



gajinta shandada cuntada

Samee shandad caafimad

adigoo istimaalaya sidan:

U istimaal sandiwijka rootiga laga sameeyay qamadiga

Dooro rootiga uu ku qoran yahay whole wheat (qamadiga) waxyaalaha laga sameeyay ee koowaad. Ku dar waxyaalo kala duwan sida ceesha whole grain, bagelska yar yar ama rootiga raisinka.

Iska hilibka sida wayn loo jaray ku badalo kan yar oo dufankaku yaryahay

Dooro xabadka turkiga ee dufanka ku yar yahay, xabadka digaaga, ham, bologna iyo hilibka lo'da la dubo. Lacagtaada dhaqaalayso oo u iibso jumlo dabeedna u xiri xir intii marba la isticmaalo dabdeedna gali qaboojiyaha.

Isticmaal farmaajada dufanka ku yaryahay

Farmaajada wuxuu ku siinayaa calcium, laakiin farmaajada waa shayga labaad ee keena inuu xiro-xididada ilmaha kuna jira dufanka la yiraahdo saturated ee ilmaha cuntadooda. Dooro meelo fiican ood ka hesho calcium sida farmaajada dufanka ku yaryahay, caanaga dufanka ku yaryahay ama yogurtka.

Dooro 1% ama kana an dufan lahayn

Doorashada caanaha dufanka ku yaryahay waa muhiim Si aad wadnaha uu caafimaad u noqdo.



Ku dar hal furuuto qado walba ood cunto

Ku dar furuuto cusub asbuuc walba – isku day qaraha, canab, raisinska, turuutada laqalajiyay, ama tufaaxa la shiiday ama furuutka qasaacadaysan oo cabitaankiisana ku jiro.

Yaree macmacaanka

Buskudka, doolshada fudud, doughnutska, brownieska iyo macmacaanada kale waxay kaa celinayaan cuntooyinka fiifiican sida furuutada.

Udhuumo cagcagaarka

Kaarootada yaryar, celerygar u kujiro buurada loosa ama ansalaato ood ku dartay sandawijka waa dariiqad ku dartay fitamiino qadadaada.



Si fiican u xiri!

Hadii aad qaadnaysid cabitaan, hubi inay yihiin *100% juice*. Iska ilaali cabitaanada ay ka buuxdo sonkorta.

Qado in laga dhigto way sahlantahay . . . laakiin

Ma'ogtahay calorieska badankooda wuxuu ka yimaadaa dufanka iyo sonkorta? Isku day inaad ku samaysato dooqaaga si kala duwan ee caafimaadka ku jiro ayna ku jiraan crackerska, hilib dufan ku yaryahay, furuutada iyo 100% cabitaan intaad qaadan lahayd!



Jooji Duganka!

Qaado chipska ladubo, pretzelska, cheerioska, ama crackerska Intaad qaadan lahayd potato chipska, corn chipska ama tortilla chipska laga sameyay saliida.

