

Codsiga Badelka Caanaha – Daryeelka Cunuga

**Magaca Cunuga:**

**Codsiga iskubadelka caanaha:**

Haddii cunugaagu aanu cabi karin caanaha lo'da iyadooy ugu wacan tahay baahi caafimaad ama cunto lakiin **aanu** lahayn naafo caafimaad, adiga ama xarunta daryeelka dadka waaweyn aayaa dooran karta inay siiso mid ka mida badelka caanaha la ansixiyey ama badel caano kale oo macquula, iyadooy codsiga ku saleysan tahay.

Aqoonso sababta cunugaagu ugu baahan yahay badelka caanaha:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Wakhtigan, lix nooc oo caano badela ah ayaa laha helayaa Washington waa nafaqo ah

u dhigantanta waxaana la siin karaa badelkii kuwa saca

* 8th Continent Soymilk - Original iyo Vanilla\*
* Silk Soymilk - Orojinaal
* Great Value Soymilk - Original ee Wal-Mart (kaliya daboolka cas)
* Kirkland Organic Soy - Original (32-oz khaanada)
* Pacific Foods Ultra Soy - Orajinaal (32-oz or 8-oz khaanad)
* Caano orajinaala oo Bilaasha (32-oz ama 8-oz), Jokolayd\* (8-oz) ama Vanilla\* (8-oz)

**\*Cabitaanada aan fiicnayn lama siin karo caruurta 1 ilaa 5 sano jirta.**

Caanaha kale ee tayada wanaagsan looguna badeli karo kuwa saca waa kuwa asiidha leh, caanaha kale, caanaha subaga leh (ganacsi loogu talogalay), caanaha riyaha, caano fadhi, caano bilaa subaga (sida lactaid), iyo caano nafaqo leh. **Ogow: Caanaha oo dhan waa in la siiyaa caruurtada 12 ilaa 24 bilood iyo bilaa baruurta ama 1% caano waa in la siiyaa caruurta 2 sano da'da ama ka weyn.**

Adoo dhameystirayaa macluumaadka hoose, cunugaaga waxa la siin karaa mid ka mida badelka caanaha ama caano kale sida kor lagu sheegay ee ay bixisay xarunta (haddii xarunto doorato), ama adigu bixisid.

[ ] Waxaan codsanayaa in cungayga la siiyo cunto ay bixiso xarunta daryeelka cunuga

ama caano wanaagsan oo badela sida lagu sharxay sare cuntooyinka u baahan caanah.

[ ] Waxaan bixin doonaa cunto ama caano wanaagsan si loo siiyo cunugaygu sida sare lagu sharxay cuntooyinka u baahan caanaha:

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(Magaca cunto ama caano wanaagsan oo badela)

Saxeexa Waalidka/Masuulka: Taariikhda:

OSPI/Child Nutrition Services Maarij 2021