



SNAP-Ed



**Hilib Digaagga iyo Bur Macaanka**  
 Ka hel soo'adan iyo kuwa badan oo kale barta  
 CelebrateYourPlate.org

## Janaayo 2020



### Faahfaahinta Kooban ee Wax-soosaarka: Seleriga

**Xilliga Ugu Wanaagsan:** Dhammaan xili-sanadeedyada

**Xulashada:** Dooro faraqa seleriga ee toosan, adag oo leh caleemo daray Iska ilaali faraqyada leh boholka, alwaaxa ama mid jilicsan

**Kaydinta:** Seleriga firinjeeriga ku hay oo ku rid bac balaastiig ah muddo toddobaad ama ka badan

**Nadiif:** Ku raaci biyo qabow oo qulqulaayo

**Kaydka:** Seleriga firinjeeriga ku hay oo ku rid bac balaastiig ah muddo toddobaad ama ka badan

### SNAP-Ed Snapshot

Ismaamulka Clermont SNAP-Ed iyo Kaaliyaha Barnaamijka Becky ayaa dhawaan isku keenay macmacaan loogu talagalay Awoodsiinta Dhallinyarada Jiilaalka Wonderland. Carruurta waxay heleen koob, tufaax, xawaash udgoon iyo Tufaaxa ay Dubtay Celebrate Your Plate ee loogu talagalay Hal Soo'o! Si aad u ogaato wax badan oo ku saabsan barnaamijyada SNAP-Ed ee kuu dhow, guji hoos.



### Intee in le'eg oo biyo ah ayaa ku filan?

Baahiyaha qof kasta way kala duwan tahay, markaa haraadkaagu ha noqdo hagahaaga. Inteena badan waxaan qaadanaa wax nagu filan biyaha laga helo cuntooyinka aan cunno iyo cabitaannada aan cabno. Jirka caafimaadka qaba ayaa isku dheeli tiri kara baahida biyaha maalintii oo dhan. Biyo badan Cab biyo badan haddii aad saa'id u firfircoon tahay, ku nooshahay ama aad ku shaqeyso xaalado kulul, ama aad tahay qof da' weyn.



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