



Maraqa Garrunjaha iyo Baradhada Leh

Ka hel soo'adan iyo kuwa
badan oo kale barta
CelebrateYourPlate.org

Nofeembar 2019



Faahfaahinta Kooban ee Wax-soo-saarka: Garrunje

Killiga Ugu Wanaagsan: Gu'ga & Dayrta

Bislaanshaha: Raadi madaxyo waaweyn, adag, dhalaalaya ama madow-cagaar ah
Sida loo nadiifiyo: U ogolow garrunjaha inuu ku qoysmo biyo qabow muddo dhowr daqiiqo ah, ka dibna ku shub miiraha oo biyo raaci

Sida loo diyaariyo: Garrunjaha waa la karin karaa, la iirin karaa, la diirin karaa, la dubi karaa, walaaq shiili karaa iyo wax kale oo badan

Kaydka: Ku kaydi garrunjaha, oo aan la dhaqin, qaybta khaanada khudaarta ee firinjeeriga muddo 3-5 maalmood ah

SNAP-Ed Snapshot (macluumaadka kooban)

Kaaliyaha Barnaamijka SNAP-Ed Bri ee Ismaamulka Allen ayaa dhawaan baray koox dhallinyaro ah oo ku sugan Dugsiga Sare ee Lima sida loo sameeyo Salsada Miraha ee Celebrate Your Plate!
Ogow wax badan oo ku saabsan fasallada SNAP-Ed ee kuugu dhow!



Talooyinka Dukaameysiga

Haddii aad isku dayayso inaad ku dhex jirto miisaaniyadaada, ku iibso cuntooyinka qaabkooda ugu fudud. Cuntooyinka horay loo sii jarjaray, horay loo dhaqay, diyaar u ah in la cuno, iyo cuntooyinka la warshadeeyay ayaa habboon, laakiin inta badan waxaa ku baxa kharash ka badan marka loo soo iibsado qaabka caadiga ah.



<https://fcs.osu.edu/programs/nutrition/snap-ed>