

AWOOD LA'AANTA KU AADAN SI BUUXDA U DHEEFSHIIDIDA SONKORTA KU JIRTA WAXYAABAHA CAANAHA AH

War wanaagsan! La noolaanshaha awood la'aanta dheefshiidida sonkorta walxaha caanaha ah macnaheedu ma'aha inaad iska dhaafto cuntooyinka caanaha ee aad ugu jeceshahay! Inta badan dadka qaba dhibaataada dheefshiidida sonkorta ku jirta walxaha caanahaya ayaa dheefshiidi karaan qaar ka mid ah cuntooyinka caanaha. Dhammaan waxay uun ku saabsan tahay fahamka cadadka sonkorta ku jirta cuntooyinka aad ugu jeceshahay iyo inta aad hal mar xamili karto.

AWOOD LA'AANTA KU AADAN SI BUUXDA U DHEEFSHIIDIDA SONKORTA KU JIRTA WAXYAABAHA CAANAHA AH VS. XASAASIYADA CAANAHA

Dadku inta badan waxay ku wareeraan awood la'aanta dheefshiidida sonkorta walxaha caanaha ah iyo xasaasiyadda caanaha.

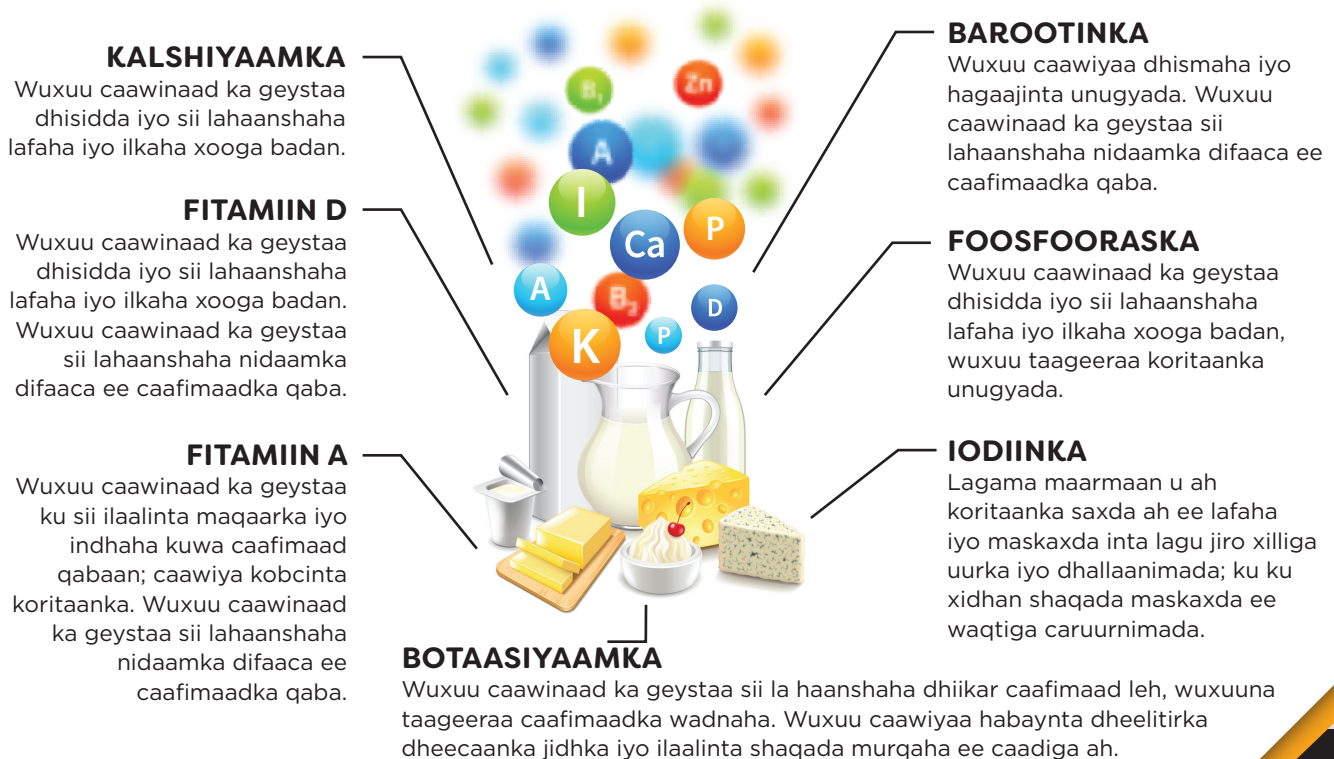
Awood la'aanta dheefshiidida sonkorta walxaha caanaha ku jiraan: Awood la'aanta ku aadan burburiyo sonkorta 'lactose-ka' (sonkorta sida dabiiciga ah caanaha ugu jirto) taasoo keenta raaxo dari ku meel gaar ah sida calool xanuun, dibiyo, gaas, iyo/ama shuban.

Xasaasiyada Caanaha: Dareen-celinta difaaca jirka ee ku aadan borotiinka caanaha ee keena calaamado ay ka mid yihiin hiinraaga, finanka, calool xanuun, sanka oo xannibma ama cuncuna, hindhiso, indho cuncun ilmaana ka qubanaya, iyo/ama dareen-celin xasaasiyad oo daran.

Haddii aad ka shakisan tahay inaad qabto awood la'aanta dheefshiidida sonkorta ee walxaha caanaha ah ama xasaasiyada caanaha, booqo dhakhtarkaaga.

Laga bilaabo Taageerada korriinka iyo weynaanshaha socod baradka ilaa gaboowga firfircoonida leh ee dadka waaweyn,

CAANAHU WAXAY BIXIYAAN NAFAQOOYINKA MUHIIM AH SIDA:



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U isticmaal shaxdan si ay kaaga caawiso inaad hesho siyaabo aad ugu raaxaysato cuntooyinkaaga caanaha ka sameeysan ee aad ugu jeceshahay iyo dhammaan faa'iidooyinka caafimaad ee la socdaan iyaga.

	CUNTOOYINKA CAANAHA AH KU SALEEYSAN CAANAHA LO'DA	CABIRKA ISTICMAALKA	GARAAMYADA SONKORTA LACTOSE-KA AH (garaam)*
	Aan Lactose-lahayn: Caanaha Lo'da Garoor Garoorka Giriiga Jelaato	1 koob ¾ koob ¾ koob ⅔ koob	0 garaam
	Subag	1 Qaadada miiska	<1 garaam
	Laban (dareere ah) iyo sidoo kale laban farmaajo ah (la habeeyay ama la jarjaray)	1 Qaadada miiska	<1 garaam
	Farmaajayaasha Dabiiciga ah sida: Cheddar, Swiss, Mozzarella, Gouda, Colby, Monterey Jack, Provolone, Brie, Blue, Parmesan	1.5 wiiqiyad	<1 garaam
	Queso Fresco	1 wiiqiyad	<1 garaam
	Queso Blanco	1 wiiqiyad	<1-2 garaam
	Paneer	1 wiiqiyad	1 garaam
	Farmaajaha Maraykan	1 jeex	1.2 garaam
	Farmaajaha Ricotta	¼ koob	1.9 garaam
	Farmaajaha Cottage	½ koob	3.2 garaam
	Jalaato	⅔ koob	3.9 garaam
	Garoorka Giriiga (Leh subag yar, Cad)	¾ koob	4.2 garaam
	Garoor (Leh subag yar, Cad)	¾ koob	5.7 garaam
	Kefir	1 koob	8.5 garaam
	Caanaha Lo'da	1 koob	12 garaam

* Ka eeg summadaha ganacsi ee aad ugu jeceshahay maadaama xadiyada sonkorta ay ku kala duwanaa karan hal summad ganacsi ilaa mid kale. Tixraac: U.S. Department of Agriculture, FoodData Central, <https://fdc.nal.usda.gov/index.html>, Accessed October 12, 2022.

MIYAAD LEDAHAY AWOOD LA'AANTA KU AADAN SI BUUXDA U DHEEFSHIIDIDA SONKORTA KU JIRTA WAXYAABAHA CAANAHA AH?

Isku day talooyinkan:

- **Kabbo** - Ku biloow in yar oo si tartiib ah u kabo caanaha. 
- **Isku day** - Dooro caanaha iyo waxyaabaha caanaha laga sameeyo ee aan sonkorta 'lactose-ka' lahayn. Waxay yihiin caanaha dhabta ah, kaliya aan la hayn sonkorta lactose-ka, waxayna bixiyaan nafaqooyin la mid ah cuntooyinka caadiga ah ee caanaha. 
- **Walaac** - Ku dar caanaha cuntooyinka ama ku qas cuntooyinka kale si ay gacan uga geestaan hoos u dhigida dheefshiida sonkorta lactose-ka ah. 
- **Cad cad u jar** - Dooro farmaajaha dabiiciga ah, sida Cheddar, Colby ama Swiss. 
- **Hool oo yaryaree** - Ku dar farmaajooyinka sida Parmesan ama Mozzarella cuntooyinka. 
- **Qaadada ku dhex majiir** - bacteeriya ay ka sameeysmato garoorta ee nool nool oona firfircoon ayaa caawinaad ka geesta dheefshiida sonkorta lactose-ka ah. 



Sawir ka qaad si aad u daawato muuqaal gaaban oo ku saabsan awood la'aanta dheefshiida sonkorta ee walxaha caanaha ku jiraan.