

Ka Bugsashada Caloosha Adag (Xiran)

Cunnada faybarka (fiber) ku badan

Noocyada Badarka

- (qamadiga, ootiska (oats), rayga (rye) iyo galleyda)
 - ▲ roodhiga noocyada badarka laga suubiyo
 - ▲ busutka noocyada badarka laga suubiyo
 - ▲ roodhiga noociisu loo yaqaan mafin (muffin) oo badarka ka samaysan
 - ▲ roodhiga tortilla oo galleyda ka suubsan
 - ▲ daangada



Quraacda Qabowga Siriylka Lagu Cuno

- siriylka 100 % ka samaysan nooca loo yaqaan bran cereal
- ▲ qamadiga la jejebiyey ee siriylka laga suubiyo
- ▲ siriylka la fuuriyey



Quraacda Kulaylk Siriylka Lagu Cuno

- mushaarida loo yaqaan oatmeal
- ▲ qamadiga loo yaqaan - wheat germ
- ▲ noocyada kale ee siriylka badarka ka suubsan



Khudradda La Kariyo

- ▲ karootada
- ▲ digirta cagaaran
- ▲ digirta lima loo yaqaan
- ▲ bataatiga
- ▲ digirta cagaaran
- ▲ galleyda
- ▲ khudradda cagaaran oo la kariyo
- ▲ barookoli
- ▲ kallifalaawar (cauliflower)
- ▲ kaabajka
- ▲ iskawaashka xilliga qabowga
- ▲ iskawaashka xilliga kulaylaho
- ▲ khudradda kale badankeed



Badarka la Kariyo

- ▲ bariiska kafeega u eg
- ▲ barligaa (barley)
- ▲ noocyada kale ee badarka



Faruutada Fareeshka ah

- ▲ biiriska (pears)
- ▲ bijiska (peaches)
- ▲ tufaaxa
- ▲ fragolada
- ▲ miraha tiinka



Faruutada la Qalajiyey

- ▲ baruuniska (prunes)
- ▲ sabiibka
- ▲ miraha tiinka
- ▲ abiicot (apricots)
- ▲ biiriska (pears)
- ▲ bijiska (peaches)
- ▲ tufaaxa



Noocyada Digirta iyo Looska

- ▲ digirta bintooga (pinto)
- ▲ digirta madow
- ▲ digirta baluugga ah
- ▲ digir kilyeedka (kidney beans)
- ▲ digirta cagaaran ee la qalajiyey
- ▲ lentilska (lentils)
- ▲ digirta nooceedu yahay garbanzo
- ▲ looska shiidan



Talooyinka Cuntada ay ku Badan Yihii Waxyabaha Caloosha Jilciya

| | Maalinta 1aad | Maalinta 2aad |
|--------------------|---|---|
| Quraac | ukunta qasan roodhi qamadi ay ku jidho casiirka baruunka (prune) caano | daqiq caano lagu daray abrikootoyo (apricots) caano |
| Cunto Fudud | Biskitta graham biyo | roodhiga la kuleeyey ee badarka ka sameysan ee looska shiidan lagu daray caano |
| Qado | fuul saanwija tuunada roodhiga qamadiga ka sameysan tuunada caano | maraqa hilibka lo' oo khudrad ay ku jidho canjeero formajo la yar yar eeyey 1 oz. (30mL) casiirka oranjka |
| Cunto Fudud | biskitka badarka ka sameysan ee looska shiidan lagu daray | khudrad cusub |
| Casho | canjeero amboolo maraqa hilibka ari karootada la kariyey kudhradda ama faakihaadka isku qasan caano | digaag la foorneeyey digirta cagaaran bariis insalaatada cagaaran caano |

Fikrado ah Cunnada Fudud ee uu

Faybarku ku Badan Yahay:

- ▲ Maffinka (muffin) badarka lagaa suubiyo baraanka (bran), mushaari iyo galley
- ▲ Faruuto fareesh ah
- ▲ karoot la jarjaray oo si aayar loo kariyey
- ▲ roodhi yar yar oo qamadi laga suubiyo
- ▲ daangada
- ▲ faruut jilcan oo si fudud loo dubay (miro aan lahayn)
- ▲ busutka qamadiga laga suubiyo
- ▲ Busutka loo yaqaan - Fig Newton cookies
- ▲ Siriylka la buufiyey



Hadafkaygu waa Sidatan:

Canuggaaga ma caloosha baa xiran?

Waxyabo muhiim ah ee aad samayn lahayd ama aadan samayn lahayn

Samee inaad takhtarkaaga ka hubiso caloosha adag oo aaney ahayn wax kale.

Ha sameyn inaad walwashaa haddii canuggaagu aanu saxaroon maalin walba. Haddii saxaradu jilcan tahay, waxaa laga yaabaa in canuggaagu calooshu adkayn. Caloosha adag waxay keentaa saxarada oo adkaata si dhibna u soo baxda.

Ha sameyn inaad canuggaaga siiso dawooyinka caloosha jilciya, oolyada caloosha jilcisa subosto haddii aannu takhtar kuu soo qorin. Isticmalka dawooyinka dhibaato xagga caafimaadka ah ayeey canuggaaga u keeni.

Takhtarkaaga waxaa uu kaala talin karaa:

- ▲ Inaad canuggaaga siiso cunnada faybarku ku badan yahay. (Faybarku cunnadu aan calooshu dejin Karin. Waxaa uu jilciyya saxaradd.)
- ▲ Sii canuggaaga biyo badan.
- ▲ Ka caawi in canuggaagu si caadi ah suuliga u tago.
- ▲ Ka caawi in canuggaagu jirdhis caadiyan suubiyo.

Waxyabo badan ayaa keena caloosha adag. Wuxaan keeni kara cunnada qaarkood, qaarna ma keeni karaan.



Sii canuggaagu faybar badan iyo biyo

Carruurta lixda bilood ka yar

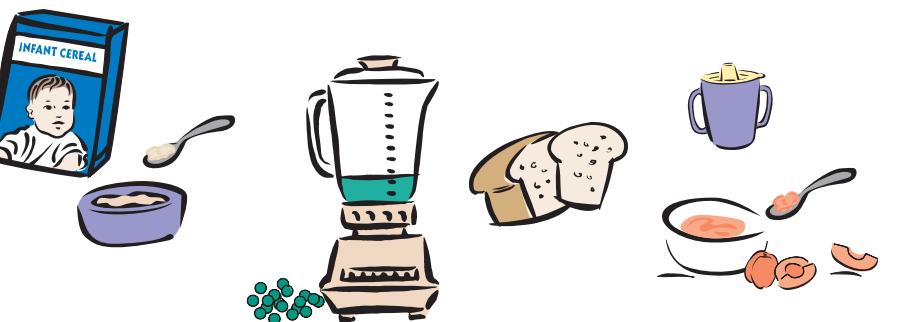
Takhtarkaaga kala tasho.

Takhtarka ayaa kuu sheegi doono waxa aad suubin lahayd.



Carruurta lixda bilood ka wayn

- ▲ Sii canuggaaga cunnada faybarku ku badan.
- ▲ Sii canuggaaga biyo badan.
- ▲ Sii canuggaaga 2 illaa 4 auns (ounces) (60-120 milliliters) qudradda apricots, prunes ama casiirka prune maalinwalba.
- ▲ Qaado shaah ah ku jilci siriylaka 100% noociisu yahay — bran cereal — iyo caanaha naaska hooyada ama kuwa la qaso, waxaadna ku darta siriylaka noociisu yahay - baby cereal.
- ▲ Cunnada carruurta oo guriga lagu suubiyo, khudradda iyo faruutada ayaa ka faybar badan cunnada carruurta ee gasacadaysan.



Carruurta yar yar

▲ Ka caawi canuggaaga inuu suuliga caadiyan tago. Waqtii u samee uu suuliga ku tago maalin walba. Marka cunnada uu cuno kaddib ayaa ugu fiican.

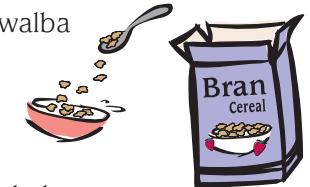


▲ Ku dhiiri geli canuggaaga in uu suuliga isticmaalo marka uu u baahdo. Ha dedejin canuggaaga.

▲ Waxaad canuggaaga siisaa cunno kala duwan oo faybarku ku badan yahay. Roodhiyada laga suubiyo badarka iyo siriylaka, khudradda iyo faruutada fareeshka ah ayaa ugu fiican.

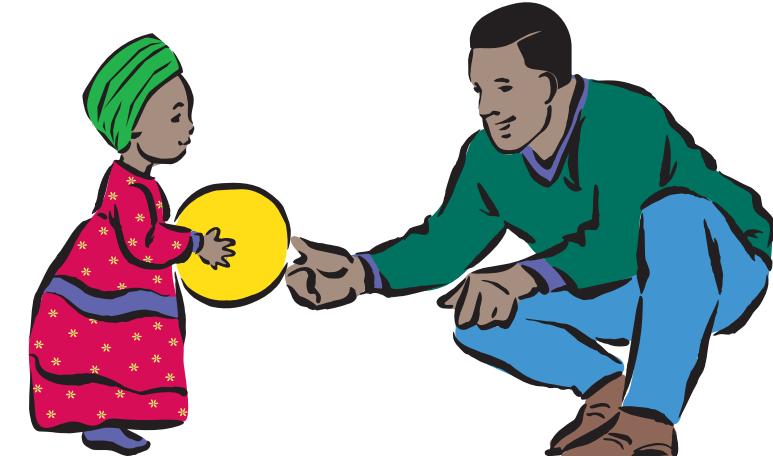
▲ Si aad u badiso isticmaalka faybarka, waxaad ugu dari kartaa cunnada fudud iyo siriylaka canuggaaga:

- 1 illaa 3 qaado (15-45 milliliters) maalinwalba oo ah 100% siriylaka bran, or
- 1 illaa 4 qaado (15-60 milliliters) maalinwalba oo ah masaggada (wheat germ), or
- 1 illaa 2 qaado (15-30 milliliters) faruutada la qalajiyey sida sabiibka, bruuniska (prunes) yo tufaaza qalalan oo la jejebiyey.



▲ Sii canuggaaga biyo badan maalin walba.

▲ Waxaa muhiim ah jirdhis joogta ah. Hubi in canuggaagu maalin walba ciyaaro!





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

Title: Relief from Constipation

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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