

Hababka Cuntada si loo joojiyo dhiigkarka (DASH)

Bilaabidda DASH

- 1 Halka aad hadda joogto.** Qorshaha cunista DASH ma isticmaalo cuntooyin iyo cuntooyin gaar ah. Hal dariiqo oo aad ku bilaabi karto waa inaad isticmaasho Qorsheeyaha Miisaanka Jirka ee bilaashka ah (<https://www.niddk.nih.gov/bwp>) si aad u ogaato inta kaloori ee aad u baahan tahay maalintii si aad caafimaad hesho.
- 2 Kala hadal daawada dhakhtarkaaga.** Haddii aad qaadato daawo loogu talagalay dhiigkarka ama kolestaroolka, sii wad qaadashada. Raac qorshaha cuntada DASH oo kala hadal dhakhtarkaaga daawadaada oo qayb ka ah qorshahaaga guud ee fayoobida.
- 3 Ka dhig DASH qayb ka mid ah noloshaada caafimaadka qabta.** Qorshaha cunto cunista DASH, oo ay weheliso isbeddellada kale ee qaab nololeedka, ayaa kaa caawin kara inaad xakamayso cadaadiska dhiiggaaga iyo inaad yarayso kolestaroolka. Isbeddellada muhiimka ah ee qaab nololeedka waxaa ka mid ah: inaad ku jirto miisaan caafimaad leh iyo dhaqdhaqaaq jireed oo joogto ah.
- 4 DASH waxay ku haboon tahay qof kasta oo qoyska ka tirsan.** Qoyskaaga oo dhan waxay cuni karaan cunto iyagoo isticmaalaya qorshaha cuntada DASH. Soo hel xiriirka hoose ee tusaale cunto DASH ah.
- 5 Ha welwelin.** Xitaa marka aad isku dayeyso sida ugu fiican, way fududaan kartaa in aad wax badan cunto. Kaliya isku day sida ugu fiican si aad maalmaha badankood ugu dhowaato qorshaha cuntada DASH iyo heerka soodhiyamka ee laguugu taliyay.

Bilaabidda Adeegsiga DASH

Ku bilow isbeddello yaryar iyo beddello caafimaad leh.

- Haddii aad bilowdo inaad cunto hal ama laba jeer oo khudaar ah maalintii, ku dar qayb kale qadada ama cashada. Isku day inaad khudaarta ku darto saxanka digsigaa ama baastada.
- Haddii aadan hadda cunin miro, ku dar hal qayb oo miro ah cuntadaada ama u cun cunto fudud.
- Si tartiib ah u kordhi isticmaalka caanaha ama caano fadhi, iyo farmaajada ilaa saddex jeer maalintii. Tusaale ahaan, cab caano qadada ama cashada, halkii aad ka cabi lahayd soodhaha, shaaha macaan ee sonkorta lagu daray, ama khamriga.
- Dooro caano ama caano fadhi aan dufan lahayn ama dufan yar (1%), iyo farmaajo dufan yar leh si aad u yareeyso xaddiga dufanka buuxa, kolestaroolka, iyo kalooriyada aad cunto una kordhiso kalsiyumkaaga.
- Akhri calaamadda Xaqiiqooyinka Nafaqada ee ku taal dhammaan cuntooyinka si aad u doorato kuwa ugu hooseeya dufanka buuxa iyo kuwa trans.
- Ujeedo inaad ½ saxankaaga ku buuxiso khudaar iyo miro, ¼ xabo dhanaan ah, iyo ¼ kalluun, hilib caato ah, digaag, ama digir.
- Dooro badarka qamadiga oo dhan iyo rootiga qamadiga oo dhan ama baasto si aad u hesho macdano iyo faybar badan.

Cun noocyo kala duwan oo borotiin ah.

- Dooro hilibka caatada ah oo ka saar maqaarka digaagga ama isku day xulashooyinka aan hilibka lahayn.
- Calaamadee calaamadaha hilibka la shiiday iyo digaagga dufanka buuxa leh ee hooseeya.
- Isku day inaad kalluun cuntid hal ama laba jeer usbuucii.

Dooro cunto fudud oo nafaqo leh oo dhadhan fiican leh.

- Miraha waxay bixiyaan dhadhan iyo noocyo kala duwan oo wanaagsan. Ku isticmaal miraha qasacadaysan ee casiirka ama biyo ku jira. Miraha cusub waa kuwo degdeg ah oo fudud, miraha la qalajiyeyna waa doorasho wanaagsan oo aad ku qaadan karto ama aad ku haysan karto gaariga.
- Fikradaha fudud: lawska lagu qasay sabiib, buskudka graham, caano fadhi aan dufan lahayn ama dufan yar, qaloonka aan lagu darin milix ama subag, khudaar cayriin ah.



Wixii macluumaad dheeraad ah, isku day xiriiriyeyaaashan

Macluumaad dheeraad ah oo ku saabsan cuntada DASH: <https://www.nhlbi.nih.gov/education/dash-eating-plan>

Tusaalaha Cuntada DASH: <https://www.nhlbi.nih.gov/resources/week-dash-eating-plan>

Isticmaalka Calaamadda Xaqiiqooyinka Nafaqada

Afar Tallaabo oo Fudud

Isticmaalka calaamadda Xaqiiqooyinka Nafaqada ee ku taal cuntooyinka iyo cabitaannada baakadaysan si loo sameeyo doorashooyin caafimaad leh. Raac tallaabooyinkan iyo talooyinkan muhiimka ah!

1

Korhi cadadka Cuntada markiiba

Cabbirka adeeggu wuxuu kuu sheegayaa inta iyo inta jeer ee ku jirta xirmada. Cunista 2 qaybood oo cuntadaan ah waxay la macno tahay inaad cuntay 14% wadarta cusbadaada.
 $2 \text{ cunto} \times 160 \text{ mg (7\%)} = 320 \text{ mg (14\%)} \text{ wadarta guud ee cusbada}$

3

Digniin: Soodhiyaam

Kala hadal dhakhtarkaaga inta soodhiyaam ee kugu habboon.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* 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.

<https://www.fda.gov/food/food-labeling-nutrition>

Kalooriyada Isha ku hay

2

Ma u qalantaa? Maskaxda ku hay inta kaloori maalintii ee aad u baahan tahay si aad u gaarto yoolalka miisaankaaga jirka.

Dooro Nafaqada si xikmad leh

4

Isticmaal % Qiimaha Maalinlaha ah si aad u aragto haddii adeeg la bixinayo cuntada waa inay sare ama hoos u dhacdaa nafaqooyinka lagu taliyay iyo in la barbar dhigo cuntooyinka.

- Isku day inaad hesho 100% DV kuwaas maalmaha badankood:

- Faybarka cuntada
- Feetamiinada D
- Kaalshiyaamka
- Ayroon
- Bootaasiyaam

- Isku day inaad hesho wax ka yar 100% DV maalin kasta:

- Dufan Xaydh ah
- Dufanka Shiilan*
- Sonkor lagu Daray

*Isku day inaad dufanka trans-ka ku hayso heer hoose intii suurtagal ah.

Tilmaamaha qaybtaada "handy"



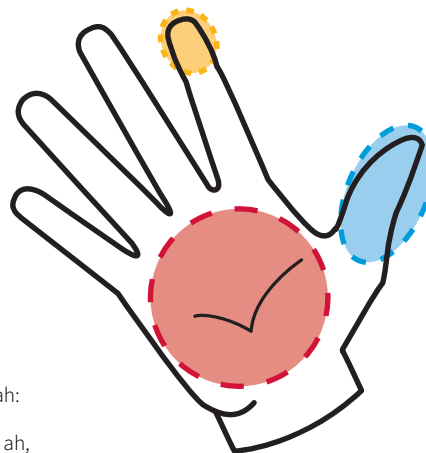
Feeraha = 1 koob

- 1 koob oo adeeg ah ayaa la mid ah:
- 8 wiqiyadood oo caano ah ama caano fadhi ah
 - tufaax dhexdhexaad ah



Caarada faraha = 1 qaado

Dooro 1 qaado oo ah saliidaaha iyo dufanka sida majones ama subag yar.



Suulka = 1 qaado

Hal qayb oo subagga looska ah waxay la mid tahay 2 qaado.



Hal Cantoobo = 1/2 koob

- 1/2 koob oo adeeg ah ayaa la mid ah:
- Miro la kariyey oo dhan (bariis bunnii ah, baasto qamadi dhan ah, basal, badar kulul, iwm.)
 - Miraha Qalalan
 - Digir la kariyey



Timir = 3 wiqiyadood oo cunto ah

Dooro 3 wiqiyadood oo hilib aan caato ahayn, kalluun iyo digaag ah.

