

HEY, CARUURTA!

Akhri Qoraalka Cuntada!

Cuntooyin badan oo yaala dukaanka ayaa leh qoraalo ku saabsan Xaqiiqooyinka Nafaqada.

Qoraaladaasi waxa ay kuu sheegayaan waxa ku jira cuntada aad cunaysid.

Garashada sida loo akhriyo qoraalada cuntada waxa ay kaa caawin doontaa inaad sameysid doorashooyin wacan.



Qaybaha Waaweyn ee Qoraalka Cuntada

■ Cabbirka cunto qaadashada

— waxa uu muujinayaa qaddarka cuntada ah ee laga soo qaadi karo hal cunto qaadasho

■ Kalooriyo

— waxa ay shidaal siiyaan jidhkaaga

■ Dufan

— waxa uu jidhkaaga ka caawiyaa inuu isticmaalo fitamiinada

■ Sonkoro

— waxa ay ku siiyaan tamar dhakhso ah, laakiin jidhkaaga kama caawiyaan inuu koro

■ Borootiin

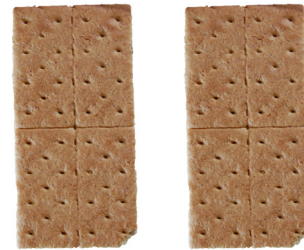
— waxa uu dhisaa muruqyo xoog leh.



**Rog bogga si aad ugu tababaratiid
sida loo akhriyo qoraal cunto!**

Kani waa qoraal loogu talagalay buskudka “graham.”

Nutrition Facts	
Serving Size: 2 full cracker sheets (29 g)	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5 g	5%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 160 mg	7%
Total Carbohydrate 22 g	7%
Dietary Fiber less than 1 g	3%
Sugars 7 g	
Protein 2 g	
Vitamin A 0%	
Vitamin C 0%	
Calcium 10%	
Iron 6%	



← Kani waa hal cunto qaadasho!

Kalooriyo

Kalooriyadu waxa ay jidhkaaga siiyaan tamar aad ku kaxeysid baaskeelkaaga oo aad ku socodsiiqid eygaaga. Haddii aad haysatid afar waraaqood oo buuxa oo ah buskudka “graham”, taasi waa laba cunto qaadasho. Bal adigu xisaabi!

Dufan

Jidhkaagu waxa uu u baahan yahay dufan si uu u koro, laakiin waxa uu u baahan nooca dufan ee sax ah. Buskudkan “graham” waa doorasho fiican sababta oo ah waxa ku yar dufanka coker (saturated) iyo dufanka “trans”, labada nooc ee ah dufanka “xun”. Dufanka “fiican” waxa laga helaa yicibta, saliidda oliifka iyo furutka afokaadhaha. Isku day inaad in sii badan ka cuntid dufannadaas “fiican”.

Borotiin

Muruqyadaadu waxa ay u baahan yihiin borotooin si ay u waynaadaan, oo xoog u yeeshaan. Buskudka “graham” ma laha borotiin aad u badan, laakiin cuntooyinka sida hilibka lo’da, yogeer ama caano-fadhi iyo lawska ayaa leh.

Sonkoro

Sonkoraha waxa laga helaa waxyaaba leh dhadhan macaan sida cabbitaanada fudud, naca iyo jalaatada. Isku day inaad dooratid cuntooyin iyo cabbitaano ay ku yar tahay sonkorku.