

Nafaqo

Dhamaan dumarka oo dhami waxay u baahan yihiin inuu culeyska miisaan jidhkoodu uu biiro mudada uurka. Raashinada aad cunto marka aad uurka leedahay waa kuwa uu cunugaaga kaa dheefadaso si uu u koro.

Intee in le'eg oo culeyska miisaanka jidhka ah ayaa kugu haboon iney kugu biirto mudada uurka?

Intee in le'eg oo culeyska miisaanka jidhka ah oo kugu biirto mudada uurka aad leedahay waxay ku xidhan tahay culeyska miisaankaagii jidhka ee hore uurka ka hor. Culeyska miisaanka jidhka ee kugu biira ee caafimaadka qabaa waxaa lagu qiyaasaa 25-35 pounds. In badan oo culeyska miisaanka jidhka ah oo kugu biirto ama in aad u yar waa u caafimaad daro hooyada iyo cunugaba.

Cunugaagu waa ka mid culeyska miisaanka jidhka ee kugu biirey. Waxaa qasab ah in jidhkaaga ay weheliyaan dhiig, dareere, unugyo iyo nafaqooyin kayd ah. Hadii ay kugu biirto in yar oo culeyska miisaanka jidhka ahi oo ka yar intii lagugula taliyey, khatar ayay u tahay caafimaadka cunugaaga waxayna saameyn ku yeelan kartaa inuu caafimaadkiisu uu hoos u dhaco xiliga dhalashada iyo noloshiisa danbe oo dhan.

Waa imsa cadadka culyska miisaanka jidhka ee lagugula taliyey?

Culeyska miisaanka jidhka ee kugu biira hor-dhaca uurka	Uurka ka hor inta culeyska miisaanka jidhkaagu yahay
Inta dhexdhexaadka ah ama caadiga ah ee gofka qaangaadhka ah culeyska miisaanka jidhka iyo dhererka	25-35 pounds
Ka hooseeya culeyska caadiga ah	28-40 pounds
Aad u cayilan	15-25 pounds
Cayil xad dhaaf ah	15 pounds

Ilaha: Nutrition During Pregnancy, 1990. Institute of Medicine, National Academy of Sciences, Washington, D.C.

Uurka ah mataanaha waxaa lagugula taliyey iney kugu biirto 35-45 pounds. Uurka sadexda cunug ahna, guud ahaan inta la rabo in ay kugu biirto waa 50 pounds.

Inta badan cunugyada caafimaadka qabaa wuxuu culeyska jidhkoodu dhan yahay 7-8 pounds. Cunugyada qaar wax yar ayey ka yar yihiin qaarna ka weyn yihiin. Waxaa laga yaabaa inaad is weydiisid halkee ayuu marey culeyska miisaanka dheeraadka ahi? Culeyska miisaankaasi wuxuu sameynayaa isbedelo kale oo jidhkaaga ku yimaada kuwaasi oo loo baahan yahay iney kaa caawiyaan awooda koritaanka iyo caafimaadka cunuga, iyo si aad u dhashid cunug caafimaad qaba isla markaana adiga iyo cunugaaguba aad u badbaadaan.

Halkee Ayuu Culeyska Miisaanka Jidhkaagu Tagaa?

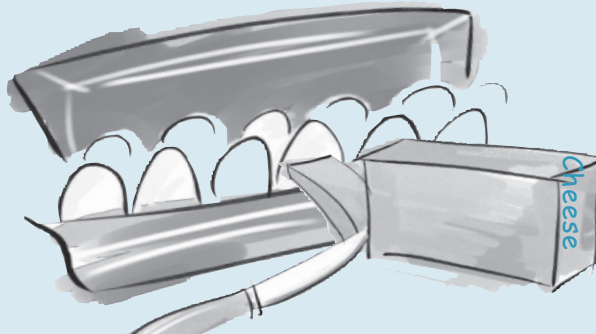
Cunug.....	7 ½ pounds
madheerta.....	1 ½ pounds
Xabka Cunuga ku Lifaqaan	2 pounds (Biyaha cunuga ku wareegsan xiliga uu caloosha ku jiro)
Naasaha.....	2 pounds
Ilmo galeenka	2 pounds
Dareeraha Jidhka.....	4 pounds
Dhiig.....	4 pounds
Keydka Nafaqada jidhka dhista ee xiliga Hooyonimada, Baruur iyo Nafaqooyin Kale.....	7 pounds

Ilaha: Your Pregnancy & Birth, 4th edition, 2005. The American Kuliyaada lagu tababaro dhaqtarka khibrada u leh ka dhalinta haweenka iyo dhakhtarka khibrada u leh cudurada haweenka ku dhaca (ACOG), Washington, D.C.

- Baruurta waxay ku siisaa cabirka tamarta raashinka ee dheeraadka ah oo kaa caawisa naasnuujinta.
- Xiliga uurka la leeyahay kuma haboon in culeyska miisaanka jidhka la iska rido. Ka dib uurka iyo nuujintaba ayaad awoodi doontaa inaad yareyso cabirka tamarta raashinka.

Goorma ayaa ku haboon in cabirka miisaanka jidhkaaga ay wax ku biiraan?

- Cabirka miisaanka jidhkaaga ku biraa waa inuu kugu jiraa ilaa inta aad uurka leedahay.
- Mudada sadexda bilood ee ugu horeysa (1st trimester), haweenka intooda badan waxaa laga filayaa iney ku biirto 2 ilaa 4 pounds.
- Mudada lixda bilood ee ugu danbeysa (2nd and 3rd trimester) waxaa laga yaabaa iney kugu biirto cabirka tamarta jidhka oo dhan 3 ilaa 4 pounds bil kastaba.
- Cunugaagu isaga/iyada waxaa ku biirta miisaan badan mudada lagu jiro wiiga ugu danbeeya iyo maskaxda oo si xad dhaaf ah u korta.



Maxaa ugu haboon in la cuno si cabirka miisaanka jidhkaagu u biiro?

Had iyo jeer xasuusnow inaad wax u cuneyid si aad cunugaaga u nafaqeysid – maaha kaliya si uu cabirka miisaanka jidhkaaga wax ugu biiro.

- Si aad u siisid cunugaaga habka ugu wanaagsan ee nolol loo bilaabo, ka dooro raashinka kuwa ugu fiican adiga oo tixraacaya qorshaha raashinka ee dowladu ay diyaarisey (MyPyramid). Wax badan ayaad ka baran kartaa www.mypyramid.gov.
- Cabirka miisaanka jidhkaaga ku biiraa waxaa loo baahan yahay inuu ka yimidey raashinka caafimaadka leh kuwaasi oo ah ilaha ugu wanaagsan ee laga helo fiitamiinada iyo macdanaha uu jidhku u baahan yahay
- Yaree raashinada kale sida, nacnaca, buskudka, doolshaha, doolshaha miraha la karkariyey lagu maceeyey (pie) cabitaanada aashitada leh, bunka. Dhamaanba rashinadani wax nafaqo ahi kuma jirto nafaqadaasi oo adiga iyo cunugaaguba aad u baahan tihiin.

Sidee Ayaad Dib ugu Noqon Lahayd Qaabkii fiicnaa ee jidhkaagu u dhisnaa markii hore?

- Raashin qaadasho caafimaad leh iyo jimicsiga casriga ah, waad awoodi kartaa inaad lumiso ugu badnaan cabirka miisaanka jidhka ee mudadii uurka kugu biirey. Kala hadal kuwa bixiya daryeelkaaga caafimaadka ka hor inta aanad bilaabin mashruuca jimicsiga.
- Naasnuujintu waxa laga yaabaa iney kaa caawiso inay kaaga dhacaan si degdega woxooga miisaan ahi

Hadii aad qabtid wax su'aal ah oo la xiriira cabirka miisaanka jidhkaaga ama cabirka miisaanka kugu kordha mudada uurka, weydii kuwa bixiya daryeelkaaga caafimaad ama kuwa khibrada u leh nafaqada. Aad ayay si daacad ah ugu xiiso qabaan caafimaadka cunugaaga iyo kaagaba.



OGEYSIIS:





Culeyska Miisaank Jidhkaaga

Ku biira Mudada Uurka



**Waaxda Caafimaadka ee Missouri
iyo Adeegyada Waayeelka**

WIC iyo Adeegayada Nafaqada
P.O. Box 570
Jefferson City, MO 65102-0570
573-751-6204

www.dhss.mo.gov/WIC

Warqadani war baahinta ah waxaad ku heli kartaa siyaabo kala duwan oo qofkii laxaadka daran wuxuu la soo xiriiri karaa Wasaarada Caafimaadka ee Missouri iyo Adeega dadka waayeelka ah 573-751-6204. Dadka ka laxaad daran maqalka ama araga teleefankoodu waa 800-735-2966. CODKA 800-735-2466. Adeegyada waxaa loo bixiyey iyada oon lagu saleynin wax takoor ah. FURSAD LOO WAD SIMAN YAHAY/SHAQO GALIYE ILAALIYA SHARCIGA XUQUUQDA IYO XADGUDUBKA USDA waa bixiye fursad loo wada siman yahay.

#158 SO (05/06)

