



Barnaamijka Ka Hortagga Sumaynta Rasaas ee CT DPH  
\*CT DPH (Waaxda Caafimaadka Dadwaynaha ee Connecticut)

WARQADDA MACLUMAADKA

# Cunnada Saxda Waxay Ka Caawisaa La Dagaalanka Summaynta Rasaasta

Rasaas mise balambam waxay jirka ku sirtaa inay isu ekeysiiso feero (xadiidka), kaalsiyam or zinki. Cunnida cunnada caafimaadka qabo waxay ka hor istaagi kartaa sunta inay kusii jirin jirka.

Ha u ogoaanin inuu cunugaada baahi ku joogo maalin dhan!

## Shanta Nooc ee Cunnooyinka Aasaasiga

- Rootiga, badarta iyo hadhuudhka
- Khudaarta
- Mirta
- Caanaha iyo sheyda caanaha laga hagaajiyo
- Hilibka, digaagta, kalluunka, looska, iyo digirta



## Cunnooyinka ay ku Badan Tahay Kaalsiyam

- Caanaha
- Caanaha Biirta
- Farmaajada (ee cunnada fudud, cunto karinta sida makarooniga farmaajada, pizza, tortillas, khudaarta)
- Cunnooyinka caanaha laga sameeyey (pudding, fuudka, jalaatada, kastarka)
- Kalluun badeedka mise isagoo gasaca ku jiro (lafaha qabo)
- Qudaarta cagaaran (kale, nooc kabash, brokoli)



## Cunnooyinka ay ku Badan Tahay Zinki

- Digaagta mise boolonboollada
- Hilibka lafaha lahayn
- Kalluunka
- Caanaha iyo farmaajada
- Lohodka, carsanyo, iyo xayawaan badeedka
- Digir la khalajiyay
- Ukunta



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## Cunnooyinka ay ku Badan Tahay Feero (xadiidka)

- Hilibka lafaha lahayn, digaag, boolonboollada iyo kalluun
- Badarta qabow iyo kulul ee lagu kordhiyay feero (xadiidka)
- Lohodka, carsanyo, iyo xayawaan badeedka (*isticmaal nooca gasaca ku jiro sifo loga sameeyo maraq mise suugada baastada*)
- Khudaarta cagaarka ee calaynta leh
- Digirta la qalajiyay, iyo noocyada kale ee digirta sida (*pinto, casaan, baluug, kilida u eg, garbanzo*)
- Ukunta
- Mirta la qalajiyay



*Feero (xadiidka) laga helo khudaarta, badarta, digirta, looska, iyo ukunta ayaad ugu bedeli kartaa nooc jirka uu si fiican u isticmaali karo markaad la cunto cunno fitamin C ku badan tahay. Liin macaanta, bambelmo, strawberries, qaraha cagaaran, barbarooniga, nooca kabashka, brokoli iyo baradho ayaa ka mid ah cunnooyinka ku badan tahay fitamin C.*

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### Talooyinka Caafimaadka Lagu Helo:

- Cunnooyinka ha shiilin. Forno ku kari mise biyo ku buri.
- Isu day inaad cunin cunnooyinka dufanta ku badan tahay. Markaad cunto, qiyaas yar ka cun.
- Fitamin C ayaa ka caawin karto jirkaada inuu qaato feero (xadiidka).
- Ilmaha da'dooda ka yar 2 sano waa inay qaataan caanaha dheefta buuxdo ka dib markay joojiyaan cabbitaanka caanaha ilmaha mise naaska/ Ilmaha da'dooda tahay 2 sano mise ka wayn way cabbi karaan caanaha dufanta ku yar. Ilmaha qabo alarjiyada caanaha ayaa qaadan karaan tofu, khudaarta cagaarka ee calaynta leh, kalluunka badda, mise kan gasaca ku jiro sifo ay u fuliyaan baahiyadooda kaalsiyam.
- Ilmaha da'dooda yar ayaa u baahan doonaan qiyaaso ka yar intay qaadanaayaan ilmaha ka wayn iyaga mise dadka wayn. Dadka dhaqdhaqaaqooda badan yahay ayaa u baahan qiyaas taasi ka wayn cunnada ee ka mid ah mid walba ee 5ta koox ee cunnooyinka.

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## Barnaamijka Ka Hortagga Sumaynta Rasaas ee Connecticut

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