

- Iska yareeya cunada dufanka badan ee suuqa laga iibsado. Hadaad ka maarmiwaydo ha ka badinin halmar asbuucii.
- Mac-macaanka ka yaree oo sii mar-mar aan isku dhawayn. Yaanay noqon wax maalin walba la cuno.

CUN CUNTO TAYO LEH:

- Cun cunto u badan khudrado kala duwan
- Iska ilaali ama iska yaree baradhada shiilan, buskudka, mac-macaanada kale, subaga sixinta ah, subaga shagariga ah ama saliidaha, nac-nacyada, burcadka aan dabiiciga ahayn ee roodhida la marsado (maynonnaise)
- Iska ilaali milixda iyo waxyaabaha shiilan oo dhan.

WAXAYAABAH CUNADA CAAFIMAADKA KU KORDHIYA:

- Waxaad doorataa rootiga madow, bariiska aan cadaanka ahayn iyo wax kasta oo aan daqiiqda cad ka samaysnay.
- Waxaad cuntaa khudaarta la kariyo iyo ta macaanba.
- Cabitaanka khudaarta miiran ha isku badinin.
- Markaad wax karinayso dufanka ku yaree. Cuntada kari, dub ama huuri laakiin iska ilaali in aad shiisho.
- Iibso hilbaha duxdu ku yartay sida digaaga iyo hilibka aan baruurta lahayn.
- Iibso caanaha iyo caano-fadhiga aan dufanka lahayn ama kuwa duxda yar (1% ama 2%).

Hadaad doonaysid in aad ogaatid waxyaabo dheerada oo ku saabsan arintan la xadhiidh:

The American Heart Association
(www.Americanheart.org)

The Center for Disease Control and Prevention

(www.cdc.gov)

The U.S. Department of Agriculture
(www.usda.gov)

The American diabetes Association
(www.diabetes.org)
Medline plus

(www.medlineplus.gov)

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Akhbaarta ku taala dhambaalkan waxaa laga soo xigtay:

*The American Heart Association
The Center for Disease Control and Prevention
The U.S. Department of Agriculture
Georgia State University, Department of
Geography and Anthropology
The American Obesity Association.*

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of Refugee Resettlement*

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www.refugees.org



**Cayilka Xad dhaafka
ah ee Caruurta**
(Somali)



www.refugees.org

Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911

CAYILKA XAD DHAAFKA AH EE CARUURTA

Cayilka xad dhaafka ahi waa maka baruur xad dhaaf ahi korto ilmaha. Cayilka xad dhaafka ah ee caruurta iyo dhalinyaradu waa arin tabaalaynaysa caafimaadkooda. Cayilka xad dhaafka ahi wuxuu horheedaa dhibaatooyin caafimaad oo la socda ilaa waayeenimadooda. Tabaalada caafimaadka ee cayilku keeno waxaa kamida Dhiig karka iyo wadnaxanuuno kala duwan.

MAXAA KEENA CAYILKA XAD-DHAAFKA AH EE CARUURTA?

Waxyaabaha caadiga ah ee keena cayilka xad-dhaafka ah ee caruurta waxaa ka mid ah:

- Dhaq-dhqaq (jimicsi) la'aanta
- Caaddaysiga fadhiga ee badan (daawashada badan ee TV-ga)
- Caaddaysiga cunooyinka aan nuxur lahayn ee naftana u wanaagsanayn iyo caaddaysiga wakhtiyada xun ee cuntada la cunayo
- Walidiinta oo badanaa ku khasba caruurta cunto aanay u baahnayn

SIDEE AYAAD ILMAHAAGA UGA ILAALINKARTAA BARUURTA XAD-DHAAFKA AH?

Waa muhiim in caruurta la baro in ay caaddaystaan jimicsiga jidhka iyo in ay u daymo yeeshaan wakhtiga cuntada ay



cunayaan. Waxaa hoos ku xusan ku hanuuninta caadooyinka caafimaadka u wacan.

KUDADAAL IN AAD UDHISTID NOLOL DHAQ-DHAQAAQ IYO JIMICSI LEH:

- Suurto geli bay'ada ay ku noolyihiin in ay tahay mid dhaq-dhaqaaq leh
- Suurto geli in reerka oo dhami iska diwaan-geliyo kaalinta jimicsiga jidhka, sida wada lugeeynta, in ay kubadda cagta wada ciyaaraan ama ay ciyaaraan ciyaaraha hiddaha iyo ciyaaraha casriga ah kolba kay jecelyihiin
- U oggolow in caruurta is eryato oo bardoodanto
- Iskuday in qoyskaaga aad u gayso qoysas kale oo ay kubadda cagta wada ciyaaraan ama caruurta cadda-caddo iyo naxash-naxash wada ciyaaraan oo bardoodamaan
- Hawl geli reerka oo dhan marka guriga la nadiifinayo – xaaqitaanka, cawska la jarayo ama shaqooyin dhaq-dhaqaaq leh la qabanayo
- Ku dhiirigeli caruurta in ay ka qayb qaadato ciyaaraha dugsigooda iyo xafadooda ka socda
- Ku dadaal in reerka oo dhan uu yarayso daawashada TV
- Wax wacan ilmahaagu hakaaga daydo ee kudadaal in aad dhaq-dhaqaaqaaga badisid

KUDADAAL IN AY CARUURTU BARTAN CAADDOYINKA CAAFIMAADKA LEH

- Suurto geli reerku in uu cunno cuntooyin nuxur leh sida khudrada macaan, khudaarta la kariyo iyo



midhaha la karsado (sida sareenka iyo digirta).

- Ka qayb geli caruurta wax kariska reerka si ay u jeclaadaan una bartaan waxkarinta.
- Wadajir u casheeya oo wada fadhiista wakhtiga wax la cunayo.
- Bar caruurta in ayna dadajinin cuntada oo aanay dhakhso u dhamaynin cuntada si ay u dareemaan dheregta.
- Ha u ogalaan caruurta in ay ku mashquusho waxyaabo kale waqtiga ay cuntada cunayaan, sida daawashada TV-ga.
- Iska ilaasha cunada calool-gashiimada (calories) mooyee aan nuxurka lahayn. Cunada dufanka iyo sonkorta leh sida nac-naca, sodhaha iyo baradhada shiilan.
- Ha ku khasbin caruurta cunada hadii aanay gaajoonayn. Hadiise ilmuhu goor walba diido cunada, la tasho dhakhtarkaaga.