

Wada sheqeynta Barashada
Sonkorowga Nooca 2

Hubi halistaada. Ilaali caafimaadkaaga.

Ka dhig
Caafimaadkaaga
Mudnaan Maanta!



Ma ogtahay in 1 ka mid ah 3 dii qof ee Mareykan ahba uu halis ugu jiro inuu ku dhaco sonkorow?

Miyaa lagaa baaray sonkorowga nooca 2aad inta lagu jiray 12-kii bilood ee la soo dhaafay?

Sonkorowga waxaa loola jeedaa sonkorta dhiiggaaga, sidoo kale loo yaqaan sonkorta dhiigga, aad ayey u sareysaa.

Waxaad halis ugu jirtaa sonkorowga nooca 2 haddii aad:

- Culeys xad dhaaf ah leedahay
- Qabtay sonkorta dhiiga saraysa ama kaadi sonkorowga uurka (GDM) intii aad uurka lahayd, ama aad umushay ilmo miisaankiisu ka badan yahay 9 rodol
- Leedahay taariikh qoys oo sonkorow ah
- Leedahay isku celceliska ka sarreyso heerarka sonkorta dhiigga
- Ka tirsantahay isir ahaan ama qowmiyadaha
 - African American
 - Hispanic/Latino
 - American Indian
 - Pacific Islander
 - Asian

Ka dhig Caafimaadkaaga Mudnaan Maanta!

Haddii aad khatar ku jirto, kala hadal daryeel caafimaad bixiyahaaga wax ku saabsan baaritaanka. Marka lagaa baaro, waxaad ogaaneysaa inaad qabtid heerarka sonkorta dhiigga ee caadiga ah, ku dhowaad inaad qabto sonkorow (oo loo yaqaan kaadi sonkorowga), ama aad qabtid sonkorow.

Iska baar Sonkorowga

Bixiyaha xanaanada caafimaadkaaga ayaa kuu dalbi kara baaritaan. Baaritaanada la isticmaalay waa tijaabada sonkorta dhiigga ama burutiinka dhiiga cas A1C. Dhakhaatiir badan ayaa kugu baari kara isla xafiiskooda! Weydii daryeel caafimaad bixiyahaaga waxyaabaha ku saabsan xulashooyinkaaga marka aad jadwaleyso ballantaada.

Goorma ayaan iska baaraa sonkorta dhiiggayga?

	Goorma ayey tahay in lagu baaro?
Halis ugu jira sonkorowga	3 dii sannaba mar
Kaadi sonkorowga	Sannad kasta
Sonkorowga	6 dii biloodba mar
Sonkorowga Uurka (GDM)	4-12 toddobaad gudahood ee dhalashada ilmahaaga, ka dib 1-3 sanno kasta.

La wadaag taariikhda GDM ee adiga iyo ilmahaaga bixiyeyaasha daryeelka caafimaadka. Waa muhiim in qof kasta oo adiga iyo qoyskaaga daryeelaaba ogaadaan inaad qatar ugu jirtid cudurka sonkorta 2aad.

Maxay yihiin noocyada sonkorowga sideese ii sahameyn karaan?

Sonkorowga Uurka Kaadida (GDM)

GDM waa nooc ka mid ah sonkorowga oo ku dhaca inta lagu jiro uurka. Waxaa jira khataro caafimaad oo waqti dheer ah oo laga yaabo inay bilaabaan ama sii socdaan ka dib markaad umusho, sida qaadista cudurka sonkorta nooca 2aad. Ilmaha ay dhalaan hooyooyinka qaba GDM sidoo kale waxay leeyihiin khataro caafimaad oo badan sida buurnida carruurnimada iyo helida sonkorta nooca 2aad markay weynaadaan.

Kaadi sonkorowga

Kaadi sonkorowga wuxuu dhacaa marka sonkorta dhiiggaaga ay ka sareeyso sidii caadiga aheyd, laakiin aan ku filneyn inay yeelato cudurka sonkorta. Kaadi sonkorowga wuxuu kuu horseedi karaa sonkorowga nooca 2 oo 5 sanno gudahood. Waxay kaloo kugu sababi kartaa inaad qaadid cudurka wadnaha ama istarooma. Waa inaad la hadashaa bixiyaha daryeelka caafimaadkaaga oo aad sameysaa qorshe aad ku yareyneyso halista aad ugu jiri kartid sonkorowga nooca 2aad.

Sonkorta Nooca 2aad

Sonkorowga Nooca 2aad waa nooca ugu caansan ee sonkorowga. Haddii aad qabtid sonkorowga nooca 2aad, jirkaaga si ku haboon uma isticmaalo insuliinta. Insuliinta waa hormoon jirkaaga abuurto si sonkor loogu isticmaalo tamar. Haddii aad qabtid nooca sonkorowga nooca 2aad, waxaad u baahanaysaa inaad aragtid bixiye daryeel caafimaad oo kaa caawiya inaad xakameyso sonkorta dhiiggaaga.

Sonkorowga nooca 2aad waa xaalad halis ah oo sababi karta dhibaatooyin caafimaad oo badan sida araga oo kaa yaraada, wadno qabad, istaroom, ama noocyo badan oo infekshan ah.

Sonkorowga nooca 2 sidoo kale wuxuu saameyn ku yeelan karaa uurka mustaqbalka wuxuuna horseedi karaa inuu yeesho ilmo weyn, cilladaha dhalashada, ama soo dhaco.

*Haddii aad qabtay GDM inta aad uurka leedahay, laakiin **kadib** waligaa aadan iska baarin sonkorowga nooca 2aad, soo wac daryeel caafimaad bixiyahaaga maanta oo weydii sida laguugu baaro.*

Maxaan sameyn karaa si aan u yareeyo qatarleyda sonkorowga nooca 2-aad?

1. Si joogta ah isu baar!

- Haddii aad tahay hooyo cusub oo qabtay GDM inta lagu guda jiro uurka, waa inaad iska baarto inta uusan ilmahaaga gaarin 12 toddobaad jir.
- Haddii aad waligaa kugu dhacay heerarka sonkorta dhiigga oo sareeya, kaadi sonkorowga ama aad buurantahay waxaad halis sare ugu jirtaa sonkorowga nooca 2. Waa in lagaa baaro sonkorowga nooca 2aad 1 ilaa 3 sanno ee walba.

2. Firfircoonow oo cun cunto caafimaadan.

- Kordhi howsha jirka oo illaa 30 daqiiqadood maalintii, 5 jeer isbuucii.
- Baro waxa la cuno si aad u caafimaadanaatid.
- Ilaali miisaankaaga.
- Haddii aad leedahay ilmo yar, sii wad nuujinta - waxay kaa caawin kartaa inaad gubto illaa 800 oo kalori maalintiiba!



3. Ku soo biir Barnaamijka Ka Hortagga Sonkorowga, taas oo la muujiyey inay yareyneeyso halista aad ugu jiri kartid sonkorowga nooca 2aad oo boqolkiiba 58%.

4. Jooji isticmaalka tubaakada!

- Sigaar cabista iyo qiiq qaadashada waxay waxyeelo kuu geystaan adiga iyo kuwa hareerahaaga ah.
- Khadka Joojinta Tubaakada ee Ohio: Waa u bilaash kuwa ku nool Ohio. SOO WAC: 800-QUIT-NOW (800-784-8669); <http://ohio.QuitLogix.org>
- Booqo www.ohiosmokefreefamilies.org.
- Haddii aad rabtid inaad joojiso sigaar cabista, qiiq qaadashada ama u isticmaalida waxyaabaha kale ee tubaakada, kala hadal daryeel caafimaad bixiyahaaga siyaabaha aad ku joojin kartid.

Maxaan sameeyaa haddii daryeel caafimaad bixiyaha ii sheego inaan qabo sonkorowga nooca 2-aad?

Baro sida loo xakameeyo sonkorowga nooca 2aad.

1. Firfircoonow oo samee xulashooyinka cunto caafimaad leh.

- Inta lagu jiro jimicsiga, gaar ahaan cuntada ka dib, muruqyadaada waxay u isticmaalaan sonkorta dhiigga shidaal ahaan.

2. Hubi sonkorta dhiiggaaga.

- Sonkorta dhiiga si dhakhso leh ayey isu beddeli kartaa oo waxay noqon kartaa mid aad u sareysa ama aad u hooseysa. Cuntada aad cuneysid iyo inta aad jimicsatid waxay badaleysaa sonkorta dhiiggaaga marar badan maalintii.
- Hubi sonkorta dhiiggaaga inta jeer ee daryeel caafimaad bixiyahaaga kuu sheego ama wakhti kasta oo aadan dareemayn fiicnaan.

3. Si dhakhso leh u xakamee una daawee sonkorta dhiiga ee hooseysa.

- Had iyo jeer horay u qaado illaha dhaqsida ah ee sonkorta, sida nacnac adag ama kaniiniyada sonkorta la calaaliyo.

4. Qaado daawooyinkaaga (haddii lagu qoro).

- Isbedelada cuntada aad cuneysid iyo inta aad jimicsaneysid ayaa yareyn kara fursadda aad ugu baahan tahay daawo.
- Qaado cadadka saxda ah ee daawada oo weydii daryeel caafimaad bixiyahaaga haddii aad su'aalo qabtid.

5. Kaqeybgal Waxbarashada Maareynta Shaqsiga Sonkorowga, ama la kulan Aqoonyahanka Sonkorowga Sharciyeysan.

- Samaynta isbedeladan waa adag tahay, laakiin qof ayaa u jooga inuu ku caawiyo.

Kormeerida sonkorta dhiiggaaga

Ururka Sonkorowga Mareykanka (ADA) wuxuu ku leeyahay waa inaad isku daydaa inaad joogteysid sonkorta dhiiggaaga ka hooseyso heerarkan:

	ADA Tallooyinka	Heerarka uu bixiyaheya ku taliyo
Kahor cuntada	80 - 130 mg / dL	
1 saac cuntada kadib	In ka yar 180 mg / dL	
2 saacadood ka dib cuntada	In ka yar 140 mg / dL	

Sonkorta dhiiga waxaa lagu cabiraa qeybta milligram (mg / dL)

Weydii daryeel caafimaad bixiyahaaga inuu kuu qoro heerarka ay tahay inaad ku haysatid shaxda kore.

Maareynta sonkorta dhiigaaga way adkaan kartaa. Dib uga eeg calaamadaha sonkorta dhiigga sare iyo hoose ee bogga xiga. Tijaabi sonkorta dhiiggaaga haddii aadan hubin.



Sonkorta dhiiga sareeya

Sonkorta dhiiggaaga way sarreeysaa markii ay tirada tahay 130 mg / dL ama ka badan. Sonkorta dhiigga ee sare waxay:

- Haraad kaa dhigo
- Sababta madax xanuun
- Ku aadiso musqusha inta badan si aad kaadisiid
- Kugu adkee inaad diirada saartid
- Adkeeya in la arko
- Ku dareensiyo daal
- Kugu sababa infekshinka khamiirka

U sheeg daryeel bixiyahaaga haddii aad qabtid mid ka mid ah astaamahan ama calaamadahan

Weydii daryeel caafimaad bixiyahaaga inuu kuugu qoro heerka meesha banaan ee hoose.

Soo wac daryeel caafimaad bixiyahaaga haddii sonkorta dhiiggaaga ay ka weyntahay:



Sonkorta dhiigga oo hooseysa

Sonkorta dhiigaaga way yar tahay marka lambarka yahay 70 mg / dL ama ka yar. Sonkorta dhiigga ee hooseysa waxaa loo yaqaan sonkorta dhiiga hooseeyo (hi-poh-gli-see-me-ah).

Sonkorta dhiiga hooseysaa waxay:

- Ku dareensiin kartaa gaajo
- Sababta madax xanuun
- Ku dareensiisaa wareer ama gariir
- Kugu sababtaa inaad wareerto
- U ekaatid ciroole
- Ku dhididsiiso
- Kugu sababtaa daciifnimo
- Kaa dhigtaa inaad dareento walwal ama aan la garaneyn
- Wadnanaaga dareensiiso sida inuu dhaqso garaacmayo

Haddii aad aragtid mid ka mid ah astaamahan ama calaamadahan:

1. Baartid sonkorta dhiiggaaga.
2. Haddii uu hooseeyo, si dhakhso ah ugu daawee adoo cunaya ama cabaya ilo sonkor oo dhakhso leh:
 - Nacnac adag, digir jelly ah, ama 2 qaado oo sabiib ah
 - 4 wiiqiyadood oo cabitaanka miraha ah ama soodhaha caadiga ah
3. Mar labaad baar sonkorta dhiiggaaga 15 daqiiqo.
4. Haddii aysan fiicnayn, cun ama cab ilo sokor oo dhakhso ah mar labaad.
5. Markaad ladnaan dareento, cun cunto fudud oo borotiin ah sida jiis iyo buskudka ama kala badh sandwijk rootiga looska.

Firfircoonow

Howsha jirka ayaa kaa caawin kara inaad gaartid himilooyinka sonkorta dhiiggaaga waxayna kaa caawin kartaa yareynta fursadahaaga inaad yeelato nooca 2aad ee sonkorowga—iyo dhibaatooyinkiisa—mustaqbalka.

Maxaad sameyn kartaa si aad u hesho ugu yaraan 30 daqiiqo oo firfircoon, 5 maalmood usbuucii?

- Samee nashaadaad jimicsi, oo u adeegsada murqahaaga waaweyn inay wadnahaaga dhaqso u garaacaan. Iskuday inaad si dhakhso ah u socoto, dabaasha, tababarka xoogga, qoob-ka-ciyaarka, jardiinaynta, baaskiil wadista, yoga, ama jimicsiga jirka saamaynta yar.
- Ma hubo halka laga bilaabayo? Isku day YMCA. Caawinaad dhaqaale iyo daryeelka ilmaha oo la heli karo.



- Haddii hawshani cusub tahay, ku bilow tartiib oo yara kordhi waqtigiiba. Isku day inaad kala goyso howsha - 10 daqiiqo, 3 jeer maalintii.
- Ha ilaawin inaad iskala bixisid oo aad cabtid biyo fara badan.

Tallooyinka loogu talloagalay jimicsiga:

Weydii saaxiibadaa inay kugula soo biiraan fasalka jimicsiga ama ay banaanka kugula ciyaaraan carruurtaada.

Samee xulashooyin cunto caafimaad leh

- Cun cunto badan iyo cunto yar.
 - Cunista 3 cunto oo yaryar iyo 2 ilaa 3 cunto fudud oo caafimaad leh maalin kasta ayaa kaa caawin kara xakameynta sonkorta dhiiggaaga.
- Ha ka boodin cuntada.
 - Xullo cuntooyinka sonkorta ku yar tahay.
 - Ka fogow cunnooyinka / cabbitaannada macaan ee sonkorta ama malabka.
 - Yaree cabitaanka miraha. Cun miro cusub oo badan.
 - Bedelka wanaagsan ee sonkorta waa Splenda® ama Equal®. Ka fogow beddelka “saccharin” ku calaameysan.
- Xullo cuntooyinka ay ku badan tahay faybarka.
 - Xullo rootiga qamadiga iyo badarka, digirta la qalajiyey, iyo miraha iyo khudradda cagaaran.
 - Ka dooro burka qamadiga waxyaabaha ka samaysan bur cad.
- Xaddid cuntada degdegga ah iyo cuntooyinka warshadeysan.
 - Yaree cuntada rootida leh iyo cuntada aadka loo qalajiyay.
 - Xullo cuntooyinka duban ama la dubay.

Talo: Ka caawi inaad xakameyso sonkorta dhiiggaaga adigoo cunaya quraac aad u yar oo aad ku darto cunto fudud oo lamid ah 2 saacadood kadib.

- Cun qaybo yar oo ka mid ah cuntooyinka karbohaydrayt.
- La cun xoogaa borotiin caafimaad leh cuntada fudud iyo cunto kasta.
 - Borotiinku wuxuu kaa caawinayaa inaad dareento dharganaan oo aad xakameysid sonkorta dhiiggaaga.
- Cun karbohaydraytyada quraacda inta qadada ama cashada ka yar.
 - Sonkorta dhiigu badanaa way kacsan tahay subaxdii.

Weydii bixiyaha daryeelka caafimaadkaaga:

Immisa karbohaydraytyo ayaa ah inaan ku cunaa cuntooyinka iyo cuntada fudud?

Cuntooyinka karbohaydareydka

Dhammaan cuntooyinkaasi waxay leeyihiin karbohaydrayt. Cunnooyinka kaarboohaydraytku waxay sare u qaadaan sonkorta dhiigga ka dib markaad wax cuntid. Borotiinka iyo khudaarta (eeg bogga 12) waxay kaa caawineysaa inaad dareentid dhereg waxayna sababaan isbeddel yar oo ku yimaada sonkorta dhiigga. Qadar kasta oo la taxay wuxuu u dhigmaa 15 garaam, ama hal qayb, oo ah karbohaydrayt.

Bur bataati

- ¼ bagel weyn
- 1 buskud (2 ½ injis)*
- 1 jeex rooti ah
- ½ hambeegar / rootiga hot dhooga
- 1 jabaati galey ah
- ½ jabaati bur ah
- 1 afar gees (2 inji) oo rootiga galeyda*
- ¼ maafin weyn ama 1 yar*
- 1 canjeero (4 injis)*
- 1 doolsho kirisbi ah (4 injis)*
- ½ bur sonkor *
- ½ muufo (6 injis)
- ½ c. boorishka qabooban
- ½ c. boorishka qamadiga
- ½ c. mishaarida galeyda
- ¼ c. boorishka isku duuban*
- ½ c. boorishka jajabka qamadiga
- ½ c. baasto
- ½ c. bariis
- ¾ c. maraqa fuutka
- ½ c. rooti gelinta digaaga*
- 6 buskudyada qaleelka
- 9—13 jibsiga baradhada (¼ oz.)*
- ½ c. digirta duban
- ½ c. digir (beebeeshee, digir cad, iwm.)
- ½ c. baastada adag
- ½ c. misir ama digir kala jaba
- ½ c. digir ceyrin ah
- ½ c. galey
- ½ galey sabuulka
- 3 c. daango
- ½ c. baradho ama ¼ weyn
- ⅓ c. jibsi la dubay oo yar*
- ½ c. bataati
- 1 c. bocor jiilaal
- ½ cuntada lagu duubay qolofa galeyda*

*Cuntooyinkan waxaa ku jira dufan dheeraad ah.



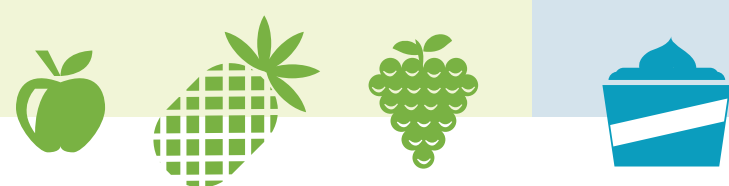
U adeegso calaamadaha xaqiiqooyinka nafaqada cuntooyinka iyo / ama buugga tirinta karbohaydrayt si aad u xisaabiso xadiga karbohaydrayt ee cuntooyinka aan ku taxnayn.

Miraha

- 1 tufaax yar
- ½ c. tufaax aan macaaneyn
- 4 abrikot yaryar
- 8 bar oo khudaar qallalan oo yaryar
- ½ moos dhexaad ah
- ¾ c. baluu beris
- ½ c. miro “fudud” oo gasacadeydan
- ⅓ batiq dhexaad
- 12 jeeris
- 3 timir
- ½ canab
- 17 canab yar
- 1 miraha kiwi
- ¼ cambo weyn
- 1 c. qaraha yaryar
- 1 miraha gaduudan
- 1 oranji yar
- ½ babay yar
- 1 miraha biir yar
- 1 miraha biiijka dhaxaadka ah
- ¾ c. caananaas cusub
- 2 miraha balaams yaryar
- 3 miraha qalan ee burunes
- 2 Tbsp. miro la qalajiyey (sabiib, beri, jeeriga)
- 1 ¼ c. istarowbaris
- 2 oranjiga yar

Walxaha caanaha iyo walxaha aan caanaha aheyn

- 1 c. caano (la dufan bixiyay, 1%, 2%, ama dhan)
- 1 c. caano bariis (aan dhadhan iyo macaan lahayn)
- 2 c. caano digirta (aan dhadhan iyo macaan lahayn)
- 2 c. caanaha yicibta (aan dhadhan iyo macaan lahayn)
- ½ c. caano uumi baxday
- ½ c. miraha yoogadka
- 1 c. yoogadfka cad
- 1 c. sonkor aan laheyn - lagu daray yoogad



Cuntooyinka kale

Cuntooyinkan ayaa leh karbohidraat aad u yar.

Khudaarta (Ka cun waxa aad ka rabtid dhammaan cuntooyinka, illaa la dubo.)

- Aleenta artijokas
- Ullaha dhirta
- Barokoli
- Kabaj
- Karootada
- Qudaarta la Cauliflower
- Ulaha qudaarta
- Khajaar
- Digirta cagaaran
- Ansalaato
- Mashruum
- Baamiye
- Basal
- Basbaas
- Qolofa digirta
- Koosto
- Yaanyo

Cuntada (Dooro borotiinka dufanka yar inta badan.)

- Dufan-yar:**
- Wareeg, jeex hilib lo'a, ama jeex dhinac hilib lo'da (dufan la jarjaray)
 - Digaag, maqaar la'aan ah
 - Jiiska burcadka
 - Casaanka ukunta
 - Hilib dufan yar
 - Cuntada badda
 - Cuntada caanagha digirta
 - Balanboolo
 - Dufan dhexaad ah:
 - Hilibka lo'da shiidan
 - Ukumo
 - Jiiska jilcan jiis
- Dufan badan:**
- Jiis
 - Soosaj
 - Hilibka balooniga
 - Hilib shiidka basbaasan

Dufan (Xullo dufan badan oo aan cusleyn iyo dufan culus)

- Dufan aan cusleyn:**
- Afakadho
 - Looska weyn
 - Saliida ubaxa, saytuunka, looska, galeyda, saliidaha gabbaldayah
 - Mayonees
 - Dufan culus:
 - Subag jaalaha
 - Kareemka bar iyo bar
 - Hilib doofaar
 - Subag
 - Qumbaha
 - Subaga doofaarka
 - Gaabin

Adeegsiga Qoraalka Xaqiiqahaa Nafaqada

Saddex Talaabo oo Fudud

Isticmaalka Qoraalada Xaqiiqada Nafaqada ee ku jirta cuntada iyo cabitaanada la baakadeeyay si loo sameeyo xulashooyin caafimaad leh ayaa u fudud sida 1-2-3... marka aad ogaato talaabooyinka iyo tallada muhiimka xiggo!

1 Cabirka illaa Qeybaha

Fiiro gaar ah u yeelo cabirka aad u adeegeysid iyo tirada saxamada aad cuntid ama cabtid si aad u aragtid tirada guud ee kalooriyada iyo nafaqooyinka.

Xaqiiqaha Nafaqada	
4 qeybo weelkiiba Cabirka qeybta 1 1/2 koob (208g)	
Xadiga qeybtiiba	
Tamarada	240
% Qiyamka Joogtada*	
Wadarta Dufanta 4g	5%
Dufanta Culus 1.5g	8%
Dufanta Xun Og	
Dufanta caloosha 5mg	2%
Cusbada 430g	19%
Sonkorta iyo buunshada 46g	17%
Sonkorta Guud 4g	
Oo ay ku jiraan 2g lagu daray Sonkorada	4%
Borotiinka 11g	
Fitamiinka D 2mcg	10%
Macdanta 260mg	20%
Birta 6mg	35%
Bootesiyaamka 240mg	6%

* Qiyamka Maalinlaha (DV) wuxuu kuu sheegayaa inta nafaqo ah ee qeybta cuntada ku deeqdo cuntada maalinlaha. 2,000 Tamar maallintii waxaa loo isticmaalaa tallada nafaqada guud.

2 Tixgeli Kaloriiska

Markaad fiirineysid borotiinka Kalori, xusuusnow hagidaan:

- 100 kalori halkii adeeg ee cuntada shaqsiga ah waxaa loo tixgeliyaa qadar dhexaad ah
- 400 kalori ama in ka badan halkii adeeg ee cuntada shaqsiga ah waxaa loo tixgeliyaa inay ku badan yihiin kalooriyadu.

3 U dooro Nafaqooyin Si Aqliyeysan

Adeegso % Qiyamka Maalinlaha si aad u aragtid haddii qaadashada cuntada ay sarreyso ama ku yar tahay nafaqooyinka lagu taliyay iyo inaad isbarbar dhigtid cuntooyinka.

- Iskuday inaad heshid 100% DV oo kuwaan ah inta badan maalamaha:
 - Cuntada faybarka
 - Fiitamiin D
 - Kaalshiyamka
 - Xadiid
 - Botaasiyam
- Isku day inaad hesho **ka yar** in ka badan 100% DV maalin kasta:
 - Dufan Daran
 - Dufanta Xun*
 - Cusbo
 - Sonkor lagu daray

*Iskuday inaad dufanka cuntooyinka la shiilay ka dhigto mid aad u yar intii suurtoagal ah.

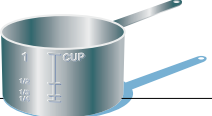

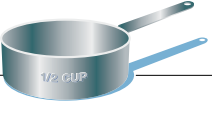


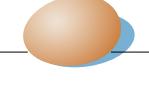
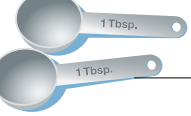
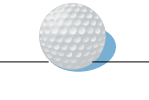
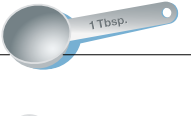
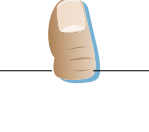


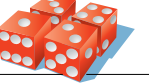


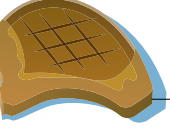


Dib loo eegay: Oktoobar 2018

www.fda.gov/nutritioneducation




Markaad dhiso saxankaaga, ogow in qaybaha ay ka yaraan karaan intaad u malaynayso. Tirada cuntada aad cunaysaa waa qayb muhiim ah oo ka mid ah cunista caafimaadka leh. Fiiri alaabtan guriga si aad u aragto cabirrada qaybtoda.

Tilmaamaha Muuqaalka ee Qiyaasta Saamiga		
1 koob =		= 
1/2 koob =		= 
1/3 koob =		= 
2 Miisaska looxa =		= 
1 Miisaska looxa =		= 
1 qaado yar =		= 
1 wiiqiyad (oz) =		= 
3 wiiqiyadood (oz) =		= 

Macluumaadka ku saabsan cuntada iyo caafimaadka, ka eeg ChooseMyPlate.gov.

Qorsheeygaha MyPlate




Qorsheeygaha Saxankayga
Qaababka Isticmaalka

- Ku buuxi 1/2 saxankaaga sida baroorkal, karooto, kabajka, iyo ansaartaada
- Ku buuxi 1/4 oo saxankaaga oo leh hilib jif ah, digaga ama kalluurka: tani qiyaastii waa 3 qeyb
- Ku buuxi 1/4 oo saxankaaga iyo dooqa buudada sida 1/2 koob baradho shildan
- Ku dar 1 qaadasho oo miro ah
- Dooro 1 qeyb caano ah
- Ku dar saliid ama subaga guudarta oo ku diyaarinta ama dheeraadka jaddalka


Ku dar qeybaha kale sida loogu baahanyihiy in loo wareejiyo qorsaha cuntadaada

Wixii quraacda ah, isticmaal kalya bar ka mid ah saxanka

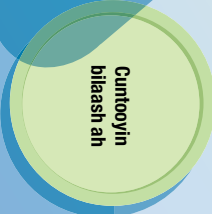
Wixii qado iyo casho ah, isticmaal saxanka oo dhan



Saxan 9-inji ah



Koob caano 8 wiiqiyadood ah



Cuntooyin bilaash ah

Xigasho: ChooseMyPlate.gov

Ka fikir himilooyinkaaga mustaqbalka fog ee goyska

- Waxaan rabaa inaan helo _____ cunug ama caruur.
- Waxaan rabaa inaan markale uur yeesho markaan _____ da ahay.
- Waxaan rabaa inaan carruur _____ yeesho sannado kala fog.

Qorshee uurkaaga xiga

Hubso inaad qaadatay nooc ka mid ah ka hortagga uurka. Waa muhiim inaad u isticmaasho ka hortagga uurka si sax ah iyo waqtiga oo dhan ilaa aad u diyaar garoobayso inaad ilmo kale dhasho. Haddii aad naas nuujiso, weydii daryeel caafimaad bixiyahaaga xakameynta dhalmada ee adiga iyo ilmahaagaba ugu fiican.

Qaar ka mid ah xulashooyinkaagu waa:

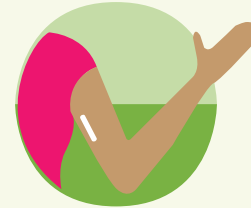
- | | |
|--|--|
| <ul style="list-style-type: none">• IUD• Galin• Tallaalka ka hortagga uurka (Depo-Provera)• Kiniiniyada ka hortagga uurka, balastar, ama giraan | <p>Hababka Caqabada:</p> <ul style="list-style-type: none">• Kondhomyada• Jirka xaragada, kareemka, xumbada, suufka, ama isbuunyada• Diaphragm ama daboolka afka ilmo-galeenka |
|--|--|

Ka saar, beddel, cusbooneysi, dib u buuxi, ama ku hel wax intaa ka sii badan taariikhdan_____.

Long-Adaminta la rogroggi karo dawooyinka la iska qaato

- Ka ilaali uurka dhowr sano
- Looma baahna inaad wax uun u qabato si ay u shaqeeyaan
- Waxtar badan leh waxyeelo yar
- Waad uur qaadi kartaa isla marka la soo saaro

GELINTA JIRKA



Sida Loo Isticmaalo

- Waxaa geliya bixiyaha daryeelka caafimaadka
 - Waxay socotaa ilaa 3 sano
- Usha yar oo la hoos galiyo maqaarka gacantaada. Xitaa ma arki kartid ka dib meesha ay ku taal.

IUD



Sida Loo Isticmaalo

- Waxaa geliya bixiyaha xanaanada caafimaadka
- Copper IUD wuxuu soconayaa ilaa 10 sano
- Progestin IUD wuxuu socdaa 3-5 sano

Wax yar oo qaab caag ah oo qaabeeya ayaa lagu ridayaa minkaaga si looga ilaaliyo shahwada inay bacrimiso ukunta.



Fursadaha uurka
In ka yar 1 dumar ah 100 kii dumar ah

Kondhomyada marwalba waa in loo isticmaalaa Long-adaminta la dawooyinka si looga ilaaliyo infekshannada galmada lagu kala qaado.

Xigasho: Trussell J., Contraception, Maajo 2011; www.cdc.gov/reproductivehealth/UnintendedPregnancy/Contraception.htm
Cicatelli Associates Inc. (Abriil, 2017). CAI-Choice Contraception Action Plan: Qaabka Ka-hortagga Uur-Qaadidda ee 5-Tallaabo ee Qaabilaadda Macaamiisha iyo Jidhkaaga Xakamaynta Dhalashadaada. [Qoraal]. <https://www.bedsider.org/methods>



Wada sheqeynta Barashada Sonkorowga Nooca 2-aad ee Ohio

Hubi halistaada. Ilaali caafimaadkaaga.

Waxaa kafaala qaaday



Qaadhaan-bixiyeyaasha waxaa ka mid ah:

The Ohio State University Wexner Medical Center
(Xarunta Caafimaadka ee Gobolka Ohio ee Wexner)

Steven Gabbe, MD

Mark Landon, MD

Stephen Thung, MD

Bethany Panchal, MD

Seuli Bose-Brill, MD

Waxda Caafimaadka Ohio

Reena Oza-Frank, PhD, RD

Elizabeth Conrey, PhD, RD

Waxda Caafimaadka ee Ohio

Mary Applegate, MD, FAAP, FACP