

# Liiskaaga Hubinta Cunista Caafimaadka leh



*Khudaarta muhiimka ah... Jidh caafimaad gaba, maskax caafimaad gabta*

## Ku dar khudaar saxan

- Ku dar khudaar badan wakhtiga cuntada
- Jidka caafimaadku wuxuu noqon karaa mid cusub ama barafaysan
- Khudaartu waa cunto fudud oo aad u wanaagsan in la helo



*Tag badar... Tamar ka buuxo*

## Kordhi qaadashada fiber-ka

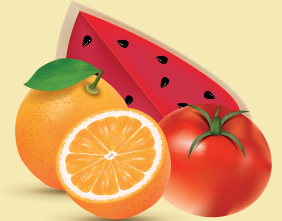
- In badan cun rootiga badarka buuxa, chapatti iyo digirta, digirta, lawska iyo iniinaha
- Baradhada macaan iyo bariiska binni sidoo kale waxaa ku badan fiber
- Dooro quraacda badarka oo dhan



*Miyo qorxoon... Fiitamiino cagli badan!*

## Cun midho badan

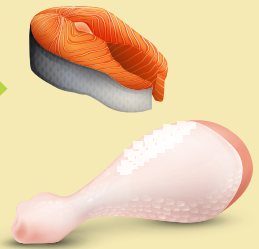
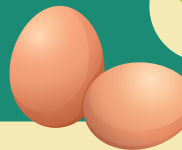
- Miraha ku beddel cunto fudud
- Macmacaanka u beddel midho
- Quraacda iyo sanduuqa qadadaada ku dar khudaar



*Barootiinka awoodda... Xoog yeelo*

## Cun cuntooyin borotiinno ah oo kala duwan

- Ukun, kalluun, digaag, iyo hilib
- Alaabooyinka soy sida caanaha soy ama tofu
- Chickpea, digirta iyo digirta ayaa ah isha ugu wanaagsan ee borotiinka



*Qaado 5-taaga maalintii sida ugu macaan!*

## Qaado 5 kaaga maalintii

- Khudaarta ku dar baasto, bariis iyo curry
- Ku hay smoothies iyo yoghurts oo ay ku jiraan berry
- Ku dar salad midab leh wakhtiyada cuntada



*Haa iloobin inaad cabto!*

## Biyo cab

- Ujeedo inaad cabto ugu yaraan 8 koob oo biyo ah maalintii
- Iska ilaali casiirka furuutka iyo cabitaanka barafaysan
- Iska ilaali inaad ku darto cabitaannada iyo maraqa

