miliiki | Miligiraamu     | Miligiraamu 2003 |
| Potassium        | Miligiraamu 88 ogede    | Miligiraamu 259 | Miligiraamu 1324 |
| Protein          | Giraamu 3.1 yugooti     | Giraamu 6.7     | Giraamu 27.1     |
| Vitamin C        | Miligiraamu 30 Osan     | Miligiraamu 220 | Miligiraamu 17.3 |

\* Nutritive Value of Indian Foods, by C. Gopalan, et al, and *The Miracle Tree - Moringa oleifera: Natural Nutrition for the Tropics*, by Lowell Fuglie, ed. Fun alaye lekunrere: [www.treesforlife.org/moringa](http://www.treesforlife.org/moringa)

## O rorun lati gbin:

- Pelu irugbin tabi igi
- Paapaa ninu ile
- Itoju die lo nilo
- Omi die lo nilo
- Yoo hu eso ati ewe laarin osu mejo

## O rorun lati lo:

- Fi ewe tutu tabi ewe gbigbe kun oonje sise
- Sa ewe (labe iboji) ki o si toju re

Fun ilewo yi, ekan si:

## Je alaragbayida!

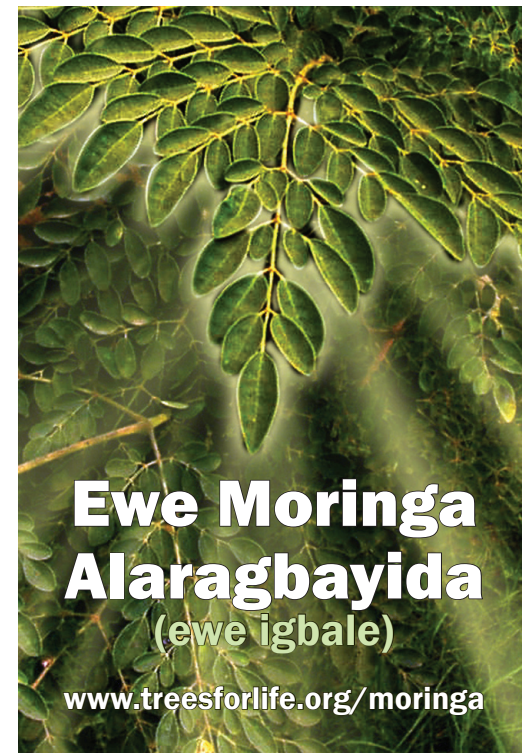
- Gbin igi kan.
- Fi ewe gigun sinu oonje re.
- Se itankale ifilo yi pelu awon eniyan ki a le jumo ran ara wa lowo lati bunkun gbigbe aye ilera.



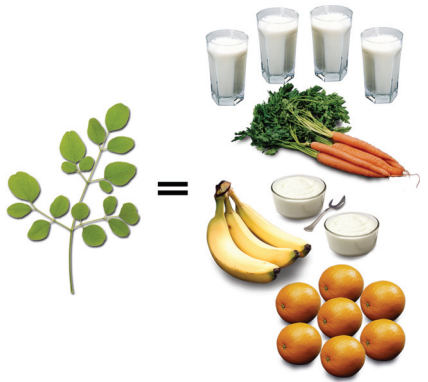
[www.treesforlife.org](http://www.treesforlife.org)

Trees for Life, 3006 W. St. Louis,  
Wichita, KS 67203-5129 USA  
Phone: (316) 945-6929  
Fax: (316) 945-0909  
[moringa@treesforlife.org](mailto:moringa@treesforlife.org)

Trees for Life n ro awon eniyan ni agbara nipa sise afihan pe ninu iranra-eni-lowo ni oun mere- mere ma n jade to le fi oyin si aye wa.

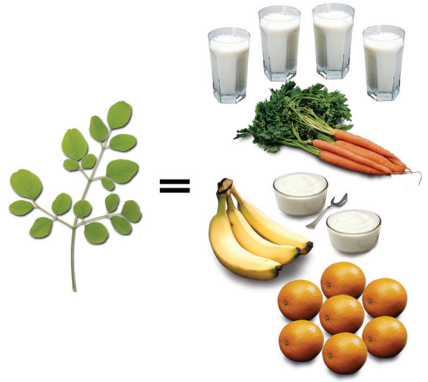


Lati aye atijo ni won tin wipe:  
**“Ewe Moringa le dena eedegbeta arun.”**



Laye ode oni, awon onimo sayensi ti fihan pe ewe Moringa kun fun opolopo ohun elo ara aseniloore ti yoo ro ara wa lagbara ti yoo si tun dena opolopo arun.

Lati aye atijo ni won tin wipe:  
**“Ewe Moringa le dena eedegbeta arun.”**



Laye ode oni, awon onimo sayensi ti fihan pe ewe Moringa kun fun opolopo ohun elo ara aseniloore ti yoo ro ara wa lagbara ti yoo si tun dena opolopo arun.

**Kayeeffi, sugbon otito!**

Puroteeni n sise bii bulooku amuto ara wa. Yugooti ma n pese puroteeni, sugbon ewe Moringa kun fun ilopo meji.

Ilopo **Meji** puroteeni inu yugooti



Vitamin C ma n ro arawa lagbara, o si ma n koju ija si orisirisi arun bii otutu ati kooli. O wa se ni kayefi pe ewe Moringa kun fun vitamin C ju osan ati ganyinganyin lo.

Ilopo **Meje** vitamin C ninu osan.



Potassium se pataki fun opolo ati isan wa. Sugbon bi ogede se kun fun potassium to, ewe Moringa dara juu lo.

Ilopo **Meta** potassium inu ogede



Vitamin A maa n duro bii idaabobo fun oju, ara ati okan lowo igbe gbuuru (diarrhea) ati awon ailera miran. Sugbon bi Karooti se kun fun opolopo Vitamin A to, ewe Moringa yoo fun wa jubeelo.

Ilopo **Merin** vitamin A inu karooti



Calcium maa n mu egungun ati eyin nipon daadaa, o si n gbogun ti arumoleegun. Miliiki maa n seda Calcium lopo, sugbon o ewe Moringa n pese lopolopo.

Ilopo **Merin** Calcium inu Miliiki



Akosile wonyii n se afiwe oni-giramu-fun-giramu pelu ewe Moringa (Wo alaye lekunrere ni oju ewe keji).



O sowon laarin eweko,



Ewe moringa kun fun gbogbo Amino acid (puroteeni) ti ara nilo Lati ni agbara ati lati jipepe.

**Kayeeffi, sugbon otito!**

Puroteeni n sise bii bulooku amuto ara wa. Yugooti ma n pese puroteeni, sugbon ewe Moringa kun fun ilopo meji.

Ilopo **Meji** puroteeni inu yugooti



Vitamin C ma n ro arawa lagbara, o si ma n koju ija si orisirisi arun bii otutu ati kooli. O wa se ni kayefi pe ewe Moringa kun fun vitamin C ju osan ati ganyinganyin lo.

Ilopo **Meje** vitamin C ninu osan.



Potassium se pataki fun opolo ati isan wa. Sugbon bi ogede se kun fun potassium to, ewe Moringa dara juu lo.

Ilopo **Meta** potassium inu ogede



Vitamin A maa n duro bii idaabobo fun oju, ara ati okan lowo igbe gbuuru (diarrhea) ati awon ailera miran. Sugbon bi Karooti se kun fun opolopo Vitamin A to, ewe Moringa yoo fun wa jubeelo.

Ilopo **Merin** vitamin A inu karooti



Calcium maa n mu egungun ati eyin nipon daadaa, o si n gbogun ti arumoleegun. Miliiki maa n seda Calcium lopo, sugbon o ewe Moringa n pese lopolopo.

Ilopo **Merin** Calcium inu Miliiki



Akosile wonyii n se afiwe oni-giramu-fun-giramu pelu ewe Moringa (Wo alaye lekunrere ni oju ewe keji).



O sowon laarin eweko,



Ewe moringa kun fun gbogbo Amino acid (puroteeni) ti ara nilo Lati ni agbara ati lati jipepe.