

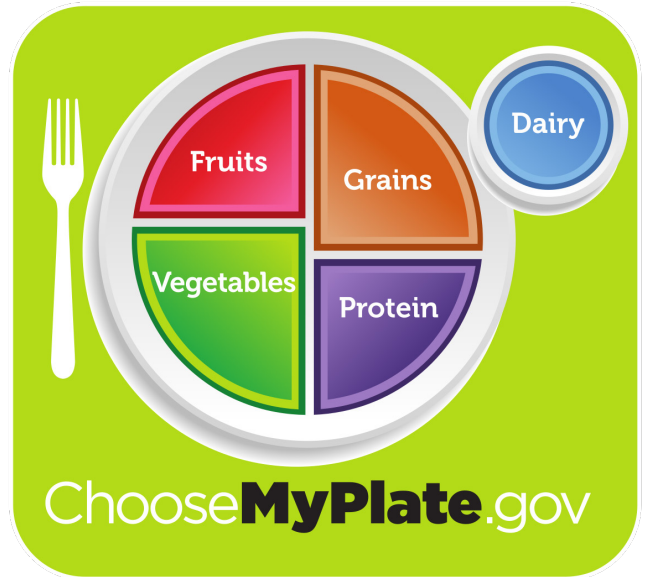


## MUUQAALKA SAXANO CAAFIMAAD LEH

### Sidee saxan caafimaad qabaa u eg yahay?

Qaabka Saxanka Caafimaadka leh waa hab degdeg ah oo fudud oo lagu hubinayo in cunto kasta ay dheellitirto. Raac tillaabooyinka hoose si aad u abuurto saxan kuu gaar ah oo caafimaad leh, si fiican isku dheeli tiran.

1. Ku bilow inaad ku buuxiso  $\frac{1}{2}$  saxankaaga noocyo kala duwan oo khudaar ah oo aan istaaji ahayn (caleenta cagaaran, brokoli, karootada, basbaaska ama kaabajka) iyo 1 qaado oo furuut ah. Cun khudaar ka badan furuutka. Dooro khudrad dhan marka ay suurto gal tahay oo xaddid casiiir iyo furuutka la qalajiyey.
2. Ku buuxi  $\frac{1}{4}$  saxankaaga 1 xabbo oo miro grains ah, sida bariis bunnii ah, baastada sarreenka-dhan, rootiga ama rootiga sarreenka-dhan, ama istaariyo kale oo caafimaad qaba oo ay ku jiraan baradhada macaan, galleyda, digirta ama lentil. Xaddid rootiga cad, bariiska cad, iyo baradhada shiilan.
3. Ku buuxi  $\frac{1}{4}$  saxankaaga 1 qaado oo ah ilaha borotiinka sida hilibka baruurta lahayn (digaagga aan maqaarka lahayn), kalluunka, biiniska, digirta, lawska iyo tofu. Yaree hilibka cas iyo jiiska; iska ilaali hilibka la warshadeeyay sida jeexan qabow, hilib doofaar iyo hot dogs-kal.
4. Dooro 1-3 xabbo oo caanaha dufanku ku yar yahay maalin kasta, sida caano aan dufan lahayn (skim) ama caano yogurt. Beddelka aan caanaha ahayn sida soy, bariiska, ama caanaha yicibtu sidoo kale waa fiican yihiin. Hal adeeg waa 8 oz. Dooro yogurt wax ka yar 15 garaam oo sonkor ah qaadasho kasta.
5. Dooro hal qaado oo yar oo dufan caafimaad qaba, sida saliida dhirta ku salaysan (saytuun iyo canola), lawska, iniinaha ama avokado. Xaddid ama iska ilaali subagga, subagga, saliida kulaala (qambaha iyo saliida timirta), iyo margarin-dhegeedka.



### Maxaa lagu tiriyaa adeeg ahaan koox kasta?

	1 ADEEGGA CABBIRKA
<b>QUDAAR</b>	1 c. khudaarta cayriin ama la kariyey ama casiiirka khudradda; 2 c. cagaarka caleenta ceeriin
<b>FURUUTKA</b>	$\frac{3}{4}$ c. furuut ama 100% casiiir furuut ah; $\frac{1}{2}$ c. furuut la qalajiyey
<b>BADAR</b>	$\frac{1}{2}$ c. bariis la kariyey, baasto ama badarka; 1 xabo oo rooti ah; 1 c. badarka diyaar u ah in la cuno
<b>BAROOTINKA</b>	2-3 oz hilib, digaag ama kalluun; $\frac{1}{4}$ c. digir la kariyey; 1 ukun; 1 T subagga lawska; $\frac{1}{2}$ oz nuts
<b>CAANO</b>	1 c. (8 oz) caano, yogurt ama caanosoy; 1 $\frac{1}{2}$ oz jiis dabiici ah; 2 oz jiis la warshadeeyey

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