

U adkaysasho la'aanta laktooska (Lactose)

Caanahu waxay xoojiyaan lafaha iyo ilkaha.
Balse maxaad samayn kartaa haddii
dhaqdhaqaqa calooshaada dhibayso?



Waa maxay u adkaysasho la'aanta laktooska (lactose)?

Waxa loo yaqaan Laktoos (Lactose) waa sokor laga helo caanaha. Dadka qaarkood dhaqdhaqaqa calooshooda ayeey dhibtaa. Marka ay dhibayso dhaqdhaqaqa caloosha, laktooska waxaa uu keenaa **gaas (dabeyl), dibbiryo, shuban** iyo **calool xanuun**. Waxay tani dhacdaa soddon daqiiqadood illaa laba saac kaddib markaad cabto ama cunto cunnada ay ku jirto laktooska. Haddii aad dhibaatooyinkaan qabtid, takhtarkagaaga ayaa kaa baari kara in uu laktooska ku dhibaayo iyo in kale.

Aleerjiyada caanaha iyo dhibka laktooska ma isku mid baa?

Aleerjiyada caanaha la mid ma aha dhibka laktooska lama mid aha u adkeysasho la'aanta lactooska. Dadka qaba aleerjiyada caanaha waxay aleerjiyo u qabaan barootiinka ku jira caanaha. Aleerjiyada caanaha aad ayeey u yar tahay. Carruruuta badankood waa ay ka koraan ka hor 3 jir marka ay yihiin. Calaamadaha lagu garto waa: firiiricyada jirka, shuban, caloosha oo ku xiran, baroonkiito iyo saxarada oo dhiig wadata. Takhtarka ayaa kaa baari kara.

Maxaan uga baahanahay waxyabaha caanaha laga suubiyo?

Waxyabaha caanaha laga suubiyo waxaa aad looga helaa kaalsiyumka (calcium) inkastoo kaalsiyumka laga helaa cunnada kale. Jirkaaga waxaa uu u baahan yah oo waxay u fiican yihiin lafaha iyo ilkaha. Marka la waayeele la noqdo, kaalsiyum yari ayaa keento lafaha oo dhuubtaa iyo dacif noqda. Qof kasta ayaa ay tahay inuu cuno cunto ay ku badan tahay kaalsiyumka si lafaha ay u xoogaystan.

Kaalsiyumka aan caanaha laga helin.

Waxyabaha ugu fiican ee kaalsiyumka laga helo:

- ▲ soybiinis (soybeans)
- ▲ cagaarkag loo yaqaan collard greens
- ▲ kalluunka salmonka
- ▲ fuul iyo
- ▲ cambuula

Waxyabaha xoogaa kaalsiyum laga helo:

- ▲ kallluunka loo yaqaan kalaamiska ama oo starks (clams and oysters)
- ▲ mastarka iyo cagaarka loo yaqaan tarnib (mustard or turnip greens)
- ▲ looska loo yaqaano – almonds
- ▲ oranjka
- ▲ roodhiga galleyda laga suubiyo (corn tortillas)



Maxaan suubiyyaa haddi aan dhibsanayo laktooska?



- ▲ Cun ama cab xooga yar waxyaabaha caanaha laga suubiyo marwalba.
- ▲ La cun waxyaabaha caanaha laga suubiyo cunnada kale.
- ▲ Isticmaal cunno uu ku yar yahay laktooska, sida caanaha laga dhimo laktooska, burcadda adag, burcadda shiidian, ciirta caanaha iyo jalaatada.
- ▲ Waxaad gadataa cunnada ku qoran in laktooska uu ku yar yahay amaba aannu ku jirin.
- ▲ Waxaad eegtaa **caanaha loo yaqaan - acidophilus** ama **canaha laga dhimo laktooska (lactose reduced milk)** qaybta caanaha ee dukaanka. Waa ay mac yihiin calooshana way dejin kartaa waa haddii ay ku dhibayso laktooska. Waydii shaqaalaha WIC noocyadan caanaha ah waa haddii aad doonaysid inaad ku gadato jeegga WIC.
- ▲ Farmasiga ama takhtarka waydii dawada loo yaqaan laktas insaymis (**lactase enzymes**) oo kaa caawinaya in caanahu kaa degaan. Waxaad goojooyinka ku darsan kartaa dhammaan noocyada caanaha 2 %, caanaha 1 %, caanaha si aad u samaysato adigu laf ahaantaa caano ku yar laktooska.

Laktooska ku jira cunnada caanaha laga suubiyo

Ku badan	Dhexdhedaad	Dhexdhedaad hoose	Ku yar	Aad ugu yar
				
Caanaha	Jalaatada	Ciirta caanaha	Burcadda shiidian (Cottage Cheese)	Burcadda adag



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Sincerely,
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: Lactose or Dairy Intolerance

Size: 5.5 x 9

Paper stock: 60# text Sterling gloss white

Ink color: 4-color process

Special instructions: Prints 2 sides

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