

## Nagala soo xidhiidh

**Su'aalaha Deg dega ha ama Tabashooyinka Telefoon kalkaaliye Caafimaad**  
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**Su'aalihii kale ee Ku Saabsan Daryeelkaaga**  
Bukaanada Rugta Caafimaadka St. Paul:

Khad Wicitaanka  
Kalkaalisada  
651-578-5000

Bukaanada jooga Goobaha Kale:

La xidhiidh xubin ka tirsan kooxda daryeelka caafimaadkaaga Gillette.

**Balamaha**  
651-290-8707

## Buggaag, Cajalado Maqal iyo Muuqaal ah iyo Waxyaalo badan

Raadi qalabka ku saabsan naafada, xaaladaha daawooyinka iyo taageerada daryeel-bixiyayaasha.

## Qaniimaad Caafimaad iyo Waxbarasho

St. Paul campus, wuxuu u dhaw yahay dabaqa afaraad skyway  
**651-229-3938**  
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# Cuntooyinka Caloosha Jilciya

## High-Fiber Diets | Somali

Waxbarasho bukaan  
EDR013-SO

Waa arrin muhiim ah inaad ka hortagto si aanay calooshu kuu adkaan kuuguna dhicin dhib xaga mindhicirada, taasna waxaad kaga hortegi kartaa adigoo cuna cuntooyinka caloosha jilciya ee afka ingiriiska loo yaqaan (high-fiber diets). Hadaad joogteyso cunida cuntooyinkan (high-fiber) waa mida keliya ee lagu guulaysan karo si looga hortago arrimahaas. Haddii aad qabtid dhibaato sida gaaska iyo dibiro caloosha, waxaad kordhisaa cuntooyinka caloosha jilciya ee leh fiber-ka si joogto ah maalin kasta.

Waxaa kaloo muhiim ah inaad cabto biyo kugu filan maalin kasta. Lix ilaa sideed galaas oo biyo ah ayaa caadi ah in la cabo maalin kasta si joogto ah. Cabida caanaha iyo cunida cuntooyinka laga sameeyo ama ay ku jiraan caanuhu ayaa ah in lagu xadido ama lagu ekeeyo sedex ilaa afar xantoobo in le'eg maaliintiiba.

Cuntooyinkan hoos ku qoran ayaa la aaminsanyahay inay wax ka tarayaan habka dheefshiidka caloosha iyo mindhicirada si saxaradaadu u jilicsanaato had iyo goor. Hubso inaad xulato cunto aadan ku saxan ama aadan ku mergan markaad cunayso ama cabayso waa hadii aad qabto dhibaato xaga liqida iyo cabida.

### Cereals

Bran cereals, oatmeal, grits, Shredded Wheat, Chex cereals, Cheerios, Wheaties, Grapenuts, Fiber One, All Bran, Cracklin' Oat Bran

### Breads

Bran muffins, qamadiga, cracked wheat, rye oatmeal, eight grain

### Grains

Flour and pasta, unprocessed bran, burka qamadiga, barley, brown rice, buckwheat, bulgur, cracked wheat, rolled oats, baastada qamadiga ka samaysan, wild rice

### Legumes

Digirta madow, chick peas (garbanzo beans), digirteena caadiga ah, lentils, navy iyo dhamaan digirahan hoos ku qoran, beans, pinto beans, turtle beans, white beans

### Nuts and Seeds

Qumbaha, almonds, Brazil nuts, coconut, filberts, miraha lowska, lowska shiidan, saloolka, pumpkin seeds, miraha sinsinta, miraha gabaldayaha, walnuts

### Miraha

Fareeshka ah sida tufaaxa, berries, pears, nectarines, apricots, peaches, melon, grapes, citrus fruits, cambaha, babayga, plums, prunes, cherries, rhubarb, cananaaska, kiwi

### Cabitaanka miraha la shiido sida

Prune, peach, pear, citrus, papaya (Juusku kuma arkaysid) fiber, balse waa laga helaa, waxaa khaas u ah caloosha fadhida in lagu dhaqaajiro waa cabitaanka loo yaqaan, prune juice waana inay yihiin miraha Prunes-ka runta ah – si xal loogu helo calool fadhiga)

### Miraha la qalajiro sida

Timirta, prunes, sabiibka, apricots, peaches, pears, plums

### Mirha qasacaysan sida

Apricots, cherries, mandarin oranges, bambeelmada, peaches, pears, plums, cananaas, fruit cocktail

### Qudaarta sida

Celery, baradhada, digirta cagaaran, broccoli, parsnips, peas, bataati macaanka, kaarootada, geleyda, beets, cabbage, eggplant, basasha, spinach, zucchini, asparagus, yaanyada, lettuce (gaar ahaan caleemaha madow ee -leaf lettuce)