



SOMALIAN

Waxaad Cuntaa 5 nooc MAALINTII 5 Habka Manchester

Furuto Barafeysan Cabitaan Qaleeyl Daasadeysan
Cunitaanka 5 qeybood ee furuto iyo khudaar kala duwan maallintii waxay kaa caawiyi
kartaa cudurka wadnaha iyo kansarada qaarkooda

Maxaa loo cunaa furutada iyo khudaarta?

Marka aad cunto furutada iyo khudaarka

- Waxay kaa caawineysaa yareeynta cudurada wadnaha
- Waxay kaa caawineysaa yareeynta khatarta kansarka
- Waxay kaa caawineysaa ilaalinta misaan caafimaad leh
- Waxay kordhineysaa tirada fiitamiinada iyo macdanta kaa difaaceysa cudurada
- Waxay kaa caawiyi kartaa yareeynta calaamadaha neefta iyo sonkorta

Raadso ugu yaraan 5 qeybood oo kala duwan ee furuto iyo khudaar

Imisaanu cuni karnaa?

Qayb qiyaastii waa 80 gram / 3oz oo furuto ama khudaar ah
Mathalan.

1 Tufaax

1 baaquli khudrad kala duwan

2 plums

1 qaado furuto la qallajiyay

3 qaado furuto la qallajiyay ee daasadeysan ama cabitaan khudaar dabiici ah

1 karooto

3 qaado digir barafeysan

1 galaas cabitaan 100% miro (150ml)

(cabitaanka furutada waxaa loo xisaabaayaa hal qeyb oo keliya, wax kastoo oo aad ka
cabto)

Batatada lama xisaabaayo, laakin furuto cusub, barafeysan, daasadeysan, cabitaan
100% furuto la qallajiyay iyo khudaarta dhamaan waa la xisaabayaa.



Manchester **NHS**
North, Central and South
Primary Care Trusts
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Just Eat More
(fruit & veg)



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5 siyaabo oo sahlan illaa 5 maalintiiba

Quraacda

100% furuto ama cabitaan khudaar

Furuto jilicsan

Yaanyo qasac oo rooti la mariya

Caano fadhi oo furuto lagu jar jaray

Cunto fudud

Tufaax, moos ama bera

Waxoogaa furuto la qallijiyay

Moos.....

Karoto iyo badiiq

Gabal cambe

Cunto guud

Shurbad khudaar

Khudaar (cauliflour iyo broccoli) farmaajo

Basto khudaar ka sameeysan

Khudaar (ratatouille stew)

Bariis iyo khudaar

Khudaar la dubay

Ka raadi xaafaddaada howlaha 5 maalin

Si aad u hesho macluumaad la xariira 5 maalin fadlan la xariir Isuduwaha 5 Maalin ee xaafaddaada

Lucy Warner (Waqooyiga Manchester)

Naheed Akhtar (Bartamaha Manchester)

Talada Caafimaad guud iyo quudinta fadlan kala xariir takhtarkaaga guud GP, xeeldheeraha quudinta iyo kalkaaliyaha bukaanka socodka



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