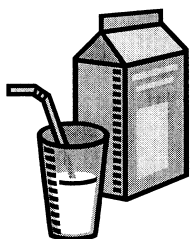


Cuntooyinka Fudud oo Caafimaadka ah

Cuntooyinka fudud waa dariiqad dhakhso ah oo ku siinaysa quwad (tamar) anfacda dadka degdegsan ama socodka ku jira. Cuntooyinka fudud waxay kugu caawinayaan raashin nafaqooyin leh iyo quwada uu u baahan yahay jirka koraya. Soo bandhig raashin ah furuuto ah iyo cag'cagaar, waxyaalaha laga sameeyo qamadi iyo sida caanaha (farmaajada), oo aanan ahayn waxa laga sameeyo sonkorta iyo cabitaanada aanan lahayn kaaloriga. Marka aad fasalka ama ciyaartoyda siinayso cuntada fudud, waxaa fiican in aad iska dhaafto waxyaalaha uu ka samaysan yahay looska, looska iyo buurada looska si aad uga hortagto (difaacado) dhibaatooyinka ku imaan kara caruuraha qaba xasaasiyada.

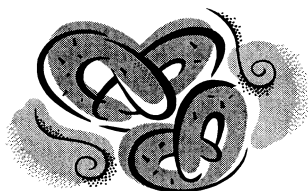
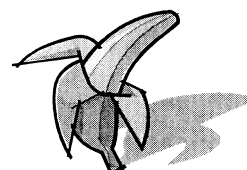


Cabitaanka

Biyo
100% cabitaanka furuutada
Cabitaanka khudrada
Caanaha dufanka ku yar yahay ama kan aanan lahayn
Dufanka kuyar ama aan lahayn oo lagu daro caanaha

Cuntada fudud ood qaadata

Furuutada cusub: Tufaax, Oranje, Clementineska, Canab, Moos
Furuutada la qalajiyay ama la'isku daray
Furuutada fudud laga sameeyay furut
Tufaaxa shiidan oo baakadaysan
Furuutada qasaacadaysan (syrup fudud)



Trailka iskujira (maya loos)
Pretzelska ama Pretzels jilicsan
Bagelska yar/farmajada dufan lahayn
Crackerska dufan aan lahayn
Daangada aan dufan lahayn
Budkuska Graham
Cerealska sonkorta ku yartahay
Farmaajada dhuudhuuban
Farmaajada dufanka ku yartahay
Yogurtka ama Puddingka
Jalaatada furuutada
Ukun la karkariyay
Cagcagaar iyo dipka dufanka ku yar

