

# Yaree Cabbitaanka Lagu Macaaneeyay Sokorta

## Maxay tahay sababta cabbitaanka loogu macaaneeyay sokor?

- Cabbitaanka lagu macaaneeyay sokor lagama helo nafaqo balse waxay ku daraan kaloriye iyo sokor dheeraad ah oo badan
- Cabbitaanka lagu macaaneeyay sokor waxay badanaa baddalaan caanaha laga helo nafaqo badan si loo helo caafimaad wanaagsan
- Cabbitaanka lagu macaaneeyay sokor waxay kor u qaadaan halista godadka iyo burburka ilkaha
- Cabbitaanka lagu macaaneeyay sokor waxaa ka mid ah: soda, limonaata, shaaha macaan, cabbitaanka qaxwada, cabbitaanka isboortiga, cabbitaanka khudrada ee loo yaqaan “fruit punch”.
- Cabbitaanka quwadda waxaa ku jira sokor lagu daray kaffeyiin iyo waxyaabo kale oo dhibaato keena. Akadeemiyada Caruurta Mareykanka (American Academy of Pediatrics) wuxuu ku talliyaa in cabbitaankaan uusan cabbin qof ka yar 18 sanno.

## Waxa Qoyskaada Samayn Karo

- Waxaad maalin kasta cabtaa caanaha lagu yareeyay caddiinta, biyaha, iyo cabbitaanka kale ee lagu yareeyay kaloriyada
- Waxaad cuntada ku cabtaa caanaha lagu yareeyay caddiinta
- Waxaad juuska ku soo koobtaa juuska 100%, una ogolow 4-6 sacab halkii maalin
- Ha iibsaniin cabbitaanka sokorta si aad u geysid guriga
- Sii biyo inta u dhexeyso cuntada
- Dooro cabbitaan aan lagu darin sokor marka aad dibadda wax ka cuneysid.

## Cab Caano si aad Heshid Nafaqo Wanaagsan

- Caanaha waxaa laga helaa kalsiyum, brotiin, iyo fitamiin A iyo D oo caruurta iyo dadka waaweyn ku kaalmeeya in ay helaan cunto wanaagsan iyo hagaajiyaa caafimaadka lafta
- Akadeemiyada Caruurta Mareykanka (American Academy of Pediatrics) wuxuu ku talliyaa in caruurta la siiyo caano 3 jeer iyo in dhalinta la siiyo 4 jeer maalintii (halkii mar oo la siiyo = 8 oz.)

## La Tallinta

Waad ogaan kartaa haddii cabbitaankaada leeyahay sokor dheeraad ah marka aad akhrisid liiska waxa ku jira. Liiska waxyaabaha macaaneeya ee ku jira liiska waxa uu ka kooban yahay waxay leeyahiin magacyo kala duwan. Waxyaabaha uu ka kooban yahay ee hoose waxay muujiyaan in cabbitaanka la macaaneeyay iyo in ay ku darri doonaan kaloriya dheeraad ah.

- Sharobada Galleyda
- Sokorta glukoska (dextrose)
- Sokorta khudrada iyo mallabka
- Milanka xooggan juuska khudrada
- Shrobada lagu badiyay sokorta
- Mallabka
- Sokorta khasabka
- Sokor
- Sharobo

## Baddal ahaan waxaad cabtaa

- Biyo ama cabbitaan kale aan lahayn kaloriye si aad u dajiso haraadka

[Continued]



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## Si aad u Heshid Macluumaad Badan

- [www.kidshealth.org/parent](http://www.kidshealth.org/parent)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.letsgo.org](http://www.letsgo.org)
- [www.cdc.gov/NCCdphp/dnpha/healthyweight/healthy\\_eating/drinks.htm](http://www.cdc.gov/NCCdphp/dnpha/healthyweight/healthy_eating/drinks.htm)
- <http://children.webmd.com/features/children-and-sweetened-drinks-whats-a-parent-to-do>
- <http://www.nationaldairycouncil.org/childnutrition/Pages/ChildNutritionHome.aspx>

*Macluumaadka ku jira warqadaan waxaa laga soo qaatay [www.kidshealth.org](http://www.kidshealth.org), Wargeyska Caafimaadka Dahlinta (Journal of Adolescent Health), iyo Wargeyska Kulliyadda Nafaqada Mareykanka (Journal of the American College of Nutrition).*

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## Goal

Pick a goal or goals that you and your family can do together. Use the boxes below to track your progress.

- I will drink water between meals
- I will switch to a lower fat milk
- I will only drink 100% juice, 4-6 ounces a day
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**Todobaadka 1aad**

**Todobaadka 3aad**

**Todobaadka 2aad**

**Todobaadka 4aad**

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### Nala Soo Xiriir

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[NationwideChildrens.org/Healthy-Weight](http://NationwideChildrens.org/Healthy-Weight)



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