

Cun In Badan Cuntada Qoyska

Cuntada Qoyska Waxay Muhiim u Tahay Caafimaadka Wanaagsan

- Cilmi baarista waxay muujisaa in caruurta wax la cunta qoyskooda sameyaan xulasho wanaagsan xagga caafimaadka
- Cuntada qoyska ee sida joogtada ah loo cuno waxay caruurta ku kaalmeysaa in ay yeeshaan nafaqo wanaagsan iyo in ay ku fiicnaadaan dugsiga
- Waxaa la gaaray waqtigii lala xariiri lala kulmi lahaa qoyska kaddib marka la soo gudbo maalin adag shaqada ama dugsiga
- Ka dhig cuntada qoyska waqti ka madax banaan shiddo

Waxa Qoyskaada Samayn Karo

- Ka dhig cuntada qoyska arrinta ugu muhiimsan
- Weydii qoyska oo idil in ay kaalmo ka geystaan qorshaha, kariyaan iyo in ay nadiifiyaan cuntada kaddib
- Samee menuuga todobaadka kaddibna ku dhaji qaboojiyaha
- Waxaad liiska raashinka dukaanka ka samaysaa menuuga todobaadka
- Waxaad cunto kasta ku dartaa raashin kala duwan
- Ka dhig saxankaaga sida midabada qaanso roobaadka
- Samee raashin labo laab ah kaddibna geli talaajada maalmaha la mashquulsan yahay

Si aad u Heshid Macluumaad Badan

- www.kidshealth.org/parent
- www.choosemyplate.gov
- www.mealsmatter.org
- www.family.go.com
- www.organizedhome.com
- www.healthychildren.org
- www.thisweekfordinner.com

Macluumaadka ku jira warqadaan waxaa laga soo qaatay Akadeemiyada Caruurta Mareykanka (American Academy of Pediatrics) www.kidshealth.org, www.webmd.com, iyo www.kidshealth.org.

La Tallinta

- Ka soo qeybgeli qoyska oo idil
- Qorsheyso menuuga todobaadka
- Ku dar waxyaabaha la jecel yahay waqtiga cuntada iyo raashin cusub
- Marka aad dibadda wax ka cuneysid, xasuuso la-tallintaan waxtarka leh:
 - Dooro raashinka la kariyay, dubbay, uumiyay, dabka la saaray, iyo kan la solay
 - Dooro saxuunta dhinacalooqa daro sida salaata, caano fadhiga lagu yareeyay caddiinta, bataatada la dubbay, ama khudrad
 - Qeybsada cuntada ama guriga u soo qaado bar ka bar raashinka
 - Iska ilaali cabbitaanka sokoreysan sida soda ama juus
 - Iska dhaaf mayo iyo kor iidaanka salaata dufanka leh ama dooro mayo ama iidaan salaato qafiifsan
 - Weydiiso waxyaabaha lagu daro cuntada, sida kornaarka salaata, oo loo baahan yahay in dhinaca looga daro
 - Yaree baddalkii aad badin lahayd makhaayadaha raashinka degdegga



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.™

Himilada

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



- Waxaan wax la cuni doonaa qoyskeyga (ujeedada waa inta badan habeenada todobaadka)
- Waxaan Hooyo ama Aabe ku kaalmeyn doonaa qorsheynta ama diyaarinta 3 cunto halkii todobaad
- Waxaan kaalmo ka geysan doonaa raashinka qoyska
- Waxaan kaalmeyn doonaa raashinka kala duwan ee laga soo qaado dhamaan qeybaha raashinka lana cuno cunta kasta
-

Todobaadka 1aad

Todobaadka 3aad

Todobaadka 2aad

Todobaadka 4aad

Nala Soo Xiriir

Center for Healthy Weight and Nutrition
700 Children's Drive | Columbus, Ohio 43205
Phone: (614) 722-4824 | Fax: (614) 722-3099
NationwideChildrens.org/Healthy-Weight



NATIONWIDE CHILDREN'S

When your child needs a hospital, everything matters.SM