

## Talooyin ku saabsan jimicsiga

In aan smeyno dhaq-dhaqaaq waa qayb ka mid ah nolosheena, isla markaana caruurta intooda badan waxaa ay sameeyaan dhaq-dhaqaaq dabiici ah oo farxad leh. Dhaq-dhaqaaqaas farxada leh iyo ciyaarta ay caruurto sameeyaan waxaa ay u dhigantaa qiyaastii jimicsiga ama hawl maalmeedka ay dadka waaweyni sameeyaan. Waxaa muhiim ah in ay caruurto ay sameeyaan dhaq-dhaqaaq badan oo ka badan ka ay ku sameeyaan nolol maalmoodkooda caadiga ah. Laga bilaabo caruurta dhigata dugsiga hordhaca iyo kuwa dhigata dugsiyada waxaa looga baahayahay in ay sameeyaan dhaq-dhaqaaq badan ilaa inta uu jidkoodu ka kululaanayo isalamrakaana ay ka xiiqayaan, isku geyn waxaa qiyaastii looga baahanyahay in saacad sameeyaan dhaq-dhaqaaq halkii maalinba.

### Tusaale ahaan jimicsiga jidhka ee ay caruurto sameeyaan nolol maalmoodkooda caadiga ah

- Waa in ilmuha lagu dhiiri galayo in uu ku tago socod ama kaxeystaa baaskiil/bushkuleeti sida ugu bada ee ay suurogal u tahay marka uu tagayo dugsida xanaanada caruurta, dugsiga, saaxiibada ama hawlaha kale ee firfircoonida
- Faa'iido ayey u leedahay in uu ilmuha Kula ciyaaro saaxiibadii banaanka ama gudaha
- Waxaa haboon in caruurta lagu qanciyo in ay ku ciyaaraan ba anaka, waxaa fiican in caruurto wada ciyaaraan, in ay booqdaan keynta iyo in ay isku dayaan in ay helaan goobo cusub oo ay ku ciyaari karaan
- Dooro hawlo fir-fircooni oo ilmahaagu runtii raali ka yahay, oo dham maantiin aad ka faa'iideysan kartan isla markaana aad la wadaagi karaa qoyska iyo asxaabta labadaba
- Ka qaado birifi hawlaha aad fadhiga ku qabto, isla markaana isku dey in aad xaddido wakhtiyada aanad wax dhaq-dhaqaaq ah sameyn. Si taxaddar leh uga feker inta saacadood ee aad shaashaddaha kala duwan la hor fadhiyo, isla markaana isku day in aad adiga iyo ilmahaagu heshaan hawlo kala duwan oo aad qabataan.



## Hurdada

Hurdada iyo iftiinka maalintu labaduba laga maarmaan bey u yihiin in jidhka iyo masxda si ay labaduba dareemaan caafimaad. Ilmo yar oo heley hurdo fiican isal markaana wakhti ku qaatey banaanka wakhtiga iftiinka maalintu jiro, waxaa uu awood u heli karaa in ay u fududaato hawlaha la qabto nolol maalmeedka. Haddii laga fogaado isticmaalka tv-ga, kombiyuuterka iyo shaashadaha kale ka hor inta aan la tagi sariirta si loo seexdo, waxaa ay markaas heleysaa maskaxdu wakhti ay dib ugu soo kabato isla markaana ay ku nasato.



Qaad marka hore talaabooyin yaryar.



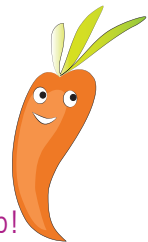
Ku bilow waxyaabo aad is leedahay wey kuu sahlan yihii.



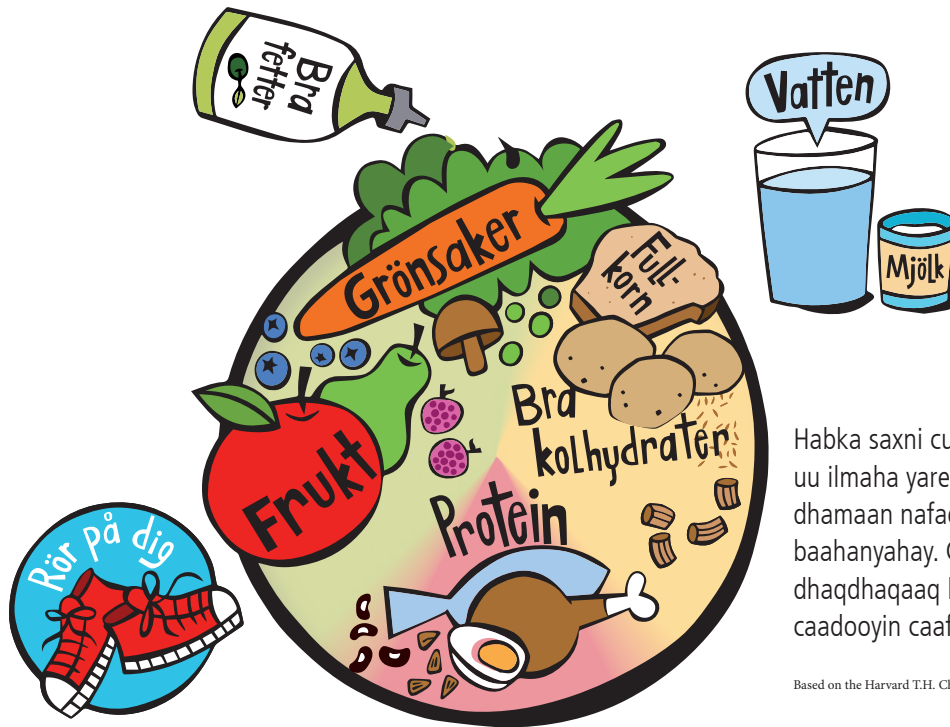
Ogolow in isbedel kasta oo cusub uu kuu noqdo mid aad caadeysato.



Hadafyo cusub!  
Caadooyin cusub!



# Hab caafimaadkeyga shakhsi ahaaneed



Habka saxni cunteedku waa hab uu ilmaha yare e koraya u heli karo dhamaan nafaqooyinka uu jidhkiisu u baahanyahay. Cunto nafaqo leh oo uu dhaqdhaqaaq la socdo waa aasaaska caadooyin caafimaa qaba.

Based on the Harvard T.H. Chan School of Public Health 2016

## Daloolka furaha

Daloolka furuhu waxaa laga yaabaa inuu yahay qaabka ugu fudud ee loo doorto cunto caafimaad leh oo wanaagsan, waxaad cuni doontaa cunto ay sonkorta iyo cusbada labaduba ku yar yihiin isla markaana isku dheeli tiran, uu ku jiro qamadi iyo nudo iyo dufan caafimaad leh, waxyaabahaas oo qofka u fiican. In la dooto cunto caafimaad ku jiro waa tan ugu faa'iidada badan marka laga eego mutaqaalka fog.



Waxaa jira oo la heli karaa warqado shaqo oo taxane ah oo ku caawin kara. Hadaba haddii aad u baahato kuwaas fadlan na weydii!

Buugga yar ee ay ku qoranyihi talooyinka sahlan waxaa soo saarey gobolka Västra Götaland, taas oo ah wada shaqeyn dhex martey xarumaha daryeelka caafimaadka dhalaanka, xarunta dayeelka caafimaadka ilkaha ee dadweynaha iyo waaxda caafimaadka bulshada. Nuqullo dheeri ah waxaa laga dalban karaa Xarunta dhexe ee ciwaanada iyo Qaybinta (Adress och Distributionscentrum).  
Email: [address.distributioncentrum@vgregion.se](mailto:address.distributioncentrum@vgregion.se)

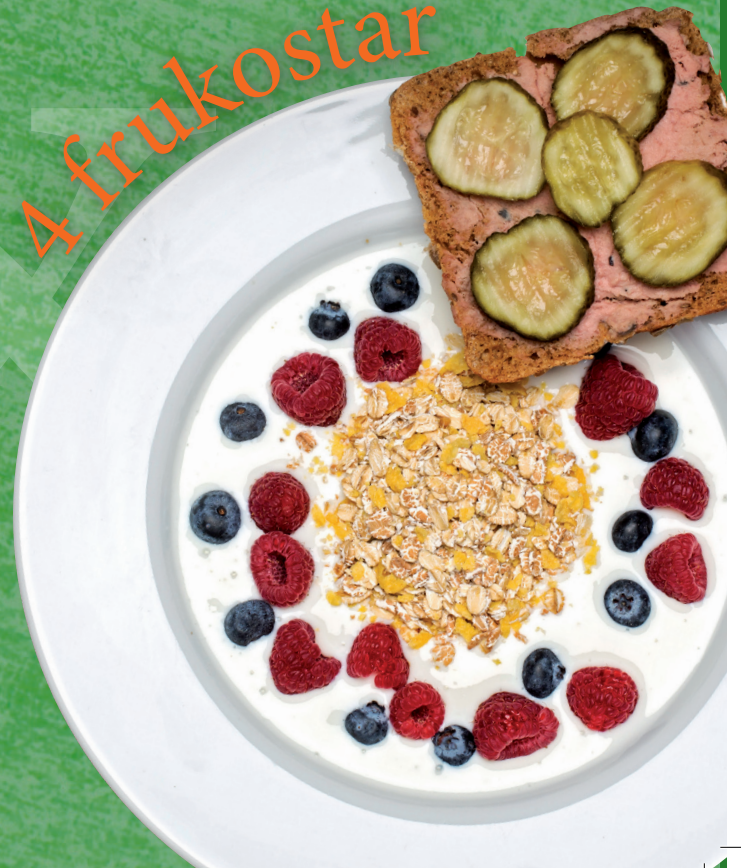
6 huvudmål

Talooyinka

fudud

Carruurta

4 frukostar



## Talooyin fudud oo kaa caawin kara in aad sameyso doorasho xikmadi ku dheehantahay marka laga hadlayo cuntada iyo jimicsiga.

Waxyaabaha aad cuneyso iyo inta uu dhanyahay jimicsiga aad sameyso waxaa ay saameyn ku yeelan karaan caafimaadkaaga.

- Waxaa haboon in aad maalin kasta doorato in aad cunto qureec, labo wakhti cunto oo waaweyn iyo hal ilaa labo cuwaafood, xitaa maalmaha fasaxa la yahay. Waxaa ay tani inta badan kuu sahleysaa in uu kaa yaraado hamuunka ku qabta muddada wakhtiyada cuntada u dhaxeysa.
- Biyuhu waa sheyga ugu wanaagsan ee aad ku damin karto oonkaaga/haraadkaaga. Casiirka, cabitaanada fudfudud, cabitaanada laga helo tamatra waxaa dhamaantood ku jira sonkor aad u farabadan
- Caanaha waxaa ku jira nafaqo badan markaa haddii aad maalintii cabto 2-3 bakeeri (waxaa xitaa ka mid ah yoogadhka iyo caanaha ciirta ah) waa wax fiican. Haddii ay suurogal tahay, waxaa haboon in aad doorato caanak leh calaamada daloolka furaha, kuwaas oo leh dhandhan dabiici ah.
- Fadlan ugu rid ilmahaaga saxanka cuntada aad is leedahay wey ku filantahay. Haddii ilmahaagu ku weydiyo in uu u baahanyahay cunto dheeri ka ah inta aad saxanka ugu ridey, fadlan taa bedelkeeda sii khudaar ama khudrada cagaaran
- In badan oo dadka ka mid ah si dedeg ku jira bey u cunaan cuntada. Markaas qiyaastii 10 daqiiqo ka dib waxaa uu qofku dareemaa dhereg. Markaa haddii uu qofku cuno khudrad, khudrada cagaan ama rootiga qalalan wax yar ka hor wakhiga cuntada uma baahnayo in uu qofku cuno cunto badan.
- Uma baahnid in aad gabi ahaanba ka fogaato nacnaca, shukulaatada, jalaatada, keega, jiiibiska iyo waxyaabaha kale ee macmacaan, laakiin waxaa intooda badan ku jirta sonkor iyo dufan aad u badan. Waana sababtaa aawadeed in lagu xaddido isticmaalkooda hal maalin todobaadkiiba.



### Frukost



1 fullkornsbaguette, 1 skiva fetacosst (30 g), 1 tomat, 5 oliver, 1/2 paprika, 2 dl lättyoghurt, 1 skiva rökt kalkon, skivad tomat, 1/2 kok...

### Frukost



1,5 dl havregrynsgröt, 1,5 dl lätmjölk, 1/2 rivet äpple, 1/2 skivad banan, 1 skiva grovt bröd, 1 msk mjukost 16%, 2 skivor papri-

1/2 kokt ägg, 1 msk kaviar, 2 dl

## Frukost



1 skiva grovt bröd, 1 skiva hårt bröd, 2 tsk lättmargarin

## Frukost



1,5 dl naturell lättfil, 1 dl müsli, 1 dl bär, 1 skiva grovt bröd, 1 msk bredbar leverpastej, inlagd gurka

## Huvudmål



2 skivor grovt bröd, 2 tsk lättmargarin, 4 köttbullar, 1 kokt ägg, 1 msk kaviar, 1/2 dl fil, 1/2 msk chilisås, 1 morot, 1/2 paprika, 1/2 paprika, gurka

## Huvudmål



1 dl tacofärs (nöt), 1 msk tacosas, 2 msk guacamole, 1/2 dl majs, gurka, 1 msk svarta bönor, 2 tacoskal

## Huvudmål



1 nyckelbana, 1/2 dl tärnad squash/aubergine, skivad gul lök, 1 skiva paprika, 1/2 dl tärnad squash/aubergine, skivad gul lök

## Huvudmål



1,5 dl kokt spagetti, 1 msk ketchup, 1 dl salladssås, 1/2 dl majs, gurka, 2 dl lättmjölk

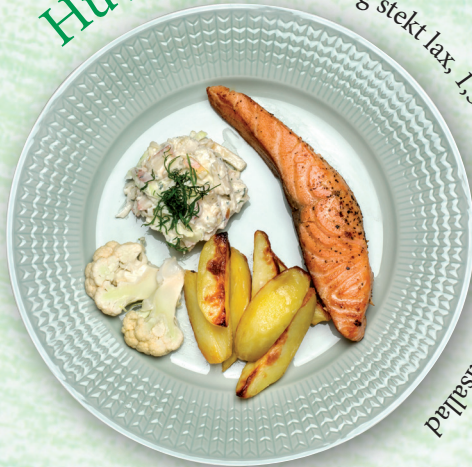
## Huvudmål



2,5 dl linsoppa, 1/2 dl yoghurt 3%, 1 rågsriksbröd/baguette, 1 tsk lättmargarin, 1 skvart 17% gurk, gurk- och paprikaski-

## Huvudmål

## Huvudmål



125 g stekt lax, 1,5 dl klyftpotatis, 1,5 dl köksallad

ckelhålmärkt kory, 1 dl couscous, 1/2 röd pe

2 dl köttfärsås, 1,5 dl

## Maxaad sameysiin marka...

Aad gaajootiin ama aad dareentaan hamuun?

Aad rabto in aad naftaada yara sasabto?

Aad dareemeysiin caajis?

Aad rabtiin in aad dabaal degtiin?

## Cuwaaf

Khudaar ama khudrada cagaarani waa cuwaaf ta ugu wanaagsan.



Waxaa aad ka heli kartaa talooyin dheeri ah oo ku saabsan cuwaaf kale oo fereesh ah isla markaana leh dhadhan fiican.  
[www.angeredsnarsjukhus.se/minamellanmal](http://www.angeredsnarsjukhus.se/minamellanmal)