

Cun Quraac u Wanaagsan Caafimaadka Maalin Kasta

In Quraac Maalin Kasta wax la Cuno Waxay Muhiim u Tahay Caafimaadka Wanaagsan

Quraacda u fican caafimaadka waxay lagama maarmaan u tahay heerka sare dugsiga iyo shaqada iyo caafimaad guud ee qof kasta. Marka la doorto in la cuno quraac, uma badna inaad cunto fudud cuntid maalinta oo idil, waxay kaalmo ka geysataa kantaroolka qiyaasta cuntada. Quraacda waxay ku siisaa quwadda aad si wanaagsan ugu bilowdid maalinta!

Waxa Qoyskaada Samayn Karo

- Horay u qorsheyso: Diyaarso quraacda habeen ka hor.
- Cun muddo 2 saac gudahooda kaddib marka aad soo kacdid
- Ku dar ugu yaraan 3 qeyb raashin si aad u samaysid quraac dhamaystiran
- Quraacda u fican caafimaadka waa in ay lahaato ilo wanaagsan oo laga helo brotiin loo geeyay karbohydrate iyo badar u fican caafimaadka.
 - Ilaha Brotiinka: soo saarka caanaha lagu yareeyay caddiinta, hilibka caatada, ukunta, looska, subagga looska
 - Ilaha karbohydrateka miraha badan: khudrada iyo khudaarta, badarka aan buunshada laga saarin, badarka, rootiga, iyo doolshada Ingiriisiga.
- Abaar 3-5 garaam oo miro ah
- Dooro badarka aan buunshada laga saarin ama jabyada laga helo in ka yar 6 garaam oo sokor ah

Fikradaha Quraacda ku Wanaagsan Caafimaadka

- Waffalka aan laga saarin buunshada iyo khudrad saafiyaiyo caanaha lagu yareeyay caddiinta
- Quraacda burka “burrito” lagu daray ukun iyo basbaaska “salsa”, khudrad saafiya ah, iyo caanaha lagu yareeyay caddiinta
- Cuntada badarka “oatmeal” oo korka laga saaray khudrad “blueberries” iyo loos (pecans) iyo lagu buubiyay qarfo iyo caano fadhi qafifsan
- Macaanka quraacda laga sameyay caano fadhi, khudrad, iyo qaadada shaaha badarka “oat” ama buunshada qamadiga
- Subagga looska la mariyay rootiga “bagel” ee aan laga saarin buunshada iyo khudrad iyo caanaha caddiinta lagu yareeyay
- Ukunta sida wanaagsan loo kariyay iyo caano fadhiga qafifsan iyo khudrad saafiya

La Tallinta

- Iska ilaali burka “donut” iyo macmacaanka la dubay
- U samee tusaale wanaagsan marka aad quraac la cuntid qoyska
- Dooro khudrad oo idil baddalkii juuska khudrad
- Iisticmaal koobka wax lagu cabbiro si aad cabbirtid qeybta badarka
- Iskuday caanaha “lactaid”, waxyaabaha ku saleysan digirta “soy”, ama qumbaaha, haddii aadan u adkeysan karin sokorta ku jirta caanaha “lactose”.
- Iskuday raashinka “qabso kaddibna soco”:
 - Khudrad saafi ah
 - Caano fadhi qafifsan
 - Formaajada dhuudhuuban
 - Ukunta sida adag loo kariyay
 - Jabyada quraacda ee lagu yareeyay sokorta
 - Doolshada Ingiriisiga aan buunshada laga saarin (muffin) ama la dubay
 - Budada quraacda aan sokorta lagu darin iyo caanaha lagu yareeyay caddiinta

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Si aad u Heshid Macluumaaad Badan

- www.kidshealth.org/parent
- www.choosemyplate.gov
- www.nutritionexplorations.org
- www.kidnetic.com
- www.smart/spot.com

Macluumaaadka ku jira warqadaan waxaa laga soo qaataay Akadeemiyada Caruurta Mareykanka (American Academy of Pediatrics) iyo www.kidshealth.org.

Himilada

Qabso ujeedo ama ujeedooyinka aad adiga iyo qoyskaada wada samayn kartiin. Isticmaal sanduuqyada hoose is aad ula socotid horumarkaada.

- Waxaan cuni doonaa quraac xataa haddii ay tahay mid horay loo qaato
- Waxaan qorsheysan doonaa iyo waxaan diyaarsan doonaa quraac habeenka ka horeeyo
- Waxaan badar ku dari doonaa khudrad
- _____
- _____
- _____
- _____
- _____



Todobaadka 1aad

Todobaadka 3aad

Todobaadka 2aad

Todobaadka 4aad

Nala Soo Xiriir

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