

Ma qabo waqti aan cunno caafimaad leh cuno. Maxaan sameeya karaa?

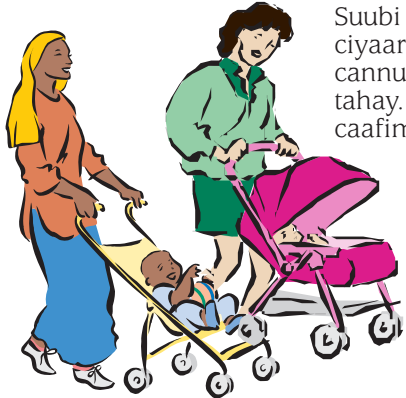
Isku day inaad soo dhawaysato cunnada fudud. Waa kuwaan dhowr fikradood:

- ▲ Caano, casiir, khudrad, karooto, burcad iyo buskut aan sokor lahayn, saanwiijka looska shiidan la mariyo (peanut butter sandwich), caanaha ciirta (yogurt), siriyal caano lagu daray, muufada burcadda la mariyo, digirta gasacadaysan, kalluunka gasacadaysan, ukun, khudaarta la qaboojiyo, bataatiga mac iyo kan la kariyo. Caanaha oo idil waxay qabaan isla fiitamiinnada iyo macdanta, haddii ay yihiin subag la'aan, 2% subag leh ama caano subagoodu kaamil u yahay.
- ▲ Waydii saaxiibtaa inay kaa caawiso soo adeegidda iyo raashin sameynta ama inay cunto kuu keento.
- ▲ Waydii takhtarkaaga inaad sii qaadan kartid fitamiinnada dhalmada ka hor la qaato.



Waxaan rabaa inaan miisaan iska dhimo oo jirkayga dhiso. Sideen u sameeya?

Ha deg-degin. Sida ugu fiican ee uu miisaan kaaga dhici karo waa adigoo si ayaar isaga rida, qiyaastii 1 ama 2 baund (450 – 900 garaam) asbuucii. Raashin caafimaad leh cun, caadiyana jirdhis suubi.



Suubi wax kasta oo aad jeceshay — qoob ka ciyaarid, dabaal, baaskiil wadid. Inaad cannugaaga la socotaa iyaduna waa ay fiican tahay. Jirdhiska waxaa uu u fiican yahay caafimaadka wadnahaaga iyo lafahaagaba.

Waydii takhtarkaaga marka aad jirdhiska billaabi karto iyo waxa aad samayn karto.

Naaska oo aad dhallaanka siisaa waxaa uu kaa caawinayaa inuu miisaan kaa dhaco.

Takhtarkayga waxaa uu ii sheegay inaan dhiig yari qabo. Taasu macnaheedu waa maxay?

Hooyooyinka cusub ayaa caadiyan dhiig yari qaba, ama macdanta ayron (Iron) yari. Dhiigyarida waxay ku dareensisaa daal iyo daciifnimo, iyo si fudud oo aad u xanuunsato. Waxaad cuntaa hilib, digir ama siriyalka WIC in alla inta aad ka heli karto macdanta ayronka (iron) ee aad u baahan tahay. Haddii takhtarkaaga ku siiyo kaniini ayronn ah, waa inaad qaadataa.

Caloosha ayaa I fadhida (ma saxaroodo). Maxaan sameeyaa?

Cun khudrad iyo digir badan. Waxaad kaloo cuntaa badar badan sida roodhiga qamadiga ka samaysan, muufada galleyda ka samaysan, daqiiq ama budada la shiido, iyo siriyalka. Biyo badan cab. Waxaannu dhammaanteenu u baahannahay ugu yaraan 8 koob (2 litir) oo cabitaan ah maalin walba. Mar alla marka aad oonto wax cab, qaasatan marka aad naas nuujinaysid!



Mararka qaarkood waan niyad jabaa, taasi ma caadi baa?

Daqiiqad waad faraxsan tahay daqiiqadda xigtana waad oynaysaa. Hooyooyinka cusub badankood xanaaq iyo niyadjab ayeey mararka qaarkood dareemaan. Taasi waxaa ugu wacan:

- ▲ hormonka jirkaaga oo isbeddel ku dhaca
- ▲ hurdo yari
- ▲ daryeelka aad cannugaaga daryeeleysid 24-saac maalintii
- ▲ ooyinta canugga
- ▲ asaxaabtaada oo kaa maqan



Caadiyan way ka roonaataa marka canugga uu koro. Kaalmo weydiiso saaxibadaa, iskuna day inaad nasataa. Jirdhiska si fiican ayaad isaga dareemeysaa!

Haddii aad dareento niyadjab iyo xanaaq 2 asbuuc ka badan amaba ay kaaga sii darto, waxaa laga yaabaa inaad niyadjab qabto (depression). Waxaa laga yaabaa inaad daneynin cannugaaga, cuntada iyo isutagga (ragga iyo dumarka) amaba nolosha sideeda kale.

Waxaa laga yaabaa inaad dhibsato daryeelka canugga. Waxaa kaloo laga yaabaa inaad dareento inaad xanuujinayso canuggaaga.

Haddii aad sidan daareentid, la xiriir takhtaarkaada sida ugu dhaqsiyo badan amaba la taliyahaaga. La talinta amaba daawada aad ayeey niyadjabka daawaynteeda ugu fiican yihiin. Haddii aadan garanaynin cidda aad kaalmada waydiisan lahayd, shaqaalaha WIC ayaa ra'yi ku siin kara.

Aad isaga taxaddir, noqona hooyo caafimaadkeeda Daryeesha!



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 dukumentigani heli karaan iyagoo codsi u soo gudbista noocyada kale ee jira. Si aad codsi u soo gudbisid fadlan wac 1-800-525-0127 (TDD/TTY 1-800-853-6388).

Waxaad Noqotaa Hooyo Caafimaadkeeda Daryeesha



Hadafkaygu waa sidatan: _____

Mabruuk!



Canug cusub ayaa nolashaada ku soo biiray!
Canugga cusub farxad badan ayuu wataa!
Xaxaa daryeelka canugga awood iyo waqti badan ayuu qaataa

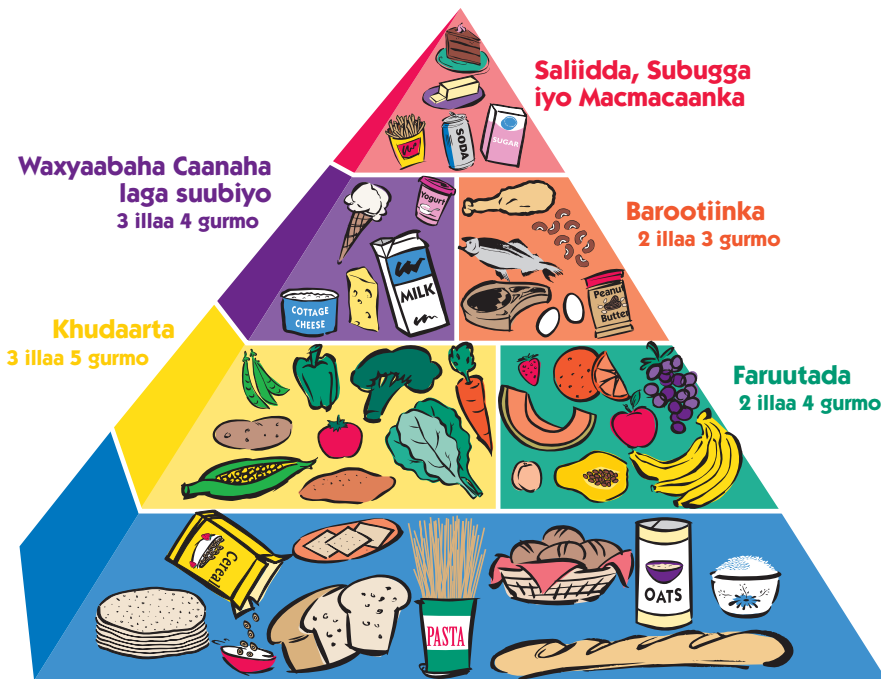
Si aad u heshaan awood badan adiga iyo canugga, waa inaad adigu laf ahaantaa is daryeeshaa!

Tilmaamahan ayaa kaa saacidi karo sida aad u noqon lahayd hooyo faraxsan.

Hadda uu canug ii dhashay ma muhiim baa waxa aan cuno?

Haa!! Cuntada caafimaadka leh waxaa ay kaa kalmeynaysaa:

- ▲ In jirkaaga uu dib u dhismo
- ▲ Inaad tamar/awood heshaa
- ▲ Inaad dareentaa inaad fiican tahay



Roodhiga, Siriyalka iyo Badarka
6 illaa 11 gurmo

Qaybtii imisa ayey la egtahay...

Roodhi, Masagada iyo badarka

6 illaa 11 saxan maalinwalba



Roodhi, mufo, doolsho, canjeero, rooti la dubay1
Siriyalka aan la qoyn..... 3/4 koob ama 180 mL
Baasto, bariis, siriyalka la kariyey!..... 1/2 koob ama 120 mL
Buskutka sokor la'aanta ah.....8
Waxaad maalin walba cuntaa raashinka grainka leh.

Khudradda

3 illaa 5 saxan maalinwalba



Kuwa la kariyo 1/2 koob ama 120 mL
Kuwa cayriinka ah1 koob ama 235 mL
Waxaad maalin walba cuntaa khudradda ay ka midka yihiin, karootada barookoli, sbiinash, cagaarka, bataatiga mac iyo bocor

Faruutada

2 illaa 4 saxan maalinwalba



Kuwa fareeshka ah1 dhex-dhexaad ah
Gasacadeysan ama la qaboojiyey..... 1/2 koob ama 120 mL
Casiirka6 auns (ounces) ama 180 mL
Waxaad maalin walba cuntaa faruutada fitamiin siida C wadata, sida oranjka, faraagolada, batiq, cambaha iyo babaayga, ama casiirka.

Alaabta Caanaha laga suubiyo

3 illaa 4 saxan maalinwalba



Caano8 auns (ounces) ama 240 mL
Bircadda.....1 auns (ounces) ama 45g
Bircadda Kootajka (Cottage Cheese).....2 koob ama 475 mL
Caano fadhiga ama kastarka caanaha laga suubiyo...1 koob ama 235 mL
Caano fadhiga (ciirta) la qaboojiyo iyo jalaatada1 1/2 koob ama 355 mL
Waxaad badanaa isticmaasha caanaha uu subugga ku yar yahay amaba subag la'aanta ah.

Raashinka barootiinka leh

Barootiinka xoolaha

2 illaa 3 saxan maalinwalba



Hilibka, digaagga, kalluunka iyo turkiga (turkey)..... 2-3 auns (ounces) ama 60-90 g
Ukunta2 illaa 3

Barootiinka khudradda laga helo



Dirgita gaduudan oo la kariyay, digirta cagaaran iyo nooca lentiiska 1 koobka cabbirka ama 235 mL
Looska la shiido4 qaado ama 60 mL
Maalin walba xoogaa ka cun khudradda barootiinka leh!

Subagga, Saliidda iyo Macmacaanka



Ma xuma inaad mar mar cuntaa raashinka noocaan ah.

10 fikradood loogu talagalay hooyada caafimaadkeeda daryeesha

▲ Caafimaadkaaga baar 4-6 asbuuc kaddib marka uu canuggaaga dhasho.

▲ Waydiiso saaxibadaa iyo reerkaaga inay kaa saacidaan haynta canugga iyo shaqada guriga. U sheego waxa aad u baahan tahay.

▲ Mararka qaarkood waydiiso qof aad ku kalsoon tahay in ay kaa hayaan carruurta si aad u nasato, qabaysataa soo luga baxsataa amaba aad sameysaa waxyaabaha aad jeceshahay.

▲ Yara seexo inta uu canuggaaga jiifo, haddii ay kuu suura-galayso.

▲ Waxaad sii wadaa dhaqannadii fiicnaa ee aad billawday intaad uurka lahayd!

▲ Adiga iyo canuggaagaba ka fogaada sigaarka.

▲ Ugu yaraan muddo sanad ah sug inta aadan uur kale qaadin. Jirkaaga dib ha u soo kabsado, kuna farax canuggaaga cusub. Haddii aadan doonayn inaad uur qaaddo, waxaad isticmaashaa qaababka uurka la isaga ilaalsho middood!

▲ Iska ilaali cudurka Aydhiska (HIV/AIDS) cudurrada kale ee isutagga la isaga qaado marka dambe ee lagu tagayo. Istimmaal salbatiifo — cudurro badan ayuu kaa ilaalinayaa.

▲ La sheekeyso hooyooyinka kale. Waa muhiim inaad ogaataa inay jiraan dad kula mid ah oo aad fikrado ka heli karto.

▲ Kaalmo ka waydiiso takhtarkaaga ama shaqaalaha WIC:

- ◆ naas-nuujinta
- ◆ miisaan dhimidda ama is caataynta
- ◆ helitaanka cid canugga kuu haysa
- ◆ sida aad u noqon lahayd waalid fiican
- ◆ niyad-jabka (depression)
- ◆ sigaar cabidda, khamriga iyo istic maalka mukhaadaraadka





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: Be a Healthy Mom

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 #: 961-190