3 Ammaanka iyo Kaydinta

Talooyin Cunto oo Aad Xusuusatid

- Markasta ilmaha wax ku sii qaado. Waxyeelo ayaa uga iman karta ilmaha haddii masaasad ama dhalo lagu siiyo cuntada.
- Si tartiib ah u bilaw noocyada kala duwan. Ilmahaaga ku bilaw hal cunto oo ku cusub halkii todobaad. Waad isku walaaqi kartaa laba cunto ka dib marka si gooni ah ilmahaagu mid kasta u cunay.
- Ilmahaaga u ogolow inuu go'aan ka gaadho waxa uu jecel yahay ama aanuu jeclayn. Ha ogaalaan in cuntooyinka aad adigu jeceshahay ay go'aamiyaan waxa aad siisid ilmahaaga.
- Ilmahaaga wax la cun oo wakhtiga cuntada ka dhig mid leh madadaalo iyo dabacsanaan.
- Raadi cunto ilmo oo ka kooban hal wax sida karootada ama dabacasaha ama noocyada bocorka (squash).

Taloolinka Kaydinta ee Cunto Ammaan Leh

- Cuntada uu cuni doono ilmahaagu ku dhur baaquli ama madiibad yar adiga oo isticmaalaya qaado. Haddii aad cuntada dhalada ka siisid waxa iman doonta in wixii dhalada ku soo hadha ay dhakhso u xumaadaan.
- Si adag u xidh dhalada oo isla markiiba ku rid qaboojiyaha.
- Markasta isticmaal qaado nadiif ah marka aad cuntada ka soo guraysid dhalada.
- Cuntada ilmaha ee aad kaydisay ha lagu isticmaalo gudaha 2 ilaa 3 maalmood ama iska tuur.

Washington State WIC Nutrition Program

Waxa soo saaray Massachusetts WIC Nutrition Program
Waxa habeystay Washington State WIC Nutrition Program

Dadka qaba naafo, waxa loo heli karaa dukumentigan oo ah qaabab kale haddii ay codsadaan.
Si aad codsi u sameysatid, fadlan wac 1-800-841-1410 (TDD/TTY 1-800-833-6388).

Hay'addani waa bixiye fursado loo siman yahay.
Washington WIC ma sameeyo takooris.

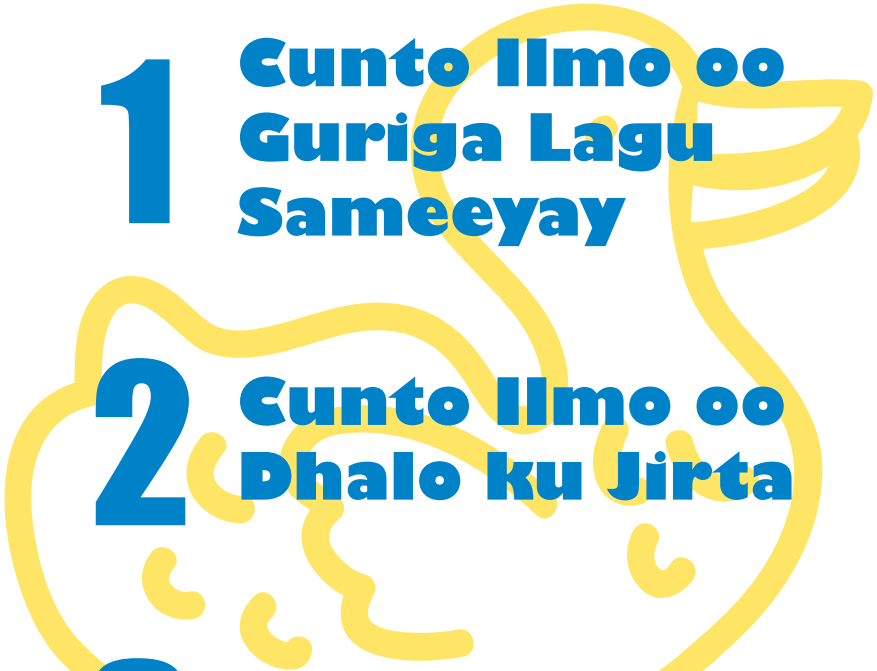
PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON

Washington State Department of Health

DOH 960-036 April 2008 Somali

MAXAAD SIISAA ILMAHAAGA?

U fudud sida 1,2,3...



1 Cunto Ilmo oo Guriga Lagu Sameeyay

2 Cunto Ilmo oo Dhalo Ku Jirta

3 Ammaanka iyo Kaydinta

1 Cunto Ilmo oo Guriga Lagu Sameeyay

Ilmahaaga cuntada guriga ugu samee. Cuntada ilmaha ee guriga lagu sameeyay waxay leedahay caafimaad, waxay yareynaysaa kharashka cuntada waxana ay ilmahaaga ka gargaari doontaa inuu barto cuntada uu qoyska cuno!

Waxa aad u baahan tahay si aad u sameysid cunto ilmo!

- Fargeeto ama cunto shiide ilmo ama ridqe.

Sida Sax Looga Dhigo!

- Dhamaan qalabka ku dhaq biyo saabuun leh. Biyo raaci oo qallaji.
- Diyaari khudaarta iyo cagaarka (vegetable) darayga ah ama cusub adiga oo dhaqaya oo ka qaadaya ama ka fiiqaya maqaarka; ka jar ama ka saar jiridda, iyo iniinyaha.
- Diyaari hilibka adiga oo ka saaraya lafaha, maqaarka iyo baruurta ama xaydha la arki karo.
- Shaandho ku shub oo biyo raaci cagaarka iyo khudaarta qasac ku jira.

Kari, Qabooji, & Burburi...

- Uumi ku kari ama biyo ku karkari cuntada ilaa ay jilicayso.
- Cuntada daa si ay u qabowdo ilaa heerkulka qolka
- Burburi, shaandhee ama shiid cuntada adiga oo ku daraya qadaro yaryar oo ah biyaha karinta, caanaha naaska ama caanaha dhalada ilaa isku-darku ka noqonayo mid si fiican isugu qasan.

HA KU DARIN sonkor, malab, macaanka maple, macaanka Karo, milix, basbaas, geedo, hawaashyo, dufan ama saliido. Ma aha wax loo baahan yahay waxana ay waxyeelo u geysan karaan ilmahaaga.

2 Cunto Ilmo oo Dhalo ku Jirta

Heerarka Cuntada Ilmaha:

Cuntada Heerka Koobaad...

- Waa cagaar,khudaar ama furuuto oo kali ah ama wax kale lagu darin, iyo siriyaalka ilmaha.
- Waxay leeyihin oogo ama muuqaal isku siman oo aan kuuskuus lahayn.
- Waa kuwo loogu talogalay inay noqdaan cuntada adag ee ugu horeysa ee ilmahaagu cuno, badanaa agagaarka 6 bilood.
- Waxa ku jira kara biyo iyo/ama fitamiin C.

Cuntada Heerka Labaad iyo Saddexaad...

- Waxa ku jira khudaar, cagaar, siriyaal, hilib, iyo cuntada qadada.
- Waxay ku haboon yihiin ilmaha u dhexeeya 6 iyo 10 bilood;
  6 ilaa 8 bilood: khudaar, cagaar, siyiraal;
  8 ilaa 10 bilood: hilib, cuntada qadada, khudaarta, cagaarka, siriyaalka
- Waxay leeyihiin oogo ama muuqal sii adag waxana ku jiri kara qaybo ama kuuskuus yaryar.

Cunto ilmo oo badan ayaa waxa ku jiri kara waxyaabo ilmahaagu aanuu u baahnayn sida...

- Buuxiyeyaasha sida burka moxogga (tapioca), daqiiqda bariiska iyo daqiiqda bataatada, kuwaasoo adkeeya cuntada laakiin ay yar tahay nafaqada ay siinayaan ilmahaaga.
- Sonkoraha lagu daray sida sonkor, macaanka galleyda, dextrose, maltose iyo sucrose.
- Milix ama soodhiym lagu daray. Ilmuhu waxay jecel yihiin dhadhanka dabiiciga ah ee cuntada umana baahna in milix cuntada loogu daro.

Akhri qoraalada ku qoran cuntada si aad u sameysid doorasho fiican marka aad iibsanaysid cuntada ilmaha.

Washington State Department of Health

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Health Education Resource Exchange Web Team