



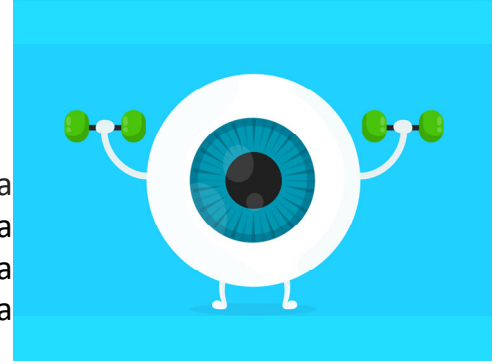
AQBAARAHHA

Waxbarasho
Nafaqo
oo lala wadaago
Dadka
Waayeelka ah!

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Joogteynta Indho Xoogan

Inkastoo ay caadi u tahay arageena inay isbadelaan intaan sii gaboobeyno, luminta aragga iyo indhoolenimada ma ahan lama huraa. Kaliya illaalinta caafimaadkeena guud waxay wax badan ka tari kartaa illaalinta indhaheena caafimaadan! Sameynta dooqyada cunto caafimaadan, firfircoonaanta, iyo sigaarka aadan cabin ayaa ah caadooyinka caafimaadan ee yareeyo qatarreena xaaladaha sida sonkorowga, cadaadiska dhiig karka sareeyo, iyo kolestaroolka sareeyo, kaasoo dhammaantood sababo dhibaatooyinka aragga.

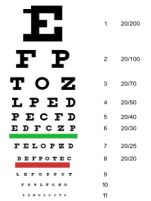


Guud ahaan, inagoo sii gaboobeyno, waxaan aad ugu badannahay inuu nagu dhaco cudurka indhaha, kuwa badan oo aanan laheyn wax calaamado ama astaamaha digniinta. Sidaas darteed, muhiim ayay noo noqotaa inaan marno baaritaanada sannadlaha oo aan bilowno daaweyn hore haddii aan u baahannahay inuu. Miisaanka kordho ama cayilka, lahaanshaha taariiqda qoys oo cudurka indhaha ah, ama Afrikaanka Ameerikaanka, Hisbaaniga, ama Dhaladka Ameerikaanka waxay na gelisaa qartarta sare ee cudurada indhaha. La hadlida dhaqtarkeena xili hore ayaa naga caawin karo inaan wax ka barano tallaabooyinka aan qaadi karno si aan u yareyno qatarreena! Indhaheena waa muhiim, marka aan sameyno dadaalheena aan iyaga ku daryeelno!

Balanqaadkeyga ee Caafimaadka Aragga

Si markaas aan u dhowro arageyga, waxaan:

- U cunayaa si fiican – gaar ahaan caleenta madow, dhirta, iyo kaluunka ku badan aasidhka dufanta omega-3 (tusaale ahaan, kaluunka salmonka, tunaha, iyo kaluunka halibut)
- Firfircoonow
- Jooji Sigaar cabida
- Naso adoo aqrinayo daabacaad yar
- Isticmaal ookiyaale – ka illaalinta ileyska waxyeelada cadceeda
- Booqo dhaqtarka indhaha hal jeer sannadkiiba



Warsidahan waxaa soo saartay Wakaalada Caafimaadka iyo Adeegyada Aadanaha ee Degmada San Diego, Adeegyada Waayeelidda & Madaxbanaanida, iyadoo uu maalgelinayo Barnaamijka Kaalmada Nafaqada kaabka ah (SNAP) ee Waaxda Beeraha ee Maraykanka (USDA) . USDA waa bixiye iyo loo-shaqeeye bixiyo fursad loo siman yahay. **Wixii macluumaad dheeraad ah oo ku saabsan barnaamijyadayada, booqo**

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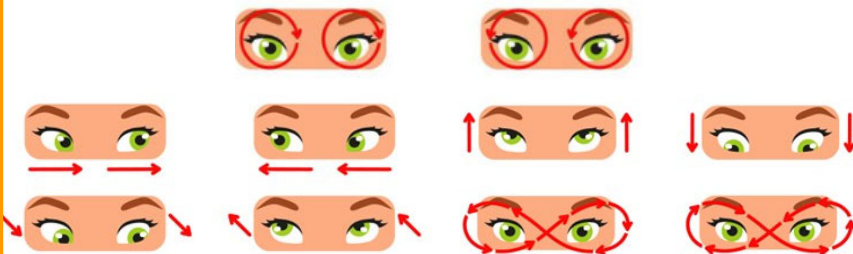
Fitamiinka Caafimaadka Aragga

Fitamiin A, C, iyo E ayaa muhiim u ah joogteynta indho caafimaadan.

- **Fitamiin A** waxay taageeraan shaqada fadhiga dibada, kaasoo illaaliyo indhaha. Fitamiin A ayaa ku jiro dhirta gaduudan, taasoo lagu sameyn karo dhirta jaalaha, oranjitha, iyo qudaarta iyo miraha caleenta cagaaran.
- **Fitamiin C** wuxuu ka illaaliyaa UV (Iftiinka lleyska qoraxda) waxay keenaan waxyeelada unugyada. Fitamiin C ayaa si gaar ah ugu jiro miraha midabada kala duwan, barbarooniga, barokoliga, iyo miraha cagaarka.
- **Fitamiin E**, ayaa caadi ahaan laga helaa loosaska iyo sareenta, wuxuu ka hortagaa hormarinta cadaadka.

Jimicsiga Aragga Indhaha

Jimicsiga indhaha ayaa yareyn karo dhaawaca indhaha. Nasashada iyo sameynta jimicsigaan degdega ah ee indhaha ayaa kaa caawin karo xoojinta murqaha indhahaaga, yaraanshaha dhaqaaqa indhaha, iyo kicinta bartamaha aragga maskaxdaada. Isku day dadaalkaaga aad ku raacdid shaxda!



Nutrition Facts

8 servings per container
Serving size 1 cup (68g)

Amount per serving
Calories 370

	% Daily Value*
Total Fat 5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 48g	15%
Dietary Fiber 5g	14%
Total Sugars 13g	
Includes 10g Added Sugars	20%
Protein 12g	
Vitamin A 10mcg	20%
Vitamin C 1mg	100%
Vitamin D 1mcg	50%
Vitamin E 2mcg	100%
Riboflavin 5mcg	75%
Folic Acid 200mcg	60%
Thiamin 2mcg	35%
Vitamin B12 5mcg	100%
Zinc 7mg	50%
Biotin 300mcg	100%
Calcium 50mcg	25%
Phosphorus 90mcg	90%
Magnesium 400mcg	100%
Chromium 75mcg	80%
Potassium 5g	100%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Si Caafimaad Leh Cuntada U Cun Jiilaalkan

San Diego waxay bixisaa noocyo kala duwan oo dalag daray ah! Wax soo saar xilliyeedkan badanaa waa ka raqiisan yahay sidii hore waana markuu leeyahay nafaqada ugu sarreysa. Waa tan khudaarta Jiilaalkan soo go'aysaa:



Miraha Beets



Barookoli



Kaabajka



Kaabajka cad



Qudaarta miraha gaduudan



Cagaarka

Howsha Aragga Caafimaadan: Barbardhiga

Hoos waa afar ka mid ah xaaladaha indhaha ugu caansan ee dadka waayeelka. Barbardhiga xaalada indhaha qeexideeda u dhigma.



- Cudurka camoolenimada
- Cawarka Gabowga la xiriiro Xumaanshaha
- Dhibaataada Sonkorowga indhaha
- Cadaadka

- _____ waxay sababi kartaa luminta aragga dhexe. Tan waxaa looga hortagi karaa in la yeesho hab nololeed caafimaadan, oo yareynayo kolestaroolka, oo aadan sigaar cabin.
- _____ waa aag daruureysan oo weyneysada indhaha. Tan waxaa looga hortagi karaa xirashada ookiyaalaha illaalada indhaha.
- _____ waa koox xaaladaha indhaha oo waxyeeli karo neerfaha indhaha, taasoo sababeyso indhoolenimo. Tan lagama hortagi karo laakin waxaa lagu ogaan karaa baaritaanka indhaha oo waxaa laga daaweeyaa ka hortaga naafonimada indhaha.
- _____ waa xaalad indhaha oo u keeni karta luminta aragga iyo indhoolenimo dadka qabo sonkorowga. Tan waxaa looga hortagi karaa inaad jir ahaan firfircoonaatid oo aad cuntid cunto nafaqo.

Jawaabaha: 1.) b 2.) d 3.) a 4.) c

Nasosho Qaado: 20 – 20 – 20

Illaha: Aqbaaraha Caafimaadka Maanta

Muddooyin dheer oo waqtiga shaashada ayaa dhaawici kara indhahaaga. Isticmaalida sharciga 20-20-20 ayaa ka hortagi karo dhibaataadaan. 20 daqiiqo ee walba qofka wuxuu fiiriya shaashad, waa inay fiiriyaan wax ka fog iyaga 20 fiit oo 20 ilbiriqsi ah. Qaadashada nasiinyo yar ayaa u ogolaado murqaha indhaha inay nastaan, dhaawaca ka bogsiiya.



Qaado		Kasta		Fiiri
20	0	20	0	20
Ilbiriqsi		Daqiiqo		Fiit Kaa
Nasasho ah				fog



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Erayada Xikmada

Dhoor sanno ka hor, indhaheyga ayaa dareemo qaleel, iyo aragga indhaheyga way ka sii darayeen. Waxaan aaday dhaqtarka oo waxaan ogaaday inaan qabo cawarka indhaha. Wuxuu ii sheegay inaan u baahannahay inaan imaado bil walba si aan u qaato cirbad indhaheyga ah.



Waxaan midaas sameeyay 4 sanno, illaa aan ka ogaado in cunista qudaaraha ay dhabtii kaalmeyn karto. Waxaan badalay cunisteyda, oo waxaan bilaabay cunista nooc walboo qudaar ah, gaar ahaan basbaasyada Thai, aan ugu jeclahay! Waxay ila tahay in tan ay tahay sababta indhaheyga ay hadda aad u fiicanyihiin, meesha halka aanan u baahan cirbad muddo hal sanno ah!

- Susan Sheum, ka qeybqaayaha Food Smarts

Bogga Illaha: EyeCare America



AMERICAN ACADEMY
OF OPHTHALMOLOGY®

I-meelka:

eyecareamerica@aao.org

Taleefonka: [\(877\) 887-6327](tel:8778876327)

EyeCare America waxay siiyaan baaritaan bilaash ah oo illaa hal sanno daryeel ah shaqsiyaadka 65 sanno jirka iyo ka weyn. Si aad ugu qalantid barnaamijka, shaqsiyaadka waa inaysan soo booqan dhaqtarka indhaha 3 dii sanno ee la soo dhaafay, oo waa inuu ahaadaa muwaadin Mareykan ah oo 65 sanno jir ama ka weyn, iyadoon jirin faa'idooyinka HMO ama VA.

Ansalaatada Kabajka adag La mariyay

Waxay siisaa 4 | 20 daqiiqo | Illaha: Shabakada Cuntada

Maadooyinka:

- 1 qeyb oo kaabajka adag, si yar loo jarjaray
- 1 liimo, la juuseeyay
- ¼ koob saliida dhirta dheeraadka ah, iyo dheeraad ku ah drizzle
- Cusbada kosher (oo dhadhanka)
- filfil madow (oo dhadhanka)
- 2 qaado shaah malab
- 1 cambo, jarjaran
- 2 qaado shaah. Miraha bocorka la dubay



Tilmaamaha:

- Baaquli weyn, ku dar kabajka adag, kala bar juuska liimada, saliida dhirta drizzle, iyo cusbo. Mari illaa kabajka adag uu ka jilco (2-3 daqiiqo).
- Baaquli yar, ku qas haraaga juuska liimada malab iyo basbaas. Ku dar saliid adoo qasayo illaa dulsaaro sameysmaan.
- Mari dulsaarada ansalaatada. Ku dar cambaha iyo miraha bocorka, tuur, oo sii.