

Maxaa loo yareeyay/caanaha dufanku ku yar yahay carruurta da'doodu ka weyn tahay 24 bilood iyo dumarka?

Nafaqo leh leh ilaa 8 wiiyadood (1 koob) oo caana ah	Ka hoobinta Caanaha labenta (0%)	1% Caano	2% Caano	Caanahoo Dhan (3.25%)
Curiye macdan ah, (Kalsiyam)	306 mg	290 mg	285 mg	276 mg
cabirka tamarta raashinka	80	100	120	150
baruur	raadid	2 g	5 g	8 g
Kimiko ka kooban baruur, dhiig iyo waxyaabo kale	5 mg	12 mg	20 mg	24 mg

Ilaah: Wasaarada Beeraha Maraykanka Rugta Macluumaadka ee Guud ahaanba laga Tilmaan Qaato

(USDA Nutrient Database for Standard Reference)

Ma ogtahay...

- Caanaha dufanka yar/ee laga dhimay (waa laga hoobiyay, 1/2%, 1%, iyo 2%) waxay leeyihiin caafimaad nafaqo leh sida caanaha oodhan, laakiin ka dufan yar kana tamar yar marka loo eego cabirka tamarta raashinka.

- Caanuhu, dufan, kasta ha la haadeene waxa laga helaa kalsiyam aad u fiican iyo macdan, nafaqadda jirka dhista, Faytamiinka B, iyo Faytamiinka A iyo D.

- Kalsiyamka iyo faytamiinka D ee caanaha ku jira waxay kaa caawiyaan inuu adkeeyo lafaha iyo ilkaha iyo caafimaadkooda.

- Marka laga reebo dadka waawayn iyo caruurta ka weyn 2 jir, caruurta udhexeysa 12-23 bilood waxay ubaahan yihiin dufanka caanaha kujira ama caanaha naaska si ay u kobcaan una horumaraan.

[Ogaysiis] Noocyada istoodhka: waa inuu ahaadaa calaamada istoodhka ama calaamada magaca istoodhka ee loo sameeyay bakhaarka jumlad ahaan qeybiya.

Missouri Department of Health and Senior Services division of Community and Public Health WIC and Nutrition Services

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FURSADD LOO WADA SIMAN YAHAY/ WAA SHAQO GALIYE ILAALIYA
SHARCIGA XUQUUQDA IYO XAD GUDUBKA

Sida waafaqsan sharciga dowladda dhexe iyo wasaaradda beeraha, waxdan waxa ka mamnuuc ah samayso takoor ku salaysan, Sinjiyad, midab, dalkaad ka soo jeedid, lab ama dhidig, da, ama curyan ahaan. Haddii aad dacwad qabto, u qor USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 ama la soo hadal (202) 720-5964 (Cod ahaan ama Qalabka Dadka Maqalku ku adag yahay). USDA waxay bixisaa fursad loo siman yahay.

Warqadani dalaabadka ah waxaad ku heli kartaa siyaabooyin kale sida kuwa loogu talo galay qofka curyaanka ahi waa bixiye inuu la xariiraa Wasaaradda Caafimaadka iyo Adeegyadda Dadka waaweyn ee Missouri

Dadka Maqalka iyo Hadalka ka la'xaad la telfoonkoodu waa 1-800-735-2966. Codka 1-800-735-2466 WIC-640-SO

Missouri

WIC

Barnaamijka Khaaska ah ee nafaqaynta Haweenka,
Dhallaanka iyo Carruurta

Liiska Raashinka La ogol yahay



Cuno wanaagsan iyo
caafimaad waara

Somali

Turjumidda lugadda
Soomaaliga



Laga bilaabo:

Aktoobar 1, 2005- Sabtembar 30, 2007

Raashinka la ogolyahay

Caano La ogol yahay

- Nooc kasta
- Weelka caaga ah Galaan oo keliya
- Caanaha dufanka yar/ee layareeyay (ka hoobin labeenta, %, 1%, 2%)
- Caana oo dhan (Haddii ay ku daabacan tahay warqada WIC)
- Caanaha loo badalay ciir ahaan (rubuc)
- Caanaha uumi baxay, nooca bakhaarka oo keliya (12 ama 13 daasadood oo wiqiyad ah)
- Aan dufan lahayn, caano qalalan, (3 ama 8 rubuc kartoona)
- Caanaha khaaska, nooca iyo intuu leeg yahayba waxaa lagu qorayaa warqadda WIC.



Aan la ogoleyn

- Caano saafiya
- Caano Soy ah
- Caano wax lagu laaqay
- U dhigma
- Caano la buuxiyay
- Caanaha la adkeeyey ee lamacaaneeyay

Farmaajo La ogolyahay

- Dabiici, mid ka yimid deegaanka , farmaajo cad wax nooca aan lahayn, nooca istoodhka oo keliya, Mareykan, farmaajo, Colby, Colby Jack, Monterey Jack Iyo farmaajada Mozzarella (farmaajo xiran ee 8, 16 ama 32 cabirka wiqiyadood oo keliya)

Aan la ogoleyn

- Lagu daro subaga
- Raashinka farmaajada leh
- Farmaajada wax la marsado
- Noocyada leh farmaajada
- Farmaajada la shiiday
- Farmaajada laga yareeyay kiimikada ka kooban baruurta ku jirta
- Farmaajada jeex-jeexan, aan ka ahayn nooca ka iman istoodhada gaarka ah ee Mareykanka
- Farmaajada Deli
- Farmaajada la xoqo
- Farmaajada loo yeelo dha-dhanka
- Farmaajada laalada
- Jeexyada laba laduubo



Looska subaga sameysan

La ogol yahay

- Jilicsan, burcad ama caadi ah, nooca istoodhka oo keliya (18 dhalada wiqiyad)

Aan la ogoleyn

- Looska subaga leh ee la ruugo
- Looska subaga saafiya ah laga sameeyey
- Looska subaga leh ee ay ku yar tahay cusbadu ama sodhiyamku
- Looska Subagiisu ku yar yahay
- Kan lala mariyo ismariska, malabka ama waxyaabaha macaan



Ukun La ogol yahay

- Dhex-dhexaad, cad, heer A ama AA (1 darsan oo isku xiran)

Aan la ogoleyn

- Ukuunta uu ku yar yahay subagu
- Ukuunta saafiya ah
- Ukuunta khaaska ah
- Ukuunta ciida u eeg

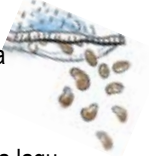


Digirta qalalan iyo atarka La ogol yahay

- Digir qalalan oo laysku darey iyo atar, oo ah nooca istoodhka oo keliya (hal bawn oo baaga)

Aan la ogoleyn

- Shayada saafiya ahe ee aan wax lagu daray ama dhadhanka lagu sameeyey



Siriyalka Qabow La ogol yahay

- Iskudar iyo noocyo isku dhigma iyo qiyaas ahaan, ay kamid tahay qamandiga kukul ee lagu quraacdo, ugu badnaan 36 wiqiyadood. (12 wiqiyadood ilaa iyo 36 cabirka wiqiyadood oo ku jira bac ama gartoon oo nooca la soo ogo laaday)

Siriyalka Kulul La ogol yahay

- Iskudar iyo noocyo isku dhigma iyo qiyaas, ay kamid tahay qamadiga qabow ee lagu quraacdo, ugu badnaan 36 wiqiyadood.

Wuxuu gaar u yahay Haweenka irmaan:

Keeroodka La ogol yahay

- Daray ah, ay ka midyahay karoodka yar yar ama laqaboojiyay, ee jaran nooc kasta (1 ama 2 lb xirmo)

Aan la ogoleyn

- Karoodka saafiya ah
- Dhadhan



Kalluunka tunada La ogol yahay

- Mid biyuhu ku cufan yihiin oo kaliya , waslad, adag ama la xoqay, nooc kasta oo (qasaacad 6 wiqiyadood ah)

Aan la ogoleyn

- Kalluunka tuuna ah loo yaqaan (albacore) ama ka cad ee
- Kalluunka tuuna ah ee milixdiisu ku yar tahay ama ay hoosayso



Raashinka Ilaamaha yar

La ogol yahay

Cuntada Ilaamaha yar

- Noocyada ku daabacan warqadda WIC ku , nooca iyo intay leeg tahay ee ku daabacan warqadda WIC

