

Ma ogtahay in:

Cauurta ay da'doodu tahay 4–10 sanno in ay dhex-dhexaad tahay in ay cunaan qiyaastii 400 garaam oo khudaarta cagaaran ah iyo khudrad maalintiiba (400 oo garaam waxaa ay tuusaale ahaan ka koobnaan karaan hal xabo oo kaarooto ah, hal xabo oo liin macaan ah, hal xabo oo tufaax ah, hal deli litir oo galeey/arabikhi ah) Nidaam fiican oo aasaasi ah waxaa uu noqon karaa in la cuno shan wakhti oo is le'eg, qiyaastii hal cantoobo ah mar kasta. Waxaa haboon in aad u qaybiso laba qaybood oo is le'eg oo qayb ay ka koobantahay khudrad qaybta kale khudaarta cagaaran. Sababta oo ah caruurta ka yar 4 sanno waxaa haboon in cubtada ay cunayaan wakhti kasta ay ku jirto khudaart cagaaran iyo khudrad.



Waa maxay sababta ay muhiimka ugu tahay in ay caruurta cunaan khudrad iyo khudaarta cagaaran?

In la cuno khudrad iyo khudaarta cagaaran oo badan waxaa ay u fiicantahay caafimaadka iyo bey'ada labadaba. Khudrada iyo khudaarta caagaaran waxaa ay ka koobantahay nudo badan, fitamiino iyo maadooyin kale oo muhiim ah oo jidh-keenu u baahanyahay si uu caafimaadkeenu u wanaagsanaado.



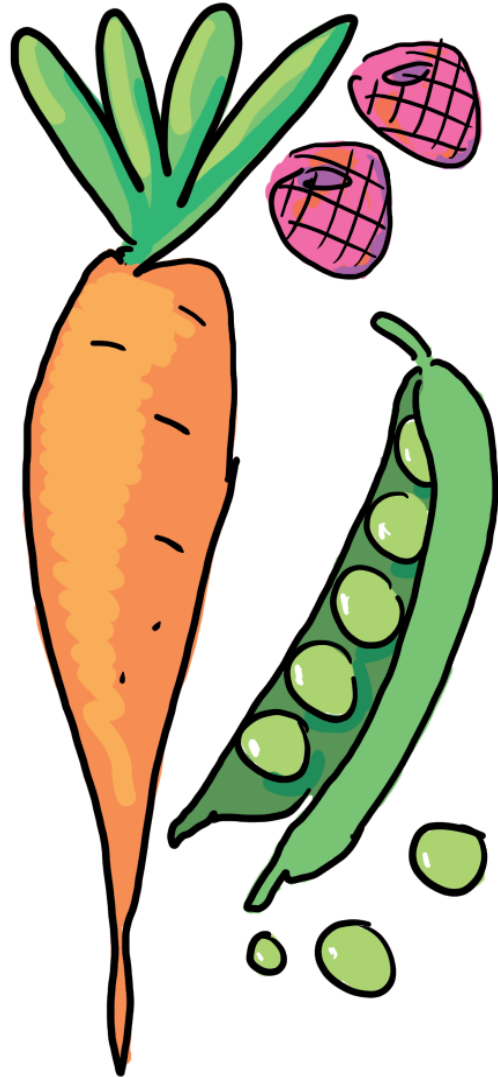
Daraasada IDEFICS waxaa lagu soo bandhigayaa shan buug oo yar-yar oo gacan ka geysanaya caafimaadka carruurta:

Biyuhu waa sheyga ugu fiican ee lagu damiyo haraadka/oonka!
Caadooyinka fiican ee hurdadu – muhiim bey u yihiin carruurtaada!
Ku raaxeysta wakhtiga aad wada joogtiin - daawshada TV-ga iyo shaashadaha waxaa haboon in la sugo!
Wey macaantahay khudrada iyo khudaarta cagaaran!
Giyaarta iyo dhaq-dhaqaaqa – wey u fiican yihiin caruurta iyo dadka waaweyn labadaba!

Buugaagta yar-yar iyo macluumaad kale oo badan waxaa laga soo dajisan karaa www.vregion.se/go'aanka baruurta ciwaanka Buugaagta yar-yar hoostiisa (www.vregion.se/beslutstodfetma under rubriken Broschyrrer/foldrar). Waxaa buugaatan yar-yar maal geliya guddiga caafimaadka dadweynaha ee galbeedka gobolka Göteland. Waxaa laga dalban karaa buugaagtan adress.distributionscentrum@vregion.se.

2008 © waxaa soo saarey Dr. Staffan Mårild, isbitaalka carruurta – iyo dhalinyada ee boqorada Silvia. Waxaa qoraalka af iswiidhishka ka sahqeeyey Gabriele Eiben och Lisen Grafström oo ah talo bixiyaasha xagga raashinka oo haysta shati. Waxaa qoraalka af iswiidhishka ka sahqeeyey isla markaana wax ku darey 2017 Maria Briggert Bengtsson och Julia Backlund oo ah talo bixiyaasha xagga raashinka oo haysta shati.

Wey macaantahay khudrada iyo khudaarta cagaaran!



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learning, healthy living degmada Partille
Göteborgs Universitet, Sahlgrenska Akademien,
Qaybta carruurta, guddiga caafimaadka daweynaha
Västra Götalandsregionen





5 talo bixin oo ku saabsan in la cuno khudarad iyo khudaarta cagaaran oo badan



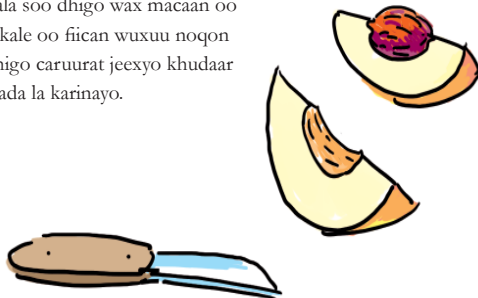
Waxaa haboon in si wadajir ah loo wada cuno khudaarta cagaaran iyo khudrad

Waxaa ay caruurta jecelyihiin in wax si wadajir ah loola sameeyo dadka waaweyn. Haddii qofka weni cuno khudrad iyo midho, waxaa ay caruurta sidoo kale baranayaan in ay si fudud u jeclaadaan in la cuno khudaarta. U diyaari khudrad iyo midho si wadajira ah isla markaana u ogolow in ay caruurta kaa caawiyaan.



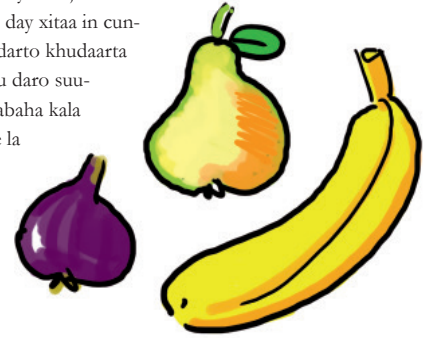
Ugu soo dhig khudrad iyo khudaarta cagaaran cuwaaf ahaan

Khudaarta cagaaran oo qaab ulo ah loo soo jar-jarey iyo jeexyo khudaar aha ayaa ah kuwo aad ugu haboon in loo cuno cuwaaf ahaan. Xitaa aad bey ugu haboon tahay in la cuno marka la caweynayo habeenka jimcaha, waxaase fiican in lala soo dhigo wax macaan oo lagu dhuuqo. Hab kale oo fiican wuxuu noqon karaa in loo soo dhigo caruurat jeexyo khudaar aha muddada cuntada la karinayo.



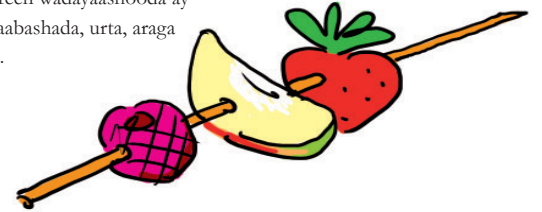
U soo dhig khudrada iyo khudaarta cagaaran oo siyaabo kala duwan loo sameeyey

Iyadoo kulul, qabow, iyadoo dhan ama la goo-gooyey. Cuntada la soo dhig ama cuwaaf ahaan cuntada ka hor ama cuntada ka dib u sii. Waxaa haboon in aad tijaabiso khudrad ama khudaar cagaaran oo siyaabo kala duwan u sameysan isla markaana isku day in aad heshid kuwo aad si gaara u jeceshahay. Waxaa carruurta ay qaar badan jecelyihiin in la siiyo khudaarta cagaaran iyo khudrad la jar-jarey oo fijaano kala duwan loogu soo dhigo. Isku day xitaa in cuntada caadiga ah aad ku dhex darto khudaarta cagaaran tusaale ahaan in lagu daro suu-gooyinka laga smeeyo waxyaabaha kala duwan ama maraqa, kaarooto la yar-yareeyey, digir amamsir/cadis. Hab kale oo aad caan u ah si loo helo khudrad iyo khudaarta cagaaran waa adiga oo iskaa u smaeysta cabitaan iskugu jira khudrad, midho iyo khudaarta cagaaran.



Tijaabi noocyo kala duwan marar badan oo kala duwan

Carruurta intooda badan waxaa ay u baahanyihiin in ay tijaabiyaan cuntooyin cusub oo kala duwan marar badan oo kala duwan ka hor inta aysan jeclaan mid ka mid ah cuntooyinkaas. Ku dhiiri gali ilmaha in ay sahmiyaan cuntada intii karaankood ah iyaga oo adeegsanaya dareen wadayaashooda ay ka mid yihiin; taabashada, urta, araga iyo dhe-dhanka.



Noocyo kala du-duwan

Noocyada kala duwan ee khudrada iyo khudaarta cagaaran wey ku kala duwantahay nafaqada ku jirta, midaka, qaabka iyo dha-dhanka intaba. Marka la soo hor dhigo ilmaha noocyo kala duwan waxaa ay kicinaysaa xiisaha ilmaha iyo rabitaankiisa ah in uu cuno. Waxaa haboo in la doorto khudaarta qalafsan siad kaaraootada, noocyada kala duwan ee kaabashka, digirta iwm. Khudaarta la jar-jaro waa nooc aad caan u ah isla markaana noqon karta cuwaaf fudud. Ka dhigo caado in aad wakhti kasta oo cunto la cunayo aad la soo dhigto khudrada iyo khudaarta cagaaran.

