



Ulaha Ismariska Faransiiska ee Leh Miida Beeriga

Xaddiga Cuntada 4 | Waqtiga diyaarinta 10 daqiiqo. |
Waqtiga guud 20 daqiiqo.

Qalabka:

Baaquli godan
Birtaabada cunto shiilida ee weyn
Digsiga maraqa ee weyn oo dabool leh

Maacuunta:

Mindi af badan
Xurbin ama fargeeto
Qaaddo
Qaaddo yar
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

Loogu talagalay Ismaris Faransiiska

6 gabal oo rooti badar ka samaysan ah
4 ukun
1/3 koob oo caano dufanku ku yar yihiin ah
1 qaaddo oo 100% biyaha liinta ah
1 qaaddo oo faniilaha (caadiga ah ama asalka ah) buddada ah
1/2 qaaddo oo qorfe buddo ah
Saliida cuntada ee birta lagu buufiyo
1 koob oo miro (daray ah ama la barafeeyay), oo la dhalaaliyay

Loogu talagalay Miida Beeriga

2 koob oo miro ama beeri (daray ah ama la barafeeyay) ah, oo la dhalaaliyay
1 qaaddo oo miida canjeerada aan sonkorta lahayn
1 qaaddo oo qorfe buddo ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, iyo furuutka daraga ah, (haddii la isticmaalayo).
2. Ugu yaraan hal saac kahor inta aadan wax karinin, haddii aad isticmaalayso miro barafaysan, ka soo bixi furuutka barafaysan qaybta wax barafaysa oo geli qaybta kore firintijeerka 1 saac kahor si uu u dhalaalo. Marka uu wada dhalaalo, ku reeb casiirka miraha barafaysan. Ha miirin.
3. U kala jar jeex kasta oo rooti ah afar jeex oo dhaadheer, si wadar ahaan u noqdaan 24 ulood oo dhaadheer.
4. Adigoo adeegsanayanbaaquli weyn, isku wada garaac ama qas ukunta, caanaha, biyaha liinta, faniilaha, iyo qorfaha, adigoo isticmaalaya fargeeto ama xurbin.
5. Si taxaddar leh ulaha rootiga ugu dar dhafdhafka ukunta iyo caanaha si aad u dharbiso—rog si aad uga dahaarto dhinacyada oo dhan. Kadibna, si taxaddar leh u soo qaad gabalada rootiga ah ee ukunta lagu dharbiyay, adigoo si tartiib ah uga ruxaya dareeraha dheeraadka ah.
6. Si khafiif ah birtaabada cuntada lagu shiilo ugu buufi saliida cuntada ee birta lagu buufiyo oo saar dab dhexdhexaad ah. Saar gabalada rootiga ee la dharbiyay dusha hal lakab oo xaanshida birtaabada cunto shiilida ah. Kari ilaa uu ka bislaado, ama qiyaastii 2 daqiiqo. U rog ulaha dhinaca kale adigoo adeegsanaya qaaddo yar.
7. Ku celi tallaabada 6 ilaa ulaha ismaris Faransiiska ka karayaan.
8. Inta ulaha ismaris Faransiisku ka karayaan, ku rid miraha, miida, iyo qorfaha gudaha digsigga maraqa. Ku iiri kulayl dhexdhexaad ah. Marmar walaaq ilaa miruhu intooda badan ka jajabaan, qiyaastii 3 ilaa 5 daqiiqo. Ka qaad dabka oo dabool ilaa diyaar uu ka noqdo inaad isticmaasho.
9. Ku gur miida miraha dusha ulaha ismaris Faransiiska. Saar khudaar daray ah dusha ulaha ismaris Faransiiska.

Macluumaadka Nafaqada:

Kalooriyada 290 Dufanka Guud 8g Cusbada 330mg Karbohaydaraydhka Guud 42g Borotiinka 14g