



Furuutka iyo Lowska Shiidan ee Cuntada Lagu Daardarto

Xaddiga Cuntada 6 | Waqtiga diyaarinta 20 daqiiqo. |
Waqtiga guud 20 daqiiqo.

Qalabka:

2 koob oo yaryar
Looxa cuntada lagu jarjaro
Saxanka weyn ee cuntada

Maacuunta:

Mindi
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

1 koob oo ciir saafi ah oo dufanku ku yar yahay
2/3 koob oo laws shiidan ah AMA qowshaha lowska ah
6 koob oo karooto ah, la saafay

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin dhaq gacmahaaga, sagxadaha, maacuunta, iyo cuntada.
2. Si aad u samayso lawska lagu daardarto cuntada, ku kululee lawska shiidan cunto-diiriyaha sii u jilco qiyaastii 10 ilaa 20 ilbiriqsi adigoo adeegsanaya kul sarreeya.
3. Isku walaq ciirta iyo lawska shiidan adigoo isticmaalaya baaquli yar. Geli firintijeerka.
4. Diyaari furuutka adigoo dhaqaya oo saafaya.
5. Ku kor diyaari furuutka saxan uu dhexdiisa ku jiro baaquliga goosaarta cuntada lagu daardarto. Dabool oo geli firintijeerka ilaa aad diyaar uga noqoto inaad gurto.

Macluumaadka Nafaqada:

Kalooriyada 280 Dufanka Guud 15g Cusbada 150mg Karbohaydaraydhka
Guud 32g Borotiinka 10g

Mac'hadkani waa bixiyaha fursadaha loo wada siman yahay. <http://www.section508.gov/> Agabkani waxaa maalgeliyay Barnaamijka Kaalmada Nafaqadda Dheeraadka ah (Supplemental Nutrition Assistance Program) —SNAP.