

Dhallaanka Ka Yar 6 Bilood

Muddada bisha ugu horraysa, ayay dhallaanku yeelan karaan hal saxarood kaddib kaddib quudin kasta, ama dhowr saxaro halkii maalinba. Hal bil kaddib, dhallaanka ayaa yeelan doona saxarood ka yar intaas maalin kasta ama xitaa saxarood ah dhawr maalmood oo kasta.

- Ilmahaagu wuxuu u baahan yahay kaliya caanaha naaska ama foormulada. Ka hubi dhakhtarkaaga ama WIC si aad u hubiso inay helayaan caano-naas ama foormula ku filan.
- Haddii aad ku quudiso caanaha foormulada, u qas foormulada sida saxda ah. U fiirso tilmaamaha ku dul yaal qasacadda.
- Beddel foormulada kaliya kaddib markaad la hadasho dhakhtarkaaga ama shaqaale WIC. Beddelidda foormulada caanaha ayaa inta badan keeni karta dhibaatooyin dheeraad ah.



Ilmaha Ka Wayn 6 Bilood

- Ka caawi ilmahaagu inuu firfircooni dheeraad ah yeesho. Lugaha ilmahaaga ugu dhaqaaji si u isaga ama iyadu ay wataan baaskiil oo kale. Ku dhiirigeli ilmahaaga inuu u dhaqaaqo ama dhulka ku gurguurto.
- Sii ilmahaaga cabbitaanno ka sii badan. Waxaad u fidin kartaa 2 wiiyadood oo buruun, beer ama tufaax ah oo lagu qasay 2 wiiyadood oo biyo ah, maalintii laba jeer, ama 4 wiiyadood oo biyo caadi ah laba jeer maalintii.
- Sii ilmahaaga cuntooyin faybar leh oo intii hore ka badan sida furuutka jilicdasan iyo khudaarta la kariyey ee jilicdasan. Isku dayqiyaastii 2 illaa 4 wiiyadood furuut ama khudaar ah maalin kasta.
- Jilci hal qaado oo badarka 100% bran la caanaha naaska ama dhalada oo taas ku dar inay firida ee ilmahaaga.

Markay yihiin dhallaanka da'da kasta leh, la xiriir dhakhtarka haddii ay tusayaan calaamado ma astaamo, laxaw daran ama saxarada oo dhiig leh aad u daran, oo ay ay u weheliso calooshu-fadhigu.

Socod-baradka iyo Carruurta yar

- U fidi ilmahaaga cuntooyin kala duwan oo faybar (duf) badan leh. Rootiyada iyo siiriyalaka badarka kaamilka ah badar iyo siiriyalka, khudaarta, iyo furuutka darayga ah khaasatan fiican.
- Kordhi faybarka ku jira cuntooyinka jilicdasan ee ilmahaaga (sida gadhoodhka ama rootiga ama mafinka guriga lagu sameeyo) iyo siiriyaaladiga oo ku dara:
1 illaa 3 qaaddo-miis oo bran siiriyal 100% maalintiiba, ama 1 illaa 2 qaaddo-miis oo furuut qalalan si fiican loo jarjaro sida sabiibka, buruunka, ama tufaaxa la qalajiyay.



- Jir-dhiska joogtada ah ayaa muhiim ah. Hubi inuu ilmahaagu si firfircoon u ciyaaro maalin kasta!
- Sii ilmahaaga cabbitaanno fara badan, gaar ahaan biyo, maalin kasta. Waxa kale oo aad u fidin karta casiir buruun, tufaax, ama beer.
- Ka caawi ilmahaagasi ay musqusha u tagaan si joogto ah. Ugu talagal wakhti deggan maalin kasta isticmaalka musqusha. Kaddib cuntada marka la cunto ayaa laga yaabaa inay tahay wakhtiga ugu wanaagsan.
- Ku dhiirigeli ilmahaaga inay isticmaalaan musqusha markay u baahato. Ha dedejin ilmahaaga.

Carruur Faraxsan, Calool Faraxsan

Sii carruruutaada noocaca badarka kaamilka ah ee rootida, siiriyalka ama baasta ee ay ugu jecel yihiin. Waa hab fudud oo looga caawiyo iyagu inay cunaan badarka kaamilka ah ee ka badan intii hore. Oo haddana, cunidda badar kaamil ah oo dheeraad ah oo faybar ka badan leh ayaa ka dhigi kara wakhtiga saxarada mid sahlan.

- Furuutka darayga ah
- Mafinka badarka kaamilka ah
- Jeexyo karoot jilicsan oo la kariyay
- Jeexyo rooti qamadi kaamil shaaxid ah
- Buskutka sareenka ka samaysan
- Siiriyalka badarka kaamilka ah

Boorash-sareen Guriga Lagu Sameeyo oo Furuut leh

- 3/4 koob oo sareenka old-fashioned rolled oats ah
- 1-1/2 koob oo biyo qabow ah
- 2 qaaddo-miis oo sabiib ah
- 1 tufaax; la diiro, iniinta laga saaro oo la jarjaro
- 1 qaaddo-shaah qorafal ah

Ku shub biayaha daawe-soos. Biyaha ku bayli kulayl dhexdhexaad ah. Ku walaq boorsh-sareenka, sabiibka, tufaaxa la jarjaray, iyo qorafalka. Kulaylka hoos u dhig. Kari 5 daqiiqo, adiga oo walaqa marar badan. Waxay deeqaysaa 2 qof.



Oodles of Noodles

Waa 6 qiyaas cunto

- 1 lb baasto qamadi kaamil ah
- 1 xirmo swiss jaardh (chard) ama isbinij; jirrida oo laga saaray, coarsely chopped
- 3 xubno toon ah, oo la deqiiyay
- 2 qaaddo-shaah baysal, la qalajiyay ah
- 2 koob oo tamaandho; la jarjaray ah, oo wadata miidkeeda oo idil
- 3 koob oo fuud khudaar ah, oo soodhiyam hooseeya leh
- 3 qaaddo-miis saliid saytuun ah
- 3 qaaddo-miis daqiiq qamadi kaamil ah
- 1 qaaddo-miis cusbo
- 1/2 qaaddo-miis basbaas ah

U kari baastada sida ku taal tilmaamaha baakada. Dabeed, u kulayl daawe si dhexdhexaad ah, ku dar 3 qaaddo-miis saliid ah, markaa rogrog si aad u mariso. Ku dar tamaandhada, toonta, jaardh ama isbinijka, baysilka, cusbada iyo basbaasta. Saliid ku dallac illaa cagaarku isku dhacayo oo tamaandhadu jilicayso yihiin oo dareere uga soo baxayo. Ku dul rushee daqiiq khudaarta oo walaq illaa si buuxda ay iskugu darsamayaan. Aayar ugu qas fuudka. Ku sii wad walaqa illaa soosku karayo oo adkaanayo, qiyaastii 5-8 daqiiqo. Ku dul shub baastada oo markaa waa diyaar in la cuno.

Digniin Carruurta ka yar da'da 4 ayaa ku margan karta miraha, diirka furuutka, furuutka qalalan, iyo khudaarta qadhiin. U kari dhallaanka iyo carruurta yar yar dhammaan khudaarta.



DOH 961-195 June 2015 Somali

Dadka qaba naafanimada, dukumentigan waxay ku heli karaan qaabab kale markay weyddiistaan. Si aad u soo gudbisno weyddiistaan, fadlan soo wac 1-800-841-1410 (TDD/TTY 711).

Barnaamijka Nafaqada ee WIC ee Gobolka Washington ma sameeyo kala qoqob. Hay'addani waa bixiye fursad loo siman yahay.

Qoraalkan waxa laga soo beddeshay Barnaamijka WIC ee California. Dib Loo daabacay iyada oo oggolaan la haysto.



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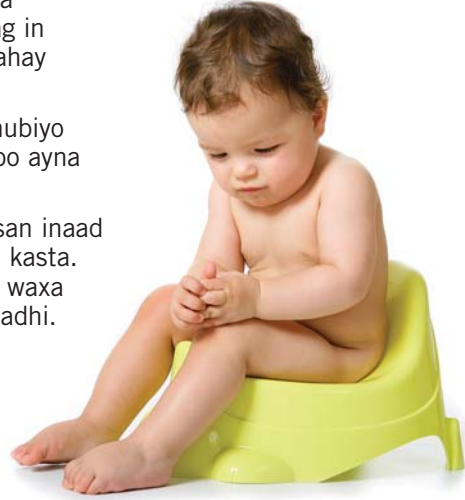
Xaqiiqooyinka ku saabsan calool-fadhiga

Talooyin ku saabsan ku daritaan duf, cabbitaanno, iyo waxqabadyo intii hore ka sii badan si wax ay uga qabtaan calool-fadhiga!

Waxyaabaha ah in Laga Ogaado Calool-fadhiga

Saxarada adag ee qallalan (djhaqaaqa mindhicirka ama saxaroodka) ee adag in la soo saaro ayaa laga yaabaa inay tahay calaamadaha calool-fadhiga.

- Kala tasho dhakhtarkaaga si loo hubiyo in dhibaataadu tahay calool-fadhi oo ayna ahayn wax kale.
- Ha ka welwelin arrimaha ku saabsan inaad mindhicir dhaqaaq yeelato maalin kasta. Haddii ay saxaradu jilicsan tahay, waxa laga yaabaa inayna ahayn calool-fadhi.
- Ha isticmaalin dawada caloosha socodsiisa, saliid macdaneed, suboosoyinka ama enemooyinka haddii uu dhakhtarkaagu kuu qoro mooye.



Calool-fadhiga waxa sababi kara:

- Iyada oo aan la cabbin cabbitaanno ku filan.
- Iyada oo aan la cabbin dareerayaal ku filan.
- Qaar ka mid ah dawooyinka.
- Fuuqbaxa ay sababto matag, qandho, ama dareerayaal aan ku filnayn.
- Iyada oo aan la cunin duf (fiber) ku filan
- Xaaladaha caafimaad qaarkood (kala tasho dhakhtarkaaga).
- Foormulada caanaha ilmaha ee sida khladdan la iskugu daro.

Dufku waa muhiim. Dufku wuxuu qofka ka caawiyaa calool-fidhiisiga maxaa yeelay waa qayb ka mid ah cuntada oo aynaandheefshiidi karin — waxay ka caawisaa inay saxaradu jilicsanaato.

Khubaraada ayaa ku taliya

Cun cuntooyin ay faybar badan leh, cab cabbitaanno fara badan, oo firfircoonow maalin kasta (sid alugaynta).

Cuntooyinka Dufka u leh Carruurta iyo Qaangaaraha

Badarka kaamilka ah



- Rootida 100% qamadiga kaamilka ah
- Karaakarka badarka kaamilka ah
- Mafinka badarka kaamilka ah
- Tortiya gallay

Badarka la kariyay



- Bariis boodhe
- Bulgur
- Baasto qamadi kaamil ah
- Badar kaamil kale

Siriyaallada quraacda



- Siiriyal 100% buushiga ah
- Siirayalka qamadiga kidfan
- Siiriyal qamadi kaamil ah
- Karis-heed
- siiriyalka badarka kaamilka ee kale

Digirta iyo midhaha



- Digirta binto
- Digirta madow
- Digir cad
- Digir kelyo
- Biis qalalan (Biis la diiray)
- Misir (Lentils)
- Digir shumuro
- Subag loos

Furuutka qalalan iyo kuwa darayga ah



- | | |
|--------------------|--------------------|
| Daray | Qalalan |
| • Beeriska (Pears) | • buruunis |
| • Liin macaants | • Sabiibka |
| • Tufaaxa | • Berde |
| • Istirowberiga | • Abrikoot |
| • Balaakberi | • Beeriska (Pears) |
| • Raasberi | • Biijis |
| • Kanteloob | • Tufaaxa |

Khudaarta



- | | |
|---|---------------------------------|
| • Karootada | • Baraakli |
| • Biis(peas), | • Kaalifilaawar |
| • Baradhada | • Kaabej |
| • Digir Cagaar | • Iskuwaashka xilliga qabowga |
| • Gallay | • Iskuwaashka xilliga kulaylaha |
| • Cagaar la kariyay (isbinij iyo cagaarrada kale) | • khudaarta kale badankeed |

Talooyin Loogu Talagalay Cuntada iyo Cuwaafta ee ka Caawiya Calool-fadhiga



Fikradaha Quraacda

- mafinka dufka leh ama siiriyalaka dufka leh – ee loogu talagalay carruurta sii yar, ku jilci siiriyalka bran flake adiga oo oo burburiya siiriyalka baaquli ooyaryaree oo markaana caanaha ku dar dhowr daqiiqo kahor intaan la cunin.
- 100% casiirka furutada, sida buruunka, tufaaxa, ama beerka
- Boorash-sareen leh sabiib ama miraha kale ee la qalajiyay
- Abrikot-daray ah, la qalajiyey, ama qasacadaysan oo aan lahayn sonkor lagu daray

Fikradaha Cuwaafta

- Graham crackers
- Karaakars badar kaamil ah
- Rooti duban oo badar kaamil ah oo la mariyo biinat badhar
- Miro daray ah ama khudaar
- Snack mix made with Chex cereals and dried fruits

Fikrado Qado

- Sandwix leh 100% rooti qamadi kaamil ah iyo khudaar, sida tamaandho iyo salad
- Tortiya gallay ma qamadi kaamil ah ka samaysan oo leh digir horay loo shiilay
- Xamas lagu cuno karaakar badar kaamil ah

Fikrado casho

Ku isticmaal badarka kaamilka ah cuntooyinka saddexda wakhti

- Taako ama keesidiya oo ay la socoto tortiya badar kaamil ah ama gallay ah
- Isbaageti ah baasto badar kaamil ah

Samee cuntooyin dhinac socod ah oo ay ka mid yihiin badar, khudaar, iyo furuut, sida:

- Khudaar daray ah oo karsan. Isku day iskuwaash, karooto, ama digirta cagaaran.
- Bariis boodhe ama bulagar
- Saladh cagaaran ama saladh furuurt

Isku day Boorash-sareen Guriga Lagu Sameeyo oo Furuut leh*

Samee Oodles of Noodles markay tahay Cashada*



Carruurta ka yar da'da 4 ayaa ku margan karta miraha, diirka furuurtka, furuutka qalalan, iyo khudaarta qadhiin. U kari khudaarta dhalaanka iyo carruurta socod-baradka ah.

* Eeg resibiyada cuntada ee gabalka gadaasha ku yaal.