

Cunto fudud oo caafimaad leh

Cunista dheelitirka saxda ah ee cuntooyinka caafimaadka leh waxay kaa caawin kartaa inaad si wanaagsan ugu noolaato sonkorow. Cunnooyinka fudud waxay qayb ka noqon karaan nafaqadaada maalinlaha ah. Waa muhiim in la sameeyo xulashooyin caafimaad leh oo aad la socota qiyaastaada si loo maareeyo caafimaadkaaga.

Cunto fudud oo leh karbohaydrayt

Cuntooyinka fudud ee hoos ku taxan ayaa leh hal isweydaarsiga karbohaydrayt (qiyaastii 15g oo ah karbohaydrayt). Kala hadal kooxdaada daryeelka caafimaadka ee sonkorowga inaad u baahan tahay cunista cuntooyinka fudud ee karbohaydrayt leh.

Furuut ka ama Miraha

- » Furuut/Miro fareesh ah: hal tufaax, pear, liin, peach weyn, nektar weyn, ama moos yar; saddex xabo oo apricot aan aad u weyneen ah ama mandarin yar; laba kiwifruit ama miro gaduud ka loo yaqaan plums; hal koob oo canab ah, miraha loo yaqaan cherries ka ama qaraha
- » Furuutka/miraha gasacadaysan ee casiirka dabiiciga ah (la miiray): hal koob oo saladh miro ah, apricots ama peaches/miro gaduud
- » Furuut/miro la qalajiyey: hal qaado oo sabiib ah; lix miraha ingiriiska lagu yiraa prunes; afar xabo oo apricot la qalajiyay ah

Khudaarta

- » Nus koob oo ah digirta koombada ku jirta ee wax yar la kariyay taas oon cusbo badneen
- » Hal xabo oo sabuul galeey biyo lagu kariyay
- » Koombo yar (125g) oo sabuul galeey ah

Caanaha iyo waxyaabaha kale ee lagu beddelan karo

- » 100g yoghurt dufankiisu/fat yar yahay oo waxyaalaha dhadhanka/flavour leh ama 200g oo cunto aan cayil keeneen, noocyo dabiici ah ama cad. Caano yoghurt dabiici ah oo leh lows/nuts ama iniinyo
- » 250ml oo caanaha caadiga oo fat koodu hooseeyo ama caano soy oo lagu daray kaalshiyam/calcium
- » 250ml oo caanaha caadiga oo fat koodu hooseeyo ama caano soy



Rootiga cerealka/mashaarida

- » Hal jeex ah oo hadhuudh cufan leh ama rooti abuur ah (caadi ama aad kululeysay) oo aad marisay afakaadho, ricotta dufan yar, jiis yar ama hummus, oo leh tamaandho la jarjaray iyo laamo
- » Badh ah rootiga loo yaqaan English muffin oo lagu dubay hal xabbo oo jiis subag ah iyo yaanyo la jar jarey
- » Hal xabo oo rootiga jeebka leh ah ee dhexda wax laga galiyo ama ceesh/duub oo karooto iyo jiiska subagga leh
- » Laba xabo oo wholegrain crispbread ah leh na jiis, jiis subag yar leh, hummus ama avocado iyo yaanyo

Muesli iyo lowska shukulaatada camal u sameysan

Muesli iyo lows ka shukulaatada camal u sameysan ayaa ah 'cunto mararka qaar' maadaama ay ku badnaan karaan kilojoules, dufan iyo sonkor lagu daray. Hubi gudida macluumaadka nafaqada si aad u ogaato bal in sheygu yahay talo caafimaad leh. Cun kuwan kuwan mar mar.

Cuntooyinka fudud ee guryaha lagu kariyo

Cuntooyinka fudud ee guryaha lagu kariyo waxay noqon karaan xulasho caafimaad leh laakiin waxaa kujiri kara kilojoules badan. Cun qiyaas yar oo cunnayinkan ah mar mar.

Keegga, buskud, doolshaha, iyo waxyaabaha la mid ka ah ee guriga lagu sameeyo waxaa laga dhigi karaa mid caafimaad leh iyadoo la isticmaalayo miraha olive, saliida canola, saliida rice bran, saliida grapeseed ama saliida sunflower ee caadiga ama mida fadhiso; miro la dubay ama la qalajiyey meeshii sonkorta aad ka isticmaali laheed, bur dhan, mashaari ama oat hadba sida u taqaan, bur legume nuuca ingiriiska lagu yiraa, lows ka iyo miraha nuucyadooda kala duwan.



Cunnooyin fudud ee karbohaaydarayt koodu hooseeyo

Cuntooyinka fudud waa xulasho wanaagsan dadka doonaya in eey ku darsadaan cunto fudud iyagoon saameyn ku yeelan heerka sonkorta dhiigooda. Ku tijaabi fikradahan qiyaasta lagugula taliyay:

Lows ka nuucyadiisa kala duwan iyo miraha

- » 30 garaam (cadad yar oo sacab ah) oo kaligeed ah, lows ceyriin ah oo aan la karin: isku dhafan, macadamias, iniinyo, yicib, cashews, brazil, hazelnuts, pecans ama pistachios
- » 30 garaam (gacan muggeed) oo bocor ama miraha ingiriis ka lagu yiraa sunflower

Ansalaato iyo khudrada

- » Ulaha qudaarta ah: celery, karooto, bar barooni, qajaar ama digirta barafka leh hal jeex (20g) jiis/farmaajo dufan/fat yar ama hal qaado oo hummus, yaanyo sida ansalaatada loo jar jaray ama yoogat kareen camal wax loogu daarto.
- » Celery qaado oo ah subagga looska dabiiciga ah ama hummus
- » Xooga yar oo yaanyada sideeda beerta looga soo gooyay ah

Hilib jilicsan iyo waxyaabaha lagu beddelan karo

- » Gasac yar oo ah kaluunka tuna ah, salmon ama kaluunka sardines loo yaqaan ah oo aad kusoo dartay bar barooni ama ansalaato.
- » Ukun biyo lagu kariyay
- » Cad tofu wax yaalaha dhadhanka keena la mariyay, la dubay
- » Koob badhkiis oo miraha cagaaran ee luqada ingiriiska lagu yiraa edamame oo la kariyey ama la dubay (magaca kale ee ingiriis ka lagu yiraa waa green soy beans)

Midho/Grain

- » Hal koob oo daango kaligeed ah, ama aad ku daadisay qorfe budo ah, bar barooni budo ah ama basbaas budo ah

Furuut ama Miro

Khudaarta qaarkood kuma jiraan karbohaydrytyo ku filan si ay saameyn ugu yeeshaan heerarka gulukooska dhiiggaaga. Waxay ka mid yihiin:

- » Khudrad
- » Koob badhkiis oo miraha istaroowberris ka ah
- » Koob badhkiis oo miraha raasbeeris ama balaakbeeris ah
- » Mid cusub figs

Cabitaanno

Waa muhiim in aadan oomin maalintii oo dhan. Biyaha caadiga waa cabitaanka ugu fiican, laakiin waxyaabaha kale ee lagu beddeli karo ayaa hoos ku taxan.

- » Biya caadi ah biyaha ama soodhada leh ee ay ku jiraan liin dhanaan / liin / khudrada la qaboojiyey / qajaar / reexaanta cusub
- » Madoow / shah madoow / cagaar / shaaha dhirta
- » Qaxwe ama qaxwe aan kafee laheen oo ay kujiraan wax yar oo caano dufan dabacsan ama dufankoodu(fat) koodu hoosee

Cabitaanka sokorta yar oo aad mar mar cabtid ayaa ku dari kara noocyo kala duwan oo aan lahayn sonkor dheeraad ah ama kilojoules.

Markaad wax iibsaneyso, iskuday inaad xaddido iibsashada cunnooyinka fudud ee dufanka badan, sonkorta iyo cusbada (sodium), sida tusaalooyinka hoose.

- Buskut ka macaan iyo buskut ka qalalan
- Keeg, doolshe iyo waxa la mid ka ah
- Mac macaanka
- Jukulaatada iyo macmacaanka
- Baradhada loo yaqaan crisp, chips ka baceeysan iyo cunno fudud oo cusbo leh
- Cuntooyinka fudud ee horay loo diyaariyey loona baakadeeyay
- Cunnooyinka banaanka ee takeaway fat ka leh

Qodobada ugu muhiimsan

- Dhakhtarka ayaa ku caawimi kara inaad samaysato qorshe kugu haboon.
- Wac Khadka caawimada **NDSS oo ah 1800 637 700** lana hadal mihnadlaha caafimaadka wixii ku saabsan maaraynta sonkortaada.
- Ma u baahan tahay mutarjum? Wac Translating and Interpreting Service (TIS) **131 450**. Sheeg luqadaada. Sug in lagugu xiro oo weydiiso **1800 637 700**.
- Gal **ndss.com.au/information-in-yourlanguage** si aad u wacdo **NDSS Helpline 1800 637 700** weydiina in koobi laguu soo diro adiga.

Adiga iyo NDSS

NDSS waxay bixisaa adeegyo kaalmo oo kala duwan, macluumaad, iyo badeecadu la kabay si laguu caawimo inaad maarayso sonkortaada, aad caafimaad qabto si fiicana u noolaato.