

MUHIIMADA SALIID-NAARTA/IODINE-KA INTA LAGU JIRO XILLIGA UURKA

MA OGEYD?

In iodine-ka ay muhiim kuu tahay sababtoo ah...

- Markuu qofka uur leeyahay, jidhkeenu wuxuu u baahan yahay 50% iodine dheeraad ah.
- Jirkeenu ma samayn karo iodine, waa in aan ka helno cuntada.
- Iodine waxay ka caawisaa jirku inuu tamar ka sameeyo cuntada.
- Dumar badan ayaan ku haysan iodine ku filan oo ku kaydisan jidhkooda xilliga uurka ka hor.

Iyo sidoo kale Imahaaga!

- Iodine-ka waa u muhiim maskaxda iyo lafaha ilmaha koraya.
- Heerarka iodine-ka ee hooseeya ayaa sababi karaan cilladaha maskaxda oo waxeyna hoos u dhigaan IQ-ka ilmaha.



INTEE IN LA'EG OO IODINE AH AYAAD U BAAHAN TAHAY?

Qadarka Lagu Taliyay RDA^a/AI^b

Dhalinta iyo Dumarka Naas Nuujineysa — 290 mcg^a

Dhalinta iyo Dumarka Uurka ah — 220 mcg^a

Dadka Waaweyn & Dhalinta 14-18 sano — 150 mcg^b

Ka-walwalsan inaadan heleynin iodine kugu filan?

Kala hadal bixiyaha daryeelkaaga caafimadka siyaabaha aad ugu karto cuntooyin badan oo iodine hodan ku ah oona kala hadal haddii wax ku darid kabitaan ah ay kugu habboon tahay.

HABKA LOOGU SHAQEEYO IODIN BADAN



Caanaha ka lis: Ku dar caanaha iyo badarka ama boorashka aad jeceshahay, ku gas cabitaanka lagu adkeeyay caanaha ama ku dar cuntooyinka baastada ama maraq.



Ku-raaxeyso caanaha fadhiya/yogurt-ka: Yogurt-ku wuxuu ka samaysan yahay caano wuxuuna ka kooban yahay nafaqo si uu uga caawiyo ilmaha koritaanka. Yogurt-ka ugu diican ee leh miro, granola ama lawska ee loo cuno quraacda ama si cunto fudud oo dheellitiran.



Dheh Farmaajo: Farmaajuhu waa ikhtiyaar sahlan marka guriga la joogo ama la socdo! Isku dar dhuub farmaajo ah ama jeexyo miro iyo khudaar. Saladhka ugu fiican, maraqyada ama cuntooyinka aad jeceshahay oo uu la socdo farmaajo la jarjaray.



Ukun dul saar: Ukuntu waxay bixiyaan 8 nafaqo oo muhiim ah oo ay ku jiraan iodine, choline, fitamiin B12 iyo borotiin.



Tag oo soo kaluumeyso: Kalluunka iyo cuntooyinka badda waxay noqon karaan ilo wanaagsan oo laga helo iodine, iyo sidoo kale borotiin, dufan caafimaad qaba iyo fitamiin B12.

Dulqaad la'aanta ku aadan sonkorta caanaha ku dhexjira? Dooro

Caano aan sokor lahayn - caano dhab ah oo dhadhan fiican leh oo leh nafaqo isku mid ah, kaliya ah caano aan sokor lahayn.

Farmaajaha Cheddar iyo Swiss Waxey leeyihiin heerka caanaha sokorta ay ku dhexjirto kan ugu hooseeya.

CUNTOOYINKEE AYAA LAGA HELAA IODINE?

CUNTADA	CABBIRKA	MAYKROGA- RAAMYADA (MCG) HALKII ADEEG	BOGOLKIIBA GIIMAHA MAALINTII (DV)
 Kalluun, la dubay	3 wiqaayadood	158	105%
 Caano fadhiisteyn, Greek, cad, aan subag lahayn	6 wiqaayadood	87	58%
 Caano subag yar leh (1%)	1 koob	87	58%
 Cusbada budada ah oo Iodine lagu daray	1/4 qaado	76	51%
 Dhuubabka Kaluunka	3 dhuub	58	39%
 Basto, lagu kariyay cusbo iodine leh	1 koob	40	27%
 Farmaajaha caanaha laga dhaliyay (la dhimay subagiisa)	1/2 koob	39	26%
 Farmaajaha Swiss	3 jeexyo*	36	24%
 Carsaanyo, la-gasacadeeyay oona la kariyay	3 wiqaayadood	32	21%
 Ukun, si adag loo buriyay	1 ukun	26	17%
 Farmaajaha Mareykanka	3 jeexyo*	18	12%
 Farmaajaha Cheddar	3 jeexyo*	15	10%
 Xayawaan badeed, horay loo kariyay	3 wiqaayadood	13	9%
 Kalluunka Salmon, oo la dubay	3 wiqaayadood	14	9%
 Cabitaanka Soy	1 koob	7	5%
 Cabitaanka laga sameeyay mirraha bahda loowska ah	1 koob	2	1%
 Cusbada badda oo aan iodine lahayn	1/4 qaado	<1	1%

* jeex farmaajo cabbirkiisu yahay buskud

Tixraacyada: Dietary Guidelines 2020, National Institutes of Health - Iodine Factsheet for Health Professionals.

MA OGEYD?

In 1 koob caano ah uu ka kooban yahay **in ka badan kala badh inta iodine ee aad ugu baahan tahay si maalinle ah!**



Caanuhu waa il iodine oo la awoodi karo iyo nafaqooyinka kale ee muhiimka ah.

MIDHAHA PARFAIT-KA

Maaddooyinka

- 2/3 koob oo caano cad oo subag aan lahayn ama cup non-fat plain ama caano fadhiya oo dhadhan leh
- 1/2 koob oo ah mirraha dookhaaga (kuwaas oo cusub, barafaysan ama gasacadeysan (la miiray))
- Cunto dulsaaradaada oo dookhaaga ah

Fikradaha ku aadan miraha:

Muus, istrawberis, bluuberis, blaagberis, rasbiberis, tufaaxyo, peach-yada, miraha tufaax xigeenada ah, saladh miro ah

Fikradaha ku aadan cunto la dulsaarayaasha:

Miraha Loows xigeenka oo la dhuubdhuubay, granola, miraha gabaldayaha, miraha bocorka, shiya, miraha hemb-iga ama flakiska, qorfe, xawaash burbur

Tilmaamaha

Lakabee caanaha fadhiya iyo miraha. Ku duldaadi cunto dulsaarada.



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