

Qiyaasta Habboon

Sasaanka Kor u Kaca Qiyaasta Raashinka

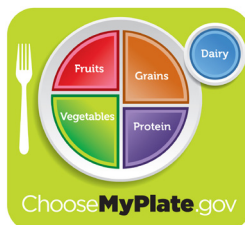
Haddii aad guriga joogtid ama haddii aad ku sugan tahay makhaayadda aad jeceshahay, meel kasta waxaa laga helaa qiyaas raashin badan. Labaatankii sanno ee la soo dhaafay, cuntada makhaayadda, cuntada fudud, macmacaanka, iyo cabbitaanka waxay u kordheen si joogto ah.

Qiyaasta Cuntada Badan = Kaloriyo Badan

– Kaloriyada dheeraadka ah ee laga helo cuntada badan waxay hor istaagi kartaa miisaanka u fiican caafimaadka

Waxa Qoyskaada Samayn Karo

- La soco qiyaasta cuntada sida ay ku talliso www.choosemyplate.gov
- Isticmaal baaquli/saxuun/koobabka yaryar. Iskuday in aad isticmaashid koobabka/qaadooyinka wax lagu cabbiro si aad u siisid qiyaas ku habboon.
- Baddalkii aad si toos ah wax uga cuni lahayd baakada, cabbir qiyaasta ku habboon cunugaaga waxaadna ku siisaa baaquli ama weel.
- Qeybi waxyaabaha ku jira baakada weyn kuna rid weelal yaryar si raashinka aad ugu jeceshahay loogu meeleeyo “qiyaas aad ka heshid.”
- Waxaad dhamaan cuntada iyo cuntada fudud ku cuntaa miiska jikada, adiga oo aan fiirsanin muraayadda (TV/kombuyutar/cayaaraha fiidiyowga).
- Diyaari cunto adiga oo isticmaala habka saxanka: ½ saxanka khudrada iyo khudaarta; ¼ saxanka brotiinka caatada; iyo ¼ saxan badarka aan buunshada laga saarin.
- Ku raaxeyso cuntadaada! Si tartiib ah u cun. Qaado qiyaas yaryar. Dooro khudra ama khudaar sida kaalmo labaad oo keliya.



Si aad u Heshid Macluumaad Badan

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

La Tallinta

Qiyaasta waa ka duwan tahay “cabbirada leysa siiyo” iyo badanaa waa ka badan tahay qiyaasta ay ku talliso MyPlate. Qiyaasta waa inta ku jirto baako raashin ah, makhaayadda, ama qiyaasta qofka doorto in uu saarto saxanka.

Gacantaada waxay kugu kaalmeyn kartaa in aad cabbirtid qiyaasta saxsan ee raashinka loo baahan yahay in la cuno.



Sacabka Gacanta = Qiyaasta Hilibka Caatada



Gacanta Duuban = Qiyaasta bariiska, baastada la kariyay, bataatada ama badarka (cereal)



Suulka = Qiyaasta formaajada



Caaradda Suulka = Qiyaasta subagga looska

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



NATIONWIDE CHILDREN'S
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Himilada

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



- Waxaan raashinka saari doonaa baaquli ama weel, mana ka cuni doono baca ama baakada
 - Waxaan cuntadeyda fudud iyo cuntada cuni doonaa aniga oo fadhiya miiska, ee ma aha TVga hortiisa
 - Marka aan cuno hilib iyo brotiin, waxaan cuni doonaa oo keliya 4 sacab halkii mar
 - Haddii aan qaato qiyaas badan inta aan dibadda wax ka cunaayo, waxaan guriga u soo qaadan doonaa bar ka bar
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