



AGOOSTO 2020



Beegarka Cadasta Leh

Ka hel soo'adan iyo fikrado cunto oo badan, oo caafimaad leh oo qiimo jaban barta
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Waxa Xilli-sannadeedka Soo Go'o: Agoosto

Canab

Beeriga-madow

Barbarooni

Basbaaska Halabeenyoo



Wax-soo-saarka La Soo Bandhigay: Qare Xilliga Ugu Wanaagsan: Xagaaga

Xulashada: Dooro kuwa laga dareemaayo culeys iyo u sanqaraayo mid bannaan ahaan marka la taabto

Sida loo Diyaariyo: U kala jarjar qaybo la cuni karo, cun isagoo diirka ka fiiqan, ama ku dar salad miro ah

Kaydinta: Marka la jaro, ku kaydi firinjeerka muddo 2-3 maalmood ah



Ilaali Badqabkaaga inta aad Karinaysid

1. Ilaali nadaafada gacmahaaga iyo sagxadaha cuntada.
2. Kala saar cuntooyinka si aysan isku wasakhaynin.
3. Ku kari cuntooyinka heerkul badqab leh.
4. Isla markiiba qabooji cuntooyinka.

Si aad u hesho macluumaad dheeraad ah booqo:
<https://ag.umass.edu/nutrition/newsletters/nutrition-bites>

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