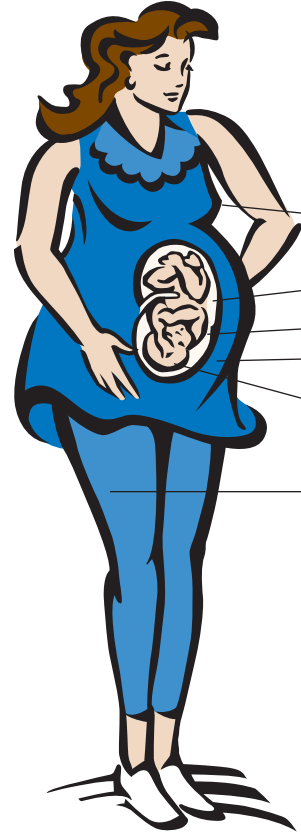


## Imisaa miisankeyga ku kordheysa intaan uurka qabo?

HDumark badankood waxaa ay tahay in ay korto 25 iyo 35 bawnd (pounds) (11-16 kiilo). Waxaa laga yaaba in intaa ka badan kugu kororto haddii aad caato ahayd markaad uurka qaadaysay. In intaa ka yar ayaa kugu darsamaysaa haddii intaadan uurka qaadin uu miisaankaaga badnaa.

Canuggaaga waxaa laga yaabaa in miisaankiisu u dhaxeeyo 6 illaa 9 bawnd (pound). Waad u baahan doontaa in miisaankaaga yara kordho si uu kaaga caawiyo korriinka canuggaaga.



1 1/2 bawnd (pounds) (700 grams)	naasaha
1 1/2 bound (pound)	ilmo galeenka
1 1/2 bound (pound)	mandheerta
3 bawnd (pounds) (1.5 kiilo)	dhiigga iyo dheecaanka
7 1/2 bawnd (pounds) (3.5 kiilo)	canugga
10 bawnd (pounds) (4.5 kiilo)	xayrta iyo murqaha hooyada

Waxaa laga yaabaa in ay kuugu kororto xoogaa yar bilaha hore, kaddibna uu aad miisaanka kuu fuulo bilaha xiga. Qiyaastii 6da bilood, waxaa ku siyaadaya qiyaastii hal bawnd (pound) asbuucii (ama qiyaastii 0.45 kilogram asbuucii) waa qiyaasta saxda.

## Sigaar iyo khamri ma cabi karaa intaan uurka qabo?

Sigaarka, muqaadaraadka, khamriga (biirka ama waynka) waxay dhibaato u gaysan karaan canuggaaga. Haddii aad kaalmo ka rabtid sigaarka, khamriga, muqaadaraadka joojintooda, kaalmo waydiiso takhtarkaaga ama shaqaalaha WIC.

Takhtarkaaga waydii haddii aad kaniini ama dawo qaadan karto xittaa haddii uu asbiriin yahay.



## Jirdhis ma suubin karaa intaan uurka leeyahay?

Haa, waa haddii uu takhtarkaaga kuu diidin. Kala hadal takhtarkaaga waxa kuu fiican. Socodka iyo jirdhiska fudud way kuu fiican yihiin. Ku fikir meel fiican sida jardiinka ama dukaamanka (mall) si aad ugu socoto. Isku day inaad maalin walba socotaa.

## Yaan kala hadli karaa haddii aan su'aalo uurka la xiriira qabo?

Dhowr ballamada takhtarkaaga. Shaqaalaha xafiiska takhtarka ayaa su'alahaada ka jawaabi karo. Waa ay xittaa dhagaysan karaan garaaca wadnaha ee canuggaaga waana ay hubin karaan in adiga canuggaaga aad caafimaad qabtaan. Shaqaalaha WIC iyaga waxay halkaa u joogaan inay su'alahaada ka jawaabaan.

## Waxaan filaa inaan rabi lahaa in aan canuggayga naas-nuujyo, balse ma aqaan sida loo naas-nuujyo.

Haatan, inta aad uurka leedahay sii baro naas-nuujinta. Shaqaalaha WIC ayaa macluumaad dhowr ah ku siin kara! Caanaha naaska ayaa aad canugga ugu fiican. Naas-nuujinta waxay aad ugu fiican tahay caafimaadka canuggaaga. Islamarkaana waxa uu kaa saacidayaa si jirkaaga uu dib ugu dhismi ama kabsan lahaa!



## Si canuggaaga uu u noqdo mid caafimaad qaba waxay u egtahay shaqo badan. Sideen intaa oo idil u qabtaa?

Samee inta aad qaban karto. Si aayar isbeddelka u samee. Wax weyn ayaad ka qaban kartaa korrinka canuggaaga. Adiguna si wacan isu daryeel. Carruurta waxay u baahan hooyo adadag caafimaadna qabta!



Laga bartay Waaxda Caafimaadka ee California, Laanta Nafaqeynta Dheeraadka ah ee WIC. Waxaa daabacay Waaxda Caafimaadka ee Gobolka Washington Barnaamijka WIC. WIC waa barnaamij ka siman fursadaha shaqaaleeynta. Dadka naafada ah waxaa ay dokumentigani heli karaan iyagoo codsi u soo gudbista noocyada kale ee jira. Si aad codsi u soo gudbisid faqlan wac 1-800-525-0127 (TDD/TTY 1-800-833-6388).

# Waxad siisa canuggaaga bilaw caafimaad leh



Hadafkaygu waa sidatan: \_\_\_\_\_

## Marka, canug ayaad dhali!

# Waxad siisa canuggaaga bilaw caafimaad leh



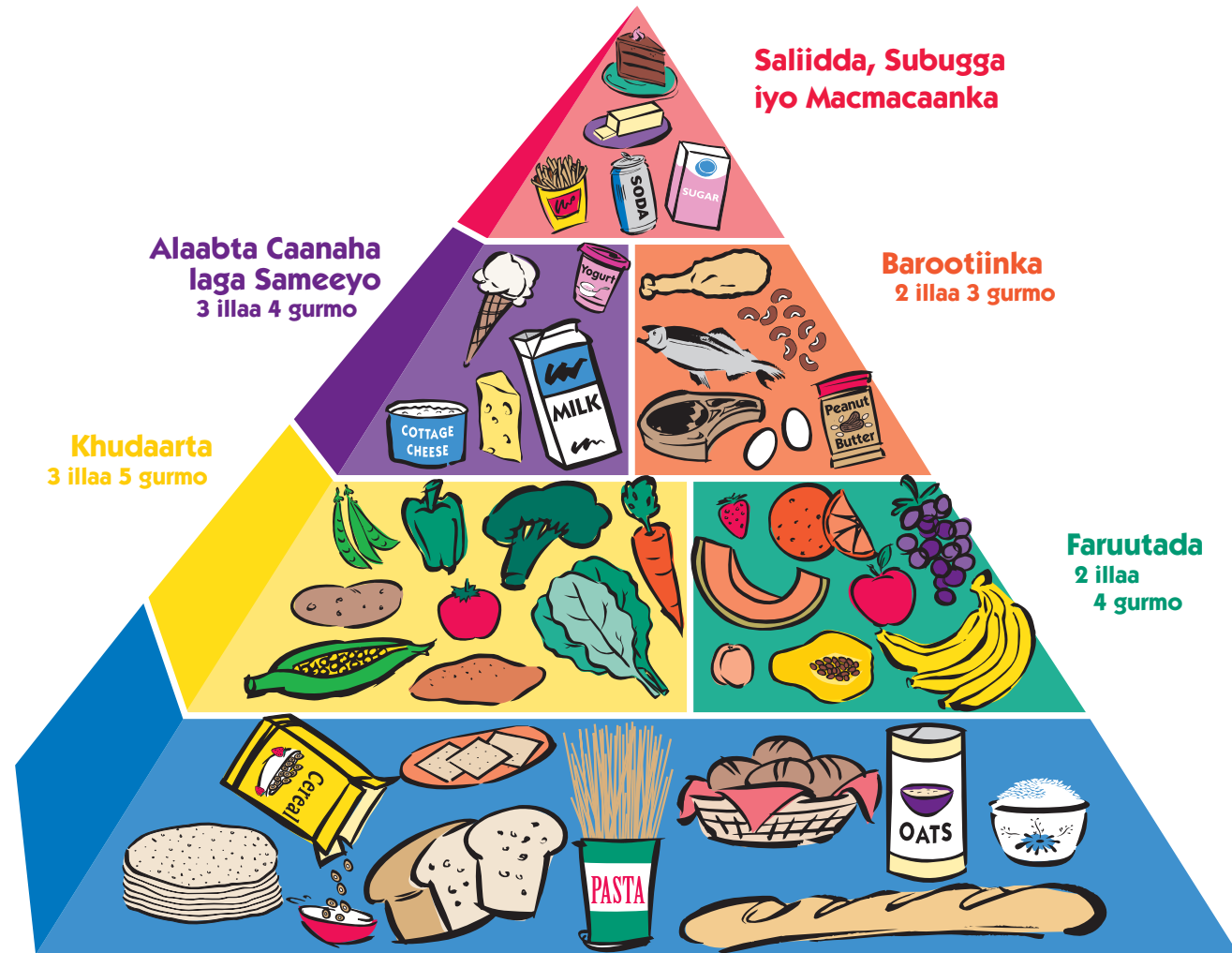
Aad ayuu kuugu fiican yahay! Waxaa ku jira waxyaabo badan oo aad samayn karto oo waatigaaga iyo caafimaadkaagaba u fiican.

### Ma kala fiican yihiin waxa aan cunayo inta aan uurka leeyahay?

- ▲ Haa! Cunno fiican oo aad cuntaa inta aad uurka leedahay waxay kaa kaalmeynaysaa inuu canuggaaga xoogganaado caafimaadna qabo.
- ▲ Tilmaantan waxay kaa kaalmay-naysaa sidaad u heli lahayd cunno fudud iyo mid caafimaad lehba. Isku day inaad badsataa cunnada ku taal qaybta seddexgeesoodka ugu hooseysa wax yarna ka cunta cunnada ku taal halka sare!
- ▲ Biyo badan cab. Caano iyo casiir aan la qasin cab. Caanaha oo idil waxay qabaan isla fiitamiinnada iyo macdanta, haddii ay yihiin subag la'aan, 2% subag leh ama caano subagoodu kaamil u yahay. Waxaad su'aalo iyo fikrado waydiin kartaa shaqaalaha WIC.
- ▲ Marmar koob qaxwa ah, shah ama soda maalintii way fiicnaan lahayd.
- ▲ Ma ku yiri takhtarkaada qaado fitamiinnada dhalmada ka hor la qaato? Tani waa muhiim — marna ha illaabin.



### Roodhiga, Siriyalka iyo Badarka 6 illaa 11 saxan maalinwalba



### Tilmaanta Seddexgeesoodka Cunnada

## Qaybtii waxay la mid tahay...

6 illaa 11 saxan maalinwalba

### Roodhi, Siriyal iyo badarka

Roodhi, mufo, doolshe, canjeero, malawax ..... 1  
Siriyalka aan la qoyn ..... <sup>3</sup>/<sub>4</sub> koob ama 180 mL  
Baasto, bariis, siriyalka la kariyeyl ..... <sup>1</sup>/<sub>2</sub> koob ama 120 mL  
Buskutka sokor la'aanta ah ..... 8  
Waxaad maalinwalba cuntaa raashinka grainka leh.



3 illaa 5 saxan maalinwalba

### Khudradda

Kuwa la kariyo ..... <sup>1</sup>/<sub>2</sub> koob ama 120 mL  
Kuwa cayriinka ah ..... 1 koob ama 235 mL  
Waxaad maalinwalba cuntaa khudradda ay ka midka yihiin, karootada barookoli, sbiinash, cagaarka, bataatiga mac iyo iskawaashka.



2 illaa 4 saxan maalinwalba

### Faruutada

Kuwa fareeshka ah ..... 1 dhaxdhexaad ah  
Gasacadeysan ama la qaboojiyey ..... <sup>1</sup>/<sub>2</sub> koob ama 120 mL  
Casiirka ..... 6 auns (ounces) ama 180 mL  
Waxaad maalin walba cuntaa faruutada fitamiini siida wadata, sida oranjka, istariiberri, melonka, cambaha iyo babaayga, ama casiirka.



3 illaa 4 saxan maalinwalba

### Alaabta Caanaha laga suubiyo

Caano ..... 8 auns (ounces) ama 240 mL  
Burcadda ..... 1 <sup>1</sup>/<sub>2</sub> auns (ounces) ama 45g  
Burcadda Kootajka (Cottage Cheese) ..... 2 koob ama 475 mL  
Caano fadhiga ama kastarka caanaha laga suubiyo ..... 1 koob ama 235 mL  
Caano fadhiga la qaboojiyo iyo jalaatada... 1 <sup>1</sup>/<sub>2</sub> koob ama 355 mL  
Waxaad badanaa isticmaasha caanaha uu subugga ku yar yahay amaba subag la'aanta ah.



2 illaa 3 saxan maalinwalba

### Raashinka barootinka leh

#### Barootiinka xoolaha

Hilibka, digaagga, kalluunka ioy  
turkiga ..... 2-3 auns (ounces) ama 60-90 g  
Ukunta ..... 2 illaa 3



#### Barootiinka khudradda laga helo

Galleyda la kariyo, digirta cagaaran iyo lentilska .... 1 koob ama 235 mL  
Looska la shiido ..... 4 qaado ama 60 mL  
Maalin walba xoogaa ka cun khudradda barootiinka leh!



### Subagga, Saliidda iyo Macmacaanka

Ma xuma inaad mararka qaarkood cuntaa raashinkani.



**Dear Colleague,**

The Washington State Department of Health (DOH) is pleased to provide camera-ready art for printing this educational material. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version.** DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter.** We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- **For quality reproduction:** Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:  
Office of Health Promotion  
P.O. Box 47833 Olympia, WA 98504-7833  
(360) 236-3736

**Sincerely,**  
**Health Education Resource Exchange Web Team**

# P R I N T I N G   S P E C I F I C A T I O N S

**Title:** Give Your Baby a Healthy Start

**Size:** 16.5 x 9

**Paper stock:** 60# text Sterling gloss white

**Ink color:** 4-color process

**Special instructions:** Prints 2 sides. Cover bleeds. Finished job folds to 5.5 x 9

**DOH Pub #:** 961-191