

# Cunista cunto caafimaad qabta si ay u yaraato halista Kansarku



Si ay u yaraato halista kansarka qaarkii, Ururka kansarku wuxuu ku talinayaa miisaan jir caafimaad qaba, jimicsi joogto ah iyo cunto caafimaad leh. Waxyaabaha soo socdaa waxay kuu sheegayaan macluumaad ku saabsan cuntooyinka aad badi qaadanayso iyo kuwa aad yaraysanayso si ay kaaga caawiso yaraynta halista Kansarka.

## Khudrada iyo miraha

Cun khudrad badan iyo miro waxa dhici karta inay yaraato halista kansarka Afka, dhuunta cuntadu marto, Caloosha iyo mindhicirka.

### Talo soo jeedinta

Cun khudrad fara badan, noocyada digirta kala duwan . Dadka waaweyni waa inay ugu yaraan cunaan shan qeybood oo khudrad cagaaran ah iyo laba qeybood oo miro ama furuuta ah maalin kasta . Waxa lagula talinayaa dumarka uurka leh iyo kuwa la jaqayaa inay qaybo cunto dheeraad ah qaataan, qeybaha cuntaa caruurta la siinayaa way ka yar hoosaysaa. Cun khudrad iyo miro ama furuuto. Ha ahaadaan qaar cusub, qascadaysan, la qaboojiyey ama la qalajiyey - dhamaantood isku wax bay qabanayaan.

### Maxay yihiin qeybuhu?

*Hal qiyaas ah oo khudrada ah*

- ½ oo ah koobka waxa lagu qiyaaso oo khudrad ah oo la kariyey
- 1 hal koobka wax lagu qiyaaso oo saladh ah
- ½ koobka wax lagu qiyaaso oo digir ah (sida misirka iyo shuburada)

*Hal qiyaas oo furuuta ah*

- 2 xabo oo yar yar oo furuuto ah (sida apricotka, plums iyo kiwi-fruit)
- hal koobka wax lagu qiyaaso oo furuuto isku dhex jirta ah ama furuutada qasadaysan

Qiyaastu waxay la mid tahay sacab mugii qof weyn . Markaas waa in qofka weyni cunaa shan sacab oo khudrad ah iyo laba sacab oo furuuta ah maalin kasta .

## Rootiga iyo miraha (cereals)

Markii la samaynayey cilmi barista badan ee la xiriirtay cuntada uu buushuhu ku badanyahay ay yarayso halista Kansarka Caloosha, xiriirintii arintaas lala xiriirin jiray way ka soo yaraatay sidii markii hore loo malaynayey.

### Talo soo jeedin

Xiisaha loo qabo caafimaadka fiican, Ururka Kansarku wuxuu ku talinayaa cunitaanka rooti badan iyo miro (Cereals), gaarahaan miraha buushahoodii wata, taas oo ka mid ah caafimaadka guud ee cuntada.

Haweenuku waa inay ugu yaraan cunaan afar qeybood oo rootiya iyo qeyb mira ah raguna ugu yaraan shan qeybood.

### Waa maxay qeybtu?

- 2 Jab oo rootiya
- 1koob wax lagu qiyaasa oo bariis la kariyey ah, baasto ama nooduyuul
- 1koobka wax lagu qiyaaso oo ah siiryalka lagu quraacdo ah
- ½ koobka wax lagu qiyaaso oo muesli ah

## Hilibka

Cilmi baaris la sameeyey waxay sheegtay in cunista hilibka casi garahaan hilibka warshada soo maray uu kor dhiyo khatarta Kansar mindhicirka ku dhaca.

### Talo bixin

Ururka Kansarku wuxuu aqoonsanyahay in hilibka casi uu muhiim u yahay kordhinta Ayroonta dhiiga, zincka iyo Fatamiinka B12ka iyo borotiinka ee cuntooyinka Australia..Si kasta ha u dhacdee waxa jira xiriir suurta gal ah oo ka dhexeeya hilibka cas iyo kansarka mindhicirka caloosha, yey ka badnin afar ilaa saddex qeybood hilibka cas ee karsani sida lagu taliyey. Maalma ha kale isku day kaluun, digaag ama wax kale. Yarayso hilibka la kaydiyey, sida sausageska, frankfurtka, hilibaha doofaarka.

### Waa maxay qeybuhu ?

- 65-100 gram oo hilib digaaga ah (tusaale, 1/2 oo duqad ah, ama 2 qeybood oo yar yar, ama 2 jeex oo hilib roos ah)
- 80-120 gram oo kalluun ah
- 2 ukun oo yar yar
- ½ koob oo digir la kariyey ah (sida shumburada, misirka, iyo faasuuliyada)

## ► Somali

*Healthy eating to reduce cancer risk*

## Khadka warbixinta kansarka:

- **Somali**  
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## Duxda

Cadayn dhawaan la sameeyey ka dib ma jirto xiriir toos ah oo ka dhexeeya cunista baruur iyo kansarka . Hase ahaatee, cuntada baruur badni ku jirtaa waxay keentaa buurnaana, taas oo keenta noocyo kansarka ah.

### Talo bixin

Cunto caafimaad qabta awgeed, yareyso duxda badan iyo saliidaha caadiga ah.

Duxda badiyaa waxa laga helaa hilibka iyo caanaha, laakiin waxa kale oo laga helaa keega, buskutka, cuntooyinka fudud snack .

'Duxda dabeeciga ah (polyunsaturated and monounsaturated) waxa laga heli karaa margarineska, lawska, avocadosiswka iyo iniinyaha.

## Cusbada

Halista kansarka caloosha oo sii kordaa waxay la xiriirtaa cuntooyinka ay cusbadu ku badantahay ee dalalka cusbad cuntada ku kaydiya.

Wadamada talaagadaha laga isticmaalaa kuma badana kansarka caloosha.

### Talo bixin

Dooro cunto cusbadu ku yartahay.

Marka aad cuntada diyaarinayso, xawaash ku dar, liin ama basbaas halkii aad cusbo kaga dari lahayd, sida cuntada fudud, hilibka la habeeyey, Jiiska iyo batarka.

## Khamrada

Ma jiraan wax cadaynaya in cabida khamradu ka hor tagto Kansarka. Khamradu run ahaantii waa halis keenta kansarada qaarkood sida kansarka Afka neef meenka, dhuunta cuntadu marto iyo beerka, cadayn sii kordhaysaa ayaa sheegaysa in khamradu tahay halista ugu weyn ee kansarka.

### Talo soo jeedin

Ururka kansarku wuxuu soo jeedinayaa, si loo yareeyo halista kansarka, yararaysashada khamrada

Dadka cabba khamrada, qiyaasta cabitaankoodu waa sida tan:

- ragga – laba jeer cabitaanka caadiga ah maalintii
- dumarka – hal cabitaan caadiya maalintii.

### Waa maxay cabitaanka caadiga ahi?

- 285 ml oo biirka caadiga ah
- 100 ml oo wine ah
- 30 ml oo kharo ah (spirits)

## Wixii macluumaad dheeraad ah

Caafimaadka qaranka iyo gudiga cilmi barista caafimaadku waxay soo jeedinayaan tilmaamaha cunitaanka caafimaad qaba ee dadka reer Australia oo dhan. Wixii macluumaadka lga heli websitka [www.nhmrc.gov.au/publications/synopses/dietsyn.htm](http://www.nhmrc.gov.au/publications/synopses/dietsyn.htm)

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