

Khudrada iyo Khudaarta si loo helo Caafimaad Wanaagsan

Khudrada iyo khudaarta waxay na siyaan nafaqo badan iyo nadiifiyayaasha jirka ee loo yaqaan “antioxidants” oo naga kaalmeeya caafimaadka iyo naga ilaaliya in aan xanuunsano. Waxaa kaloo ku yar kaloriyada, iyo waxaa ka buuxa miraha, oo nagu kaalmeeya in caloosha na buuxsanto, muddo dheer.

Intee Loo Baahan Yahay in aan Qaadano Halkii Maalin?

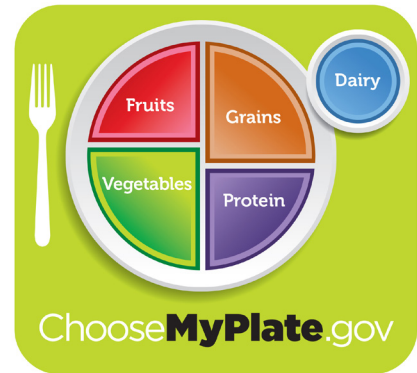
Sida ay sheegto USDA, waa in aan ½ saxanka ka buuxsano khudrad iyo khudaar. Looma baahna in khudrada iyo khudaarta ahaadaan qaali, iyo ku darista cuntadeena waa in aysan noqonin wax adag.

Sidee Ayaad Ugu Darri Kartaa Cuntadaada?

- Cuntada fudud ee la dul saaro khudrada iyo khudaarta ceyriinka ah lana raaciyo 2 qaadaha shaaha subagga looska, mayoneeska “ranch” ee lagu yareeyay caddiinta, ama mayoneeska “ranch” ee lagu sameeyo guriga: 1 baako mayoneeska qalalan “ranch” ilaa 2 koob caano fadhiga saafiga ah ee lagu yareeyay caddiinta.
- Waxaad khudaarta ku dartaa hilibka la kariyay, maraq, cuntada leysku kariyo, ama ukunta la dubbo “omelet”. Sidoo kale, khudaarta la kariyay ama ceyriinka ah waxay noqon karaan shay wanaagsan oo la raaciyo. Iskuday salaato ama brokoli la uumiyay.
- Waxaad khudrad ku dartaa macmacaanka, qasanka doolshada lagu yareeyay caddiinta, lagu qaso caano fadhiga, salaataada korkeeda, ama ceyriinka.
- Marka aad dibadda ka soo casheyneysid, weydiiso salaataada, caano fadhiga, khudrada, ama khudaar kale oo dhinaca laga raaciyo baddalkii bataate la dubbay ama bataatada la shiilay (French fries).

Ilaa Intee Ayaan u Baahanahay?

- Caruurta waxay u baahan yahiin ku dhawaad 1-1 ½ koob oo khudrad ah, iyo 1 ½ ilaa 2 koob oo khudaar ah halkii maalin.
- Dadka waaweyn waxay u baahan yahiin 2 koob khudrad, iyo 3 koob khudaar halkii maalin.
- Xad u yeel juusaska 100%, bataatada, salbukada, iyo galleyda ilaa ½ koob halkii maalin.



La Tallinta

Iibsiga Cagaarka

- Iibso khudrada iyo khudaarta xilliga.
- Isticmaal kuboonaada iyo bogagga internetka si aad u heshid waxyaabaha khaaska ay bixiyaan.
- Iibso cagaarka jumlo ahaan
- Abuuro wax kuu gaar ah
- Sameeyso liis kuna adkeyso.
- Iskuday waxyaabaha qasaca ku jira ee la qaboojiyay. Hubso in khudrada qasaca ku jirta ay ku dhex jirto juus laga sameyay khudrada ama in aysan ahayn nooca lagu darro sokorta.

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NATIONWIDE CHILDREN'S
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- 1 saxan khudrad waa ¼ koob oo ah khudrada la qalajiyay, ½ koob khudrada qasaca ama la qaboojiyay, ama 1 gabal khudrad oo dhexdhexaad ah.
- 1 saxan khudaar waa ½ koob khudaar la kariyay ama 1 koob khudaar caleen leh.

Si aad u Heshid Macluumaad Badan

- www.kidshealth.org/parent
- www.fruitsandveggiesmatter.gov
- www.americanheart.gov
- www.teamnutrition.usda.gov/library
- www.dole5aday.com
- www.choosemyplate.gov

Macluumaadka ku jira warqadaan waxaa laga soo qaatay www.dole5aday.com, www.choosemyplate.gov, www.eatright.org, www.cdc.gov, www.hhs.gov, iyo www.usda.gov.

Himilada

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



- Waxaan cuni doonaa ugu yaraan hal khudrad iyo hal khudaar halkii maalin.
- Waxaan dhadhami doonaa hal khudrad cusub iyo hal khudaar cusub (himilada hal todobaad)
- Waxaan khudaar ama khudrad ku dari doonaa waxa aan cuno hal mar maalintii (2 jeer halkii todobaad). Tusaale ahaan, waxaad yaanyo ku dartaa rootiga ama waxaad moos ku dartaa badarka.
- _____

Todobaadka 1aad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Todobaadka 3aad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Todobaadka 2aad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Todobaadka 4aad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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