Xasaasiyadda cuntada waa xaalad caafimaad oo khatar ah oo nolosha khatar-gelin karta. Inkastoo cunto kasta ay keeni karto falcelin xasaasiyad, sagaal cunto oo waaweyn oo kiciya xasaasiyadda ayaa sababa xasaasiyadda ugu badan ee Mareykanka. Shaqaalaha cuntada waa in la siiyaa tababarka ku saabsan waxyaabaha xasaasiyadda kiciya maadaama ay la xiriirto waajibaadka shaqadooda sida ogaanshaha waxyaabaha waaweyn ee kiciya xasaasiyadda cuntada, calaamadaha falcelinta xasaasiyadda, sida macaamiisha loogala hadlo waxyaabaha xasaasiyadda kiciya, iyo siyaabaha looga hortago waxyaabaha xasaasiyadda kiciya marka la diyaarinayo ama la bixinayo cuntada.

Galka Xogta: Wacyigelinta Xasaasiyad Kiciyaha

**Ogsoonoow**: Adeegso dukumiintigan si uu kaga gacansiiyo goobtaada joogteynta Xakameynta Maareynta Firfircoon (AMC). Xaqiiji in aad waaxdaada caafimaadka maxalliga kala shaqeyso wixi macluumaad dheerad ah hadba sidii loogu baahdo. ([www.doh.wa.gov/localhealthfoodcontacts](http://www.doh.wa.gov/localhealthfoodcontacts))

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| **Qeybta 1-aad: Xogta Xarunta Cuntada** | | | | | | | |
| **Magaca Xarunta** | | | | | | **Taleefoonka** | |
| **Wadada (Goobta Rasmiga ah)** | | | | **Magaallada** | | **Koodhka Boostada** | **Iimeelka** |
| **Magaca Xariirka** | | | | **Jagada / Booska** | | | |
| **Qeybta 2-aad: Qiimaynta Dookhyada Cuntada** | | | | | | | |
| Qiimee waxyaabaha la keeno oo si taxadar leh u akhri waxyaabaha ku qoran xirmooyinka si aad uga raadiso waxyaabaha xasaasiyadda kiciya ee suuragalka ah. Dooro dhammaan kuwa laga isticmaalo goobtaada. | | | | | | | |
| **Kalluunka** sida salmon, cod, halibut, tilapia | | | **Misirta** sida edamame, miso, suugada soyga, tempeh, tofu | | | | |
| **Aargoosatada Kalluunka qolofta leh** sida suulgoysta, aargoosatada, shrimp | | | **Lawska** sida subaga lowska, daqiiqa lawska, lawska isku qasan | | | | |
| **Ukumaha** sida ukunta, cabitaanka ukunta, shushuumowga ukunta, jallaatada ukunta | | | **Qamadiga** sida rootiga, couscous, baastada, cawska qamadiga | | | | |
| **Caanaha** sida burcadka, farmaajada, jallaatada, garoorta, caanaha | | | **Sisinta** sida abuurka sisinta, saliida sisinta, tahini | | | | |
| **Geedka Lawska** sida yicibta, ajaar, qumbaha, hazelnuts, macadamia, pecans, pine nuts, pistachios, walnuts | | | | | | | |
| **Qeybta 3-aad: Calaamadaha Waxyaabaha Kiciya Xasaasiyadda Cuntada** | | | | | | | |
| Dhammaan shaqaalaha cuntada, oo ay ku jiraan adeegayaasha, waxay ubaahan yihiin inay ogaadaan waxa loo raadiyo macaamiisha qaba xasaasiyaadka cuntada.  **Falcelinada aadka u daran waxay ubaahan yihiin daryeel caafimaad, oo ay ku jirto wicista 911.** | | | | | | | |
| * Kor-hanbur * Jir-guduudasho * Dareen la'aanta afka * Bararka wajiga, carabka, ama bishinta | | * Matag ama shuban * Qufac ama hinraag * Dawakhsanaan, wareer, walbahaar * Bararka cunaha | | | * Ubuc xanuun * Neefsiga oo adkaada * Miyir-dabool * Calaamado kale ayaa suuragal ah | | |
| **Qeybta 4-aad: Is-Gaarista** | | | | | | | |
| Waxyaabaha kiciya xasaasiyadda cuntada ayaa meelo kale u gudbi kara marka cuntada, iyo sagxadaha ay is-taabtaan. Xaqiiji inaad had iyo jeer isticmaasho alaabta jikada oo nadiif ah marka aad diyaarineyso cuntooyinka ka caagan waxyaabaha kiciya xasaasiyadda. Si fiican u karinta cuntada kama yareyneyso waxyaabaha kiciya xasaasiyadda. Haddii khalad la sameeyo, cuntada waa in dib loo sameeyaa. | | | | | | | |
| **Isha is-gaarista** | **Tusaalooyinka** | | | | | | |
| **Gacmaha (xitaa haddii la xiran yahay galoofis) iyo weelasha** | * Taabashada yicibta hadana qabashada burcadka * In hal miiko loo isticmaalo in lagu fidiyo kalluunka kahor inta aan lagu fidin hanbeegarka | | | | | | |
| **Sagxadaha sida meelaha wax lagu jarjaro, dheriyada, birtaawooyinka** | * Hilib solan kudul karinta shabaqa burjikada kadib marki ukun lagu dulkariyey * Burcad ku jarjaridda meesha wax lagu jarjaro kadib marki rooti lagu jarjaray | | | | | | |
| **Uumiga, daadashada, budada** | * Uumiga kasoo baxa kalluunka wuxuu gaaraa cuntada u dhow * Burka canjeerada ku qasan wuxuu gaaraa hilibka | | | | | | |
| **Keydinta** | * Caanaha ku daata qudaarta ku jirta firinjeerka * Suul-goysta/carsaanayada macmalka ah oo isku weel lagula keydiyo suul-goysta karsan | | | | | | |
| **Waxyaabaha dhadhanka kordhiya** | * Gelinta middi loo isticmaalay in lagu fidiyo subaga lowska oo la geliyo weelka suugada * Suugada soyga oo lagu daro dheecaanka khudaarta ee guriga lagu sameeyo | | | | | | |
| **Dareerayaasha iyo saliida wax lagu kariyo** | * Dib u isticmaalidda saliida wax lagu kariyo oo lagu shiilo khudaar kadib markii lagu shiilay kalluun * Jibsi ku karinta makiinada aadka wax loogu shiilo kadib marki lagu kariyey hilib digaag | | | | | | |
| **Khaladaadka** | * Bur shiilshiil kasoo bixinta khudrad jarjaran * Saxan ka gedinta ukunta halki aad ka diyaarin lahayd saxan cusub | | | | | | |
| **Kahortag is-gaarista.** Ku nadiifinta saabuun iyo biyo ayaa waxyaabaha xasaasiyadda kiciya ka saari doona sagxadaha. Dhaq, biyo-raaci, jeermiska kadil, oo hawada ku qallaji dhammaan weelasha cuntada iyo meelaha ay taabato cuntada kahor inta aan la isticmaalin. Sheeyaasha dalab kasta oo xasaasiyadda aan kicin, kaliya adeegso iyagoo nadiif ah:   * gacmaha * weelasha sida kuwa cuntada lagu fidiyo, qaadooyinka, midiyaha, iyo galoofiska * sagxadaha sida meelaha wax lagu jarjaro, dheriyada, birtaawada, meelaha wax lagu xasho * biyaha iyo saliida wax lagu kariyo | | | | | | | |



Galka Xogta: Wacyigelinta Xasaasiyad Kiciyaha

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| **Qeybta 5-aad: Ilaha Qarsoon ee Waxyaabaha Xasaasiyadda Kiciya** | | | | |
| Cuntooyinka diyaarsan iyo kuwa baakadeysan waxay lahaan karaan ilo qarsoon oo waxyaabaha xasaasiyadda kiciya ah. Akhri “ingredients (waxyaabaha ku jira)” iyo “contains (waxaa ku jira” si taxadar leh. Tusaalooyinka soo socda waxay tilmaami karaan jiritaanka shey xasaasiyad kiciya balse ma ahan liis dhammeystiran. | | | | |
| **Aargoosatada Kalluunka qolofta leh** | | Suugada kalluun kala duwan, cuttlefish ink, cuntada kalluunka, maraqa kalluunka, keydka kalluunka, glucosamine, waxyaabaha cuntada lagu macaaneeyo ee badda ee budada ah, uumiga karinta cuntada badda, surimi | | |
| **Ukumaha** | | Albumin, binder, emulsifier, globulin, livetin, lecithin, lysozyme, ereyada ka bilaabmaya “ova” ama “ovo”, vitelin | | |
| **Kalluunka** | | Anchovies-ka ku jira dheecaanka saladhka, shiishiidka barbecue iyo Worcestershire, cuntada kalluunka, maraqa kalluunka (nuoc mam), keydka kalluunka, kosher gelatin, saliida, roe, uumiga karinta cuntada badda, waxyaabaha cuntada lagu macaaneeyo ee badda, carjowda yaxaas badeedka/garabka, surimi | | |
| **Caanaha** | | Subaga wax lagu macaaneeyo ee macmalka ah, midabka sokorta la kariyey/wax lagu macaaneeyo, burcadka, garoorta, lactalbumin phosphate, lactic acid starter culture, lactose, waxyaabaha wax lagu macaaneeyo ee dabiiciga ah, rennet casein, caano booraha, adkeyaasha, caanaha suusaca ah, tagatose, whey, caanaha la fadhiisiyey | | |
| **Lawska** | | Cuntooyinka iyo suugada Afrikaanka, Aasiyaanka, iyo Meksiko; saliida lawska duban, saliida lawka cayriinka ah (haddii aan si aad ah loo sifeyn), kiimikada isku qasta, wax lagu macaaneeyo, marzipan, subaga lowska, miraha gabaldayaha (haddii lagu warshadeeyo qalab la isla wadaago) | | |
| **Sisinta** | | Rootiga, doolshaha miraha la qallajiyey, badarka, buskutka, buskutka qallalan, falafel, hummus, margarine, melba toast, pretzels, protein bars, dheecaanka saladhka, burka sisinta, saliida sisinta, saldaatada, sushi, tahini, tempeh | | |
| **Soyga** | | Edamame, guar gum, burutiinka khudaarta laga soo saaray (HVP), lecithin, MSG, protein extender, shoyu, suugada soyga, saliida soyga (haddii aan si aad ah loo sifeyn), starch, tamari, tempeh, burutiinka khudaarta ee la yara adkeeyey | | |
| **Geedka Lawska** | | Lawska macmalka ah, baklava, gianduja, granola bars, lychee, macaroons, marzipan, nougat, waxyaabaha laga soosaaray lawska/aalkolada laga soo saaray, lawska laga soo saaray, burka lawska, saliida lawska, subaga lawska, pesto, pine nut, praline, waxyaabaha cuntada lagu macaaneeyo ee abaarmooga | | |
| **Qamadiga** | | Buskutka la riiqay, bulgur, bran, cornstarch, farina, farro, burka, freekeh, gelatinized starch, gluten, burutiinka khudaarta laga soo saaray, Kamut, matzoh, modified starch, MSG, burutiinka, semolina, spelt, starch, triticale, xanjada khudaarta, starch-ta khudaarta, vital gluten, saliida qamadiga, cawska qamadiga | | |
| **Qeybta 6-aad: Ogeysiiska iyo Tababarka** | | | | |
| **Tababarka Shaqaalaha:** Shaqaalaha waa in si sax ah loogu tababaraa waxyaabaha soo socda: | | | | |
| * Ogaanshaha 9-ka cunto ee waaweyn ee xasaasiyadda kiciya * Calaamadaha falcelinta xasaasiyadda * Waxa loo sameeyo qof ay ku kacday xasaasiyad | | | * Kala hadlidda macaamiisha, PIC, iyo shaqaalaha ku qoran * Nadiifinta iyo jeermis ka-dilista si looga hortago is-gaarista * Sida loo diyaariyo ama loo beddelo cunto si looga hortago waxyaabaha xasaasiyadda kiciya | |
|  | Yaa loo tababari doonaa inuu diyaariyo cuntooyin ka caagan waxyaabaha xasaasiyadda kiciya ama yaa go'aaminaya haddii xulashooyin kala duwan oo cunto ah loo baahan yahay?  Shaqaalaha oo dhan  Qofka u Xilsaaran/Maareeyaha  Cunto kariyaha ugu weyn  Kuwo kale: | | | |
|  | Sidee ayey shaqaalaha afka hore jooga u ogeysiin doonaan maareeyaha ama shaqaalaha gudaha hoose wixi codsi cunto oo xasaasiyadda aan kicin?  Af ahaan  Qoraal ahaan  Labadaba – Qoraal iyo af ahaanba  Si kale: | | | |
|  | Intee jeer ayaa la tababaraa shaqaalaha?  Xiliga shaqaaleysiinta  Sanad kasta  Marka khaladaad la arko  Xilli kale: | | | |
|  | Sidee loo tababaraa shaqaalaha?  Dukumiinti qoraal & saxiix ah  Tabeelo loo dhejiyo  Tababarka waxyaabaha xasaasiyadda kiciya oo Onlayn ah/Fasal ah  Si kale: | | | |
|  | Sidee ayaa macaamiisha qoraal ahaan loogu sheegaa xulashooyinka aan kicin xasaasiyadda?  Dalabka dushiisa  Calaamad illinka lagu dhejiyo  Barta iibka  Meel kale: | | | |
| **Qeybta 7-aad: Macluumaad Dheeraad ah oo Gaar u ah Xarunta** | | | | |
|  | | | | |
| **Qeybta 8-aad: Saxiixa** | | | | |
| Qorshaha waxaa diyaariyay: | | | | |
|  | | | | |
| Saxiixa Taariikhda | | | | Magaca Farwaaweyn Taleefanka |

Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-525-0127. Haddii aad tahay macaamiil dhagool ah ama aad maqal culus tahay, fadlan wac 711 (Washington Relay) ama iimayl udir doh.information@doh.wa.gov.