



DHAMMAAN WAXA KU SAABSAN DUFANKA

Maxaan ugu baahanahay dufanka ku jira cuntadayda?

Dufanku waxa ay ka caawiyaan jidhka in uu nuugo nafaqooyinka, kaydiyo tamarta, siiyo tamar, ilaalinta xubnaha, diirimaad, soo saaro hormoono, taageerto korriinka unugyada, oo siiya dareenka dheregnaanta (ama dareen dhereg). Si kastaba ha ahaatee, dhammaan dufanka si isku mid ah looma wada abuurin..

1 Dufanka buuxa 1 iyo 2 dufanka trans 2 waxay kordhin karaan heerarka kolestaroolka xun (LDL) waana in la xaddidaa. Dufanka buuxa waxaa sida caadiga ah laga helaa alaabta xoolaha sida subagga, xaydha, maraqa kareemka ku salaysan iyo suxuunta, hilibka dufanka badan (hilibka doofaarka, hot dogs, sausages), waxyaabaha caanaha dufanku ku badan yahay, maqaarka digaaga, maraayada, iyo saliidaha torobikaalka (qumbaha iyo nakhliga). Dufanka trans, oo inta badan laga helo cuntooyinka aadka loo warshadeeyay, margarine iyo xaydha, ayaa xitaa ka waxyeello badan dufanka buuxa waana in laga fogaadaa sida ugu macquulsan. Cuntooyinka ay ku jiraan maaddooyinka ay ku jiraan "saliid hydrogenated" ama "saliid qayb ahaan hydrogenated" waxaa ku jira dufan badan.

Dufanka monounsaturated iyo polyunsaturated, oo sidoo kale loo yaqaan "dufan caafimaad qaba" ama "dufanka aan la daboolin" ayaa kaa caawin kara yaraynta heerarka kolestaroolka xun (LDL) ee dhiiga waxayna bixiyaan Vitamin E (antioxidant). Inkasta oo dufanka monounsaturated iyo polyunsaturated ay bixiyaan faa'iidooyin caafimaad, had iyo jeer waa in si dhexdhexaad ah loo isticmaalo.

Waa maxay Omega Fatty Acids?

Qaar ka mid ah dufanka polyunsaturated ayaa ka kooban omega-6 iyo omega-3 fatty acids. Kuwani waa dufan aanu jidhku samayn karin laakiin waxay lagama maarmaan u yihiin caafimaadka wanaagsan. Waxaa la muujiyay in aysiidhyadan dufanka leh ay hoos u dhigi karaan heerarka triglyceride, hoos u dhigidda cadaadiska dhiigga iyo xitaa hoos u dhigista khatarta wadna xanuunka (wadnaha garaaca joogtada ah).

Ilaha dufanka aan dheregsanayn (caafimaadka leh):

- Kalluun saliid leh (salmon, herring, mackerel, tuna)
- Lowska (walnuts, yicib, cashews, pecans, lawska iyo subagga lawska)
- Seeds (iniinta chia, flaxseeds, sisinta, iniinaha gabbaldayaha)
- Afakaadho
- Saliidaha dhirta ku salaysan (saytuun, canola, safflower, sisinta iyo saliid flaxseed)
- Tofu iyo digirta soy

Wixii macluumaad dheeraad ah iyo talooyin, booqo websaydka American Heart Association (heart.org) oo raadi Qorshaynta Cuntada.