Cunto caafimaad in la cuno

Ulays dhimis

Ka-nafisaadda calool-fadhiga

Feerada oo hoosaysa

Dareen murugo

Afartanka (muddada ka danbaysa umusha)

Cunto caafimaad in la cuno

Su'aalaha La soo-jeediyey:
- Maxaad su'aalo ka haysaa cunista cuntada caafimaad?
- Ii sheeg waxaad cunto ama cabto maalin caadiya?

Talooyin:
- Cunista fiican waxay ku siin kartaa tamar badan oo aad ku daryeesho ilmahaaga.
- Cunista fiican waxay kaa gargaari kartaa inuu jidhkaagu ku soo noqdo sidiisii.
- Cun shan ilaa lix jeer maalintii.
- Cun miro iyo khudaar badan.
- Cab biyo badan.
- Cab caano subag yar & sharaab miro 100%.
- Iska-jir cabbitaanka macaan sida soda, sharaabka isboortiga, bunka, shaaha qabow ee macaan, cabitaanka sharaabka.

Xaashiyaha la bixiyo:
- *Be a Healthy Mom (Noqo Hooyo Caafimaad)*

Culays dhimis

Su'aalaha La soo-jeediyey:
- Maxaad samaynaysaa hadda si aad isaga riddo culayska?
- Maxaad ka qabtaa miisaankaaga?

Talooyin:
- Qunyar iska rid culayska, ilaa 1–2 bound toddobaadkii.
- Hayso cuno yar oo cuntada u dhaxaysa.
- Weydii dhakhtarka markaad bilaabayso jimicsiga.
- Firfirconow maalin kasta. Samee waxaad jeceshahay. La lugaynta ilmaha waa doorasho fiican.
- Ha raacin is-caataynta xun. Waxba ma taraan waxna u dhimi karaan caafimaadkaaga.

Xaashiyaha la bixiyo:
- *Be a Healthy Mom (Noqo Hooyo Caafimaad)*

Ka-nafisaadda calool fadhiga

Su'aalaha La soo-jeediyey:
- Maxaad isku-dayday inaad isaga nafisiso calool fadhiga?

Talooyin:
- In badan ka cun cuntada xabuubka leh, sida miraha iyo khudaarta.
- In badan ka cun badarka madow sida siiriyaalka badarka, furinka madow, tortiiyaha arabikhida.
- Isku day miraha buruunka, canbaruudka, tufaaxa oo caano fadhi lagu daray.
- Cab biyo badan.
- Firfirconow maalin kasta. Samee waxaad jeceshahay. La lugaynta ilmaha waa doorasho fiican.

Xaashiyaha la bixiyo:
- *Be a Healthy Mom (Noqo Hooyo Caafimaad)*
- *Relief From Common Problems (Ka-nafiska Dhibaatooyinka Caamka)*

Feerada oo hoosaysa

Su'aalaha La soo-jeediyey:
- Maxaad ka maqashay feerada hoosaysa?
- Maxaad welwel ka qabtaa feerada hoosaysa?

Talooyin:
- Feerada hoosaysaa waxay keeni kartaa daal iyo itaal-darro, iyo si sahlan oo loo jirrado.
- Cun hilib, digir, iyo siiriyaalka WIC inta ugu badan ee aad karto si aad u hesho feerada aad u baahan tahay.
- Cun cunto ay ku badan tahay fiitamiin C. Tusaale, cab sharaabka iyo siiriyaalka WIC, ama salsa ku cun taako. Taasi ay jirkaaga ka caawin doonta isticmaalka feerada.
- Haddii takhtarku ku siiyo kiniin feero ah, hubi inaad qaadato.

Xaashiyaha la bixiyo:
- *Be a Healthy Mom (Noqo Hooyo Caafimaad)*
- *Iron for Strong Blood (Feerada Dhiigga Adag)*

Mawduuca doorashadaada

Afartanka (Mudda ka danbaysa umusha)

Dareen murugo

Su'aalaha La soo-jeediyey:
- Sideed dareemaysaa ilaa intii aad ilmaha dhashay?
- Maxaa sii fiican isugu kaa dhacay?

Talooyin:
- Isku-buuqsanaanta umushu waa u caadi dumar badan.
- Weydii saaxiibadaa iyo qoyskaaga gargaar si aad u hesho nasasho.
- Cunista shan ilaa lix jeer cunno yaryar oo fiican ayaa kaa yeeli kartaa fiicnaan.
- Jimicsiga wuxu ku dareensiin karaa wanaag
- Kala dhakhtarkaaga haddii aad ku fekirto inaad waxyeelayso naftaada ama ilmahaaga.

Xaashiyaha la bixiyo:
- *Be a Healthy Mom (Noqo Hooyo Caafimaad)*
- *Iron for Strong Blood (Feerada Dhiigga Adag)*

Hay'addani waxa bixiye fursado loo siman yahay. **Washington WIC ma takoorto.**
Dukumentigan oo ah qaabab kale ayaa loo heli karaa dadka qaba naafooyin.
Si aad u weydiisatid, fadlan soo wac 1-800-841-1410 (TDD/TTY 1-800-833-6388).

Washington State WIC Nutrition Program

PUBLIC HEALTH
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Washington State Department of Health

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