



Sideen uga dhigaa xilliga cunto cunidda waqtii fardhad leh?

- Xilliga cunnada la cuno ha noqoto fursad ay reerku isugu yimaadiin. Carrurta waxaa ay jecel yihiin inay dad kale la cunteeyaan. La fadhiiso oo la cuntey canuggaaga.
- Isku day inaad cuntada cuntaa waqtii go'an maalin walba.
- Ha ku sabsabin, ha la ciyaarin hana ku qasbin canuggaaga cunnada. Carrurta waxay u baahan yihiin in ay dhowraan cunto cuniddooda.
- Waa caadi inay carruurta ay cuntada ku ciyaaraan. Ka qaad cuntada marka uu canuggaaga joojiyo cunidda amaba billaabo inuu cunnada tuuro.
 - Carruurta yar waa ay cunto cunid xun yihiin. Waxaad ka filataa canuggaaga inuu cunnada daadiyo. Marka ay da'daan ku jiraan, qaadada, fargeetada ama gacmahooda waa ay isticmaali karaan.
 - Si degganaan leh cunnada u cun. Ha isku mashquulin sida uu canuggaaga cuntada u cunayo.
 - Demi telefishinka xilliga cuntada. Xilliga cuntada ha noqoto xilli degganaan lagu wada sheekeysto.
 - Tusaale fiican u noqo carruurtaada. Cunno kala duwan cun. Canuggaaga waxaa uu rabi doonaa inuu cuno waxa aad cuntid.

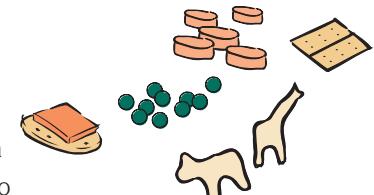


Marwalba gacmaha
dhaqda cuntada ka hor
iyo kaddiba.

Sideen wax fudud ugu dhigi karaa cunno cunidda canuggeyga?

Waxaad siisaan cunno:

- uu calaajin karo afkana ku haysan karo
- jilcan uu calaajin karo
- aan aad u kululeyn fududna
- aan aad u kululeyn amaba u qabobeyn
- sharraxan oo leh midabo kala duwan iyo qaabab kala duwan



Marnaba ha ka fogaan canugga marka uu cunnada cunayo. Cuntada way ku sixan karaan haddi ay ciyaaraan ama ordaan iyadoo cunno ay afka ugu jirto. hubso inuu isagoo fadhiyo uu miiska wax ku cuno.

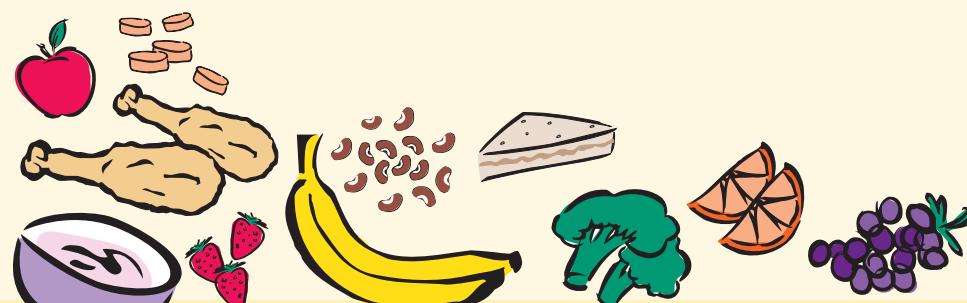
Tusaalaha Cuntada Canuggaaga		
	Maalinta 1aad	Maalinta 2aad
Quraac	1 ukun la qasay 1/2 roodhiga go an 1/2 koob (120mL) caano	1/4 koob (60mL) siriyaal 1/4 moos 1/2 koob (120mL) caano
Cunto Fudud	1/4 tufaax, la fiiqay lana jaray 1 awns (22mL) formaajo la yar yareeyey biyo	1/2 koob (120mL) caanaha la khamiiriyyey 2 biskitka karaakerska biyo
Qado	sanwiijka looska shiidan la dul mariyey 1 roodhiga la gooyey 1 qaado (15mL) looska shiidan qaado (30mL) digirta cagaaran 1/2 koob (120mL) caano	1/2 koob (120mL) maraqa lo da ee khudradda lagu daray 1 canjeero (4") ama 1/2 muufo 1/2 koob (120mL) caano
Cunto Fudud	1/4 koob (120mL) siriyalka la qalajiyey 1/4 koob (60mL) casir	1/2 roodhiga la kuleeyey oo la mariyey 1 qaado (15mL) looska shiidan biyo
Casho	1 qaado (15mL) digaagga la foorneeyey 1/4 koob (60mL) bariis 2 qaado (30mL) borookoli 2 qaado (30mL) tufaaxa shiidan biyo	1 canjeera (4") oo ful lagu cunayo 1/4 koob (60mL) bariis 2 qaado (30mL) karootada la kariyey 1/2 oranje, la gooyey biyo
Cunto Fudud	2 biskitka karaakerska afar geesoodka ah 1/2 koob (120mL) caano	2 biskitka karaakerska 1/2 koob (120mL) caano

Carruurtu da'dooda intaan tahay waxay u baahan yihiin 4 ama 6 goor in la siiyo caanaha ama cunnada laga suubiyo caanaha, maalin walba. Aan ka badnayn 24 auns (ounces) (710 milliliters) oo caano maalinwalba. Yaree casiirka illaa 1/4 koob (60 milliliters) maalinwalba. Faruuto sii intaad casiir siin lahayd. Da'daan uu canuggaaga ku jiro waa inuu koob wax ku cabaa oo dhalada ka jooji.

Haddii uu canuggaaga uu oomo, intaad cabitaan mac siin lahayd, sii biyo. Cabitaanka mac canuggaaga waa uu dherjiyya, marka la gaaro xilliga cuntadana wax ma cuni karayo. Waa ay fiican tahay haddii aad weli canuggaaga naas-nuujinaysid! Habeenkii iyo xilliga cunnada kaddib naaska u sii daa (naas nuuji).

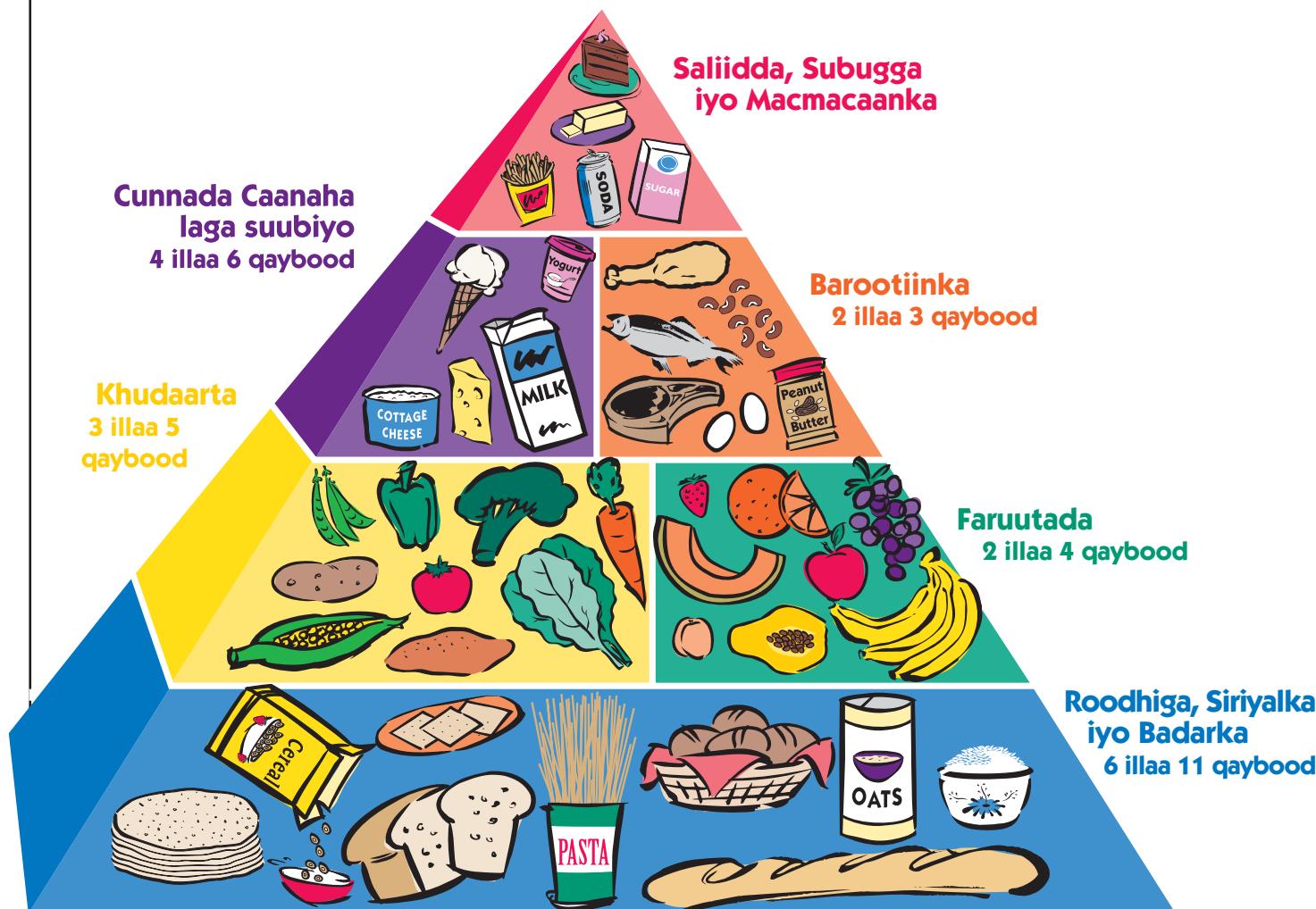
Digniin: Carruurta da'doodu ka yar tahay 4 waxaa ay ku sixan karaan cuntada sida hot dooggaa, daangada, looska, karootada cayriinka ah, canabka, nacnaca la calaajiy, xanjada, iyo nacnaca adag. Ka ilaali cuntadani. Hoot doogga aad u yar yaree.

Cunno siinta canugaaga 1 illaa 2 jirka ah



Tusaalahaa seddexgeesodka cunnada

Cunno siinta canuggaaga 1 illaa 2 jirka ah



Carruurta way yaqaaniin **inta ay rabaan** inay cunaan. Balse ma yaqaaniin **noocyada** cunnada ay rabaan.

Marka la gaaro xilliga cunnada, sii canuggaaga cunto caafimaad leh. **Adiga** ayeey tahay inaad go'aan gaarto waxa aad siin lahayd iyo marka aad siineysn.

U fasax inuu canuggaaga go'aansado inta ay tahay inuu ka cuno cuntada aad u soo gurto.

- ◆ 3 goor sii cunnada culus 2 illaa 3 goorna sii cunnada fudud maalin walba.
- ◆ Cunto lagu caafimaado oo kala nooc ah sii maalin walba.
- ◆ Carruurta maalmaha qaarkood waa ay ka wax cunid badan yihiin maalmaha kale.
- ◆ Maalin qudha waxa uu cuno canuggaaga waxaa laga yaabaa inaysan ku jirin tilmaanta cunnada. Waa xead eegtaa cunnada uu cuno muddo dheer.
- ◆ Waa caadi in carruurtu wax yar ay cunaan sannadka hore kaddib. Korriinkooda ayaa is yara dhima.

Qaybtii waxay la mid tahay...

Roodhi, Siriylaka iyo Badarka

Roodhi, muufo, doolshe (roll), muffin (muffin), canjeero, beegal (bagel) 1/4
Siriylaka aan la qoyn 1/4 - 1/2 koob ama 60-120 mL
Baasto, bariis, siriylaka la kariyey 1/8 - 1/4 koob ama 30-60 mL
Busutka sokor la aanta ah (crackers) 1 illaa 2 yar
Maalin walba sii canuggaaga cunnada badarka (grain) laga sameeyo.

3 illaa 5 saxan maalinwalba

La kariyey 2-3 qaado ama 30-45 mL
Cayriin 2-3 qaado ama 30-45 mL
Canuggaaga sii maalinwalba sii khudradda ay ka midka yihiin, karootada, barookoli, sbiinash, cagaarka, bataatiga mac iyo iskawaashka (squash).

2 illaa 4 saxan maalinwalba

Kuwa fareeshka ah 1/4 illaa 1/2 yar
Faruutada gasacadaysan ama la qaboo jiyay 2-3 qaado ama 30-45 mL
Casiir 1/8 koob ama 30 mL
Waxaad maalin walba siisaa canuggaaga faruutada sida oranjka, fraagolada, melonka, cambah, babaayga ama casiirka.

4 illaa 6 saxan maalinwalba

Caanaha la qaso ama caanaha naaska 1/2 koob ama 120 mL
Burcad 3/4 auns (ounces) ama 20 g
Burcadka kootajka (Cottage) 3/4 koob ama 180 mL
Caano fadhi (ciirta), kastarka caanaha lagu daro 1/2 koob ama 120 mL
Caano fadhi la qaboojiyey, jalaatada 3/4 koob ama 180 mL
Sii canuggaaga caanaha subagga leh illaa uu 2 jir ka gaaro, kaddibna ugu beddel caanaha subagga ku yar yahay.

2 illaa 3 saxan maalinwalba

Hilib, dooro, Shimbirta digaaggaa shaabahda (turkey) iyo kalluunka 1 qaado ama 15 mL
Ukun 1/2

Barootiinka khudaarta laga helo

Digirta la kariy iyo nooca lentilska (lentils) 1/2 koob ama 120 mL
Looska shiidian (Peanut butter) 1 qaado ama 15 mL
Hilib iyo digirta ayaa laga helaa macdanta ayronka (iron)!

Subugga, Saliida iyo Macmacaanka

Mararka qaarkood sii canuggaaga cuntadan.

Uga billaw xoogaa yar. Waa xead siisaa 1 qaado (15 mL) cunno walba ama sannad walba ee da'da canuggaaga. Tusaale ahaan, haddii uu canuggaaga 2 jir yahay, waa xead siisaa laba qaado oo khudaar ah iyo laba qaado oo bariisa ah. Haddii uu wax ka badan doono, ha ku waydiisto.



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Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

Title: Feeding Your 1 to 2 Year Old

Size: 16.5 x 9

Paper stock: 60# text Sterling gloss white

Ink color: 4-color process

Special instructions: Prints 2 sides. Cover bleeds. Finished job folds to 5.5 x 9

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