



## AKHRISKA SUMADAHA

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	<b>10%</b>
Calcium 260mg	<b>20%</b>
Iron 8mg	<b>45%</b>
Potassium 235mg	<b>6%</b>

\* 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.

U fiirso cabbirrada adeegga. Baakado badan ayaa ka kooban in ka badan 1 xabbo. Macluumaadka nafaqada ee hoos ku taxan waxay ku salaysan yihiin hal adeeg.

% Qiimaha maalinlaha ah (oo ku qoran % dhinaca) waxay ku salaysan tahay 2,000 kalori cunto ah. Waxaa laga yaabaa inaad u baahato kalooriyo badan ama ka yar. Kala hadal dhakhtarka cuntada ee diiwaangashan si aad wax badan u ogaato.

Hoos ka fiiri Wadarta Dufanka si aad u aragto inta ay le'eg tahay dufanka buuxa iyo dufanka badan Dooro cuntooyinka ay ku yar yihiin dufanka buuxa iyo dufanka badan. Cuntooyinka caafimaadka qaba wadnaha waxay leeyihiin 3g ama ka yar oo dufan buuxa ah qaadasho kasta.

Ujeedo inaad isticmaasho wax ka yar 2,000 mg oo **sodium** ah (ama cusbo) maalintiiba. 5% DV ama ka yar soodhiyam halkii adeegba waxa loo arkaa mid hooseeya, iyo 20% DV ama in ka badan oo sodium ah adeeg kasta ayaa loo arkaa mid sare.

Raadso cunnooyinka il wanaagsan oo **fiber-ka ah** (3 g ama ka badan qaadasho kasta).

### Waxyaabaha Dheeraadka ah ee la Tixgalinayo:

- Waa muhiim inaad akhrido liiska Waxyaabaha ay ka kooban tahay si aad fikrad fiican uga heshid noocyada maaddooyinka la isticmaalo.
- Wadarta sonkorta waxay yeelan kartaa labadaba sonkor dabiici ah iyo kuwa lagu daray. Sonkorta dabiiciga ahi waxay si dabiici ah uga dhex dhacdaa cuntooyinka oo dhan, sida miraha, waxayna bixiyaan faa'iidooyin sida fiber iyo antioxidants. Sonkorta lagu daray ayaa lagu daraa inta lagu jiro habaynta mana bixiyaan wax nafaqo ah (kaliya kalooriyo). Ka fiirso cuntooyinka ay ku yar tahay "Sokorta lagu daray."
- Xitaa haddii calaamadda Xaqiiqooyinka Nafaqadu ay sheegto in cuntadu ay ka kooban tahay "0 g" oo dufan ah, laakiin ay ku jirto "saliid qayb ahaan hydrogenated" liiska maaddooyinka: cuntadu waxay weli ka kooban tahay xoogaa dufan ah (in ka yar 0.5 g halkii qaadasho). Haddii aad cunto wax ka badan hal xabbo, waxa aad ku dambayn kartaa in aad cuntid dufan badan.

Wixii macluumaad dheeri ah iyo talooyin, booqo bogga internetka ee Ururka Wadnaha Mareykanka (heart.org)