



LIVE WELL
SAN DIEGO

WARKA

Waxbarasho Nafaqo
oo lala wadaago Dadka
Waayeelka ah!

Guga 2023 | HealthierLiving.HHSA@sdcounty.ca.gov | www.HealthierLivingSD.org | 858-495-5500

Meere Intii Hore Ka Caafimaad Badan, waa Nolol Intii Hore Ka Caafimaad Badan

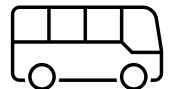
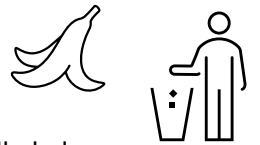
Daryeelidda deegaankeena waxay aad ula mid tahay sida daryeelidda Nafteena, waxay u baahan tahay waqti, dhiiranaan, iyo wax ka badan un hal maalin oo qura sannadkii. Deegaan intii hore kasii caafimaad badan waxaa uu lagama maarmaan u yahay caafimaadkeena shakhsi iyo fayoobida. Tayada hawada, goobaha shakhsiga, iyo helitaanka biyo nadiif ah iyo saad cunno waxay arrimahaasi dhammaantood saameyn ku yeeshaan caafimaadka jirkeena marka la eego siyaabo badan. Haysashada Deegaan caafimaad badan waxay dhimi kartaa halista loogu jiro caafimaadkadhibaatooyinka lasoo dai neefsashada, cudurrada wadnaha, iyo kansarka. Siyaabo xoogaa ah oo aanu ka shaqeyn karno si aanu u abuurno deegaan intii hore kasii caafimaad badan waa hawlaha sida aasidda qashinka, dib wax u warshadeyn, beero yar yar in la qotto, gawaarida in la wada raaco, iyo si joogto ah inaan guryaheena u nadiifino. Markii aanu samaynayno hawlaha, kaliya ma awoodeyno inaanu dhinno inta qashin aanu soo saarno, laakiin sidoo kale waxaan noqonaa kuwo aad maanka ugu haya saamaynta ku imaata Dhulka waxaana helnaa dareen kala dambeyn iyo xakamayn ah oo nafteenu yeelato.



Ballanqaadkeyga Kuaaddan Tillaabooyinka lasii Wadi Karo

Isku Day tillaabooyinkaan wada noolaashada aan waxyeelada lahayn:

- ☐ Cunnooyinka haraadiga ah ee qashinka kujira iyo caleemaha qallalay ee kujira daasadaha qashinka ee meesha la daggan yahay ee cagaaran.
- ☐ Daasadaha dib loo warshadeeyo, caagaga biyaha (#1-#7), kartoomada, waraaqo nadiif ah, iyo dhalada
- ☐ Nidaami hal maqal amah al qol muddo asbuuc ah gudaheed
- ☐ Beer/soo gad khudaar xilliyeedka macaan iyo tan la karsho
- ☐ Gaari inta wada raacdaan saaxiib qarashka ku baxayana wada bixiya ama raac gaadiidka dadweynaha haddii ay macquul tahay
- ☐ Lugee ama baaskiil wad baddalkii aad gaari u kaxayn lahayd masaafooyin gaaban



Warsidahan waxaa soo saartay Wakaalada Caafimaadka iyo Adeegyada Aadanaha ee Degmada San Diego, Adeegyada Waayeelidda & Madaxbanaanida, iyadoo ay maalgelinayso Waaxda Beeraha ee Maraykanka (USDA) Barnaamijka Kaalmada Nafaqada kaabka ah (SNAP). USDA waa bixiye fursad iyo shaqo-bixiye loo siman yahay. Wixii macluumaad dheeraad ah oo ku saabsan barnaamijyadayada, booqo www.HealthierLivingSD.org

Ogow Summaddaada: kolestaroolka

Ayadoo laga helo beerkeena iyo cunnada aanu cuno ee ka samaysan waxyaabaha laga helo xoolaha (sida ukumaha, hilibka lo'da, hilibka digaagga, shrimp oo ah xayawaan badda laga helo, burcad, iwm.), xeyr aad ayay muhiim u tahay, ayadoo laga helo jirkeena samaynta xuubabka unugyada, Fiitamiin D, iyo hoormoono badan. Muhiimadooda kasokow, *Tilmaameyaasha Cuntada ee Mareykanka* kutalo bixi cunista in ka yar 300 mg maalintiiba, maadaama ay sidoo kale taasi horseedi karto adkaanta xididada wadnaha qaarkood (arteries) taasoo kordhin karta halista wadne xanuunka, faaliga, iyo dhibaatooyinka kale ee wareegga dhiigga la xiriira. Tan macnaheedu maahan inay tahay inaanu ka fogaano dhammaan cuntooyinka xoolaha laga helo; si kastaba ha ahaatee, waa muhiim in aanu tixgalino tayada guud ee cunnada aanu cunayno, iyo waliba qaababkeena wax cunidda. Tixgali cunidda digaagad duban baddalkii mid la shiilay, baasto aad loogu daray khudaarta la karsho suugadeeda baddalkii pizza, iyo dufan aan aad u cuslayn sida avocado ama saliid saytuun baddalkii subag ama saliidda fadhida.

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Amount Per Serving

Calories

240

% Daily Value*

Total Fat 4g 5%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 430mg 19%

Total Carbohydrate 46g 17%

Dietary Fiber 7g 25%

Total Sugars 4g

Includes 2g Added Sugars 4%

Protein 11g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 6mg 35%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

God u qodidda qashinka 101: Waxyaabaha la Sameeyo iyo Kuwaan la Samayn

Dib u warshadeynta qashinkeena ishaysta waa hab wacan oo aanu ku dhimi karno raadka carbon-ka aanu ku isticmaalno Dunida dusheeda. Gobolka San Diego gudaheeda, waxaanu haraadiga cuntadeena iyo waraaqaha cunno ku hallaysan tahay/safiito hadda la dhigi karnaa qashinka deyrka ee caleemaha qallalan ah anagoo ku rideynta daasadaha waaweyn ee qashinka meesha la daggan yahay ee cagaaran cardboard with our yard waste into our large green residential trash bins to create compost instead of landfill waste. Marka waa maxay waxyaabaha aanu runtii qurmin karno intaan god u qodno?

SAMEE kurid waxyaabahaan daasadaha qashinka ee cagaaran ee lagu siiyay:

- Khudaarta macaan iyo khudaarta la karsho
- Rooti, doolsheyaasha, noocyada sabaayada ee kala duduwan, bariis, iyo digir
- Ukumo, qolfaha ukumaha, iyo caanaha iyo wixii laga helo
- Cuntooyinka reebreebka ah
- Bun leh macdan iyo fiiltarka warqad ah
- Warqado shukumaano ahaan ah, naabikiinka, saxamo waraaqo ah/koobab
- Warqado sidlo leh oo wax lagu rito oo cunno ku hallowday iyo safiito
- Waxyaabaha laga jaro geedaha ee baarkooda ah, caleemo, caws, iyo alwaax aan dawo ama kiimiko la marin

HA YEELIN inaad galiso waxyaabahaan daasadaha qashinka ee cagaaran ee lagu siiyay:

- Nooc kastoo weelal ah oo caag ka samaysan ama bacaha
- Dufan dareere ah/ama adag, saliid, iyo garaaso
- Bacaha iyo wixii laga sameeyo "ee Laqurmin karo" ama "Waxyaabaha burburi og"





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Si Caafimaad Leh Cuntada U Cun Gugaan

San Diego waxay bixisaa noocyo kala duwan oo dalag daray ah! Wax soo saar xilliyeedkan badanaa waa ka raqiisan yahay sidii hore waana markuu leeyahay nafaqada ugu sarreysa. Waa tan khudaarta Gugaan soo go'aysaa:



Radishes



Basal
Cagaaran



Plums



Canabka



Basil



Brokoli

Ma Waxaad Tahay Halyeey Qashinka Nadiifin Og?

Baar aqoontaada ku saabsan waxyaabaha khashinka ah ee ay tahay in daasad kastoo qashin oo gaar ah lagu ridaayo! Masawir layn kasoo bilaabmaya waxa qashinka ah ilaa daasada qashinka ee ku habboon in lagu rido.

- A. Cuntada reebreebka ah
- B. Bacaha "Burburi og"
- C. Caagagga Biyaha iyo Weelasha (♻️ #1-#7)
- D. Baakadda Pizza-ha/Safiito cunto ku hallowday
- E. Safiito nadiif ah
- F. Shukumaano warqad ah/nabikiino cunto ku hallowday



Kuistareexidda Iskaanka Jirka (isha xogta: Rugta Caafimaadka ee Mayo)

Istareexid ama meditation waa habdhaqanka aad loogu ogaanaayo waxa aad daremeyso iyo dareemidda waqtiga markaa la joogo. Waxaa la joojiyay inay gacan ka geysato dhimidda walwalka ayna taasi istareex galiso jirka.

Dhabar dhabar ujiifo adoo lugaha fidinaayo gacmahana dhinacyadaada ku dheerarinaaya, calaacalahuna sare ujeedaan. Diiradda u saar ayaar iyo si ula kac ah xubin kastoo jirkaaga ka tirsan min madaxa ilaa suulka lugta ama min suulka lugta ilaa madaxa. Ka feejignooow mid kastoo ka mid ah dareennadaan, ama fikradaha la xiriira qeyb kastoo jirka ka mid ah. Samee arrinkaa mar kastoo aad u baahan tahay ilaa 15 daqiiqo ama ka badan.

Ifinta Kooxda CFHL: Dadka Waayeelka ah ee Daggan Villa Alta waxay la hawl galaan Dhallinyarada UrbanLife



Villa Alta dadka daggan
marka hore waxay booqdaan
beeraha UrbanLife Farms.

Kadib markii aad bogto the *taxanaha Si Xarago leh u Cun, Noqo Qof Asagoo Xoog leh Nool*, Villa Alta dadka kunool ee City Heights waxaa ay u dhaqaaqeen sidii ay u horu marin lahaayeen xaafadooda! Had dadaal gudihiis, dadka daggan ayaa lagu xiray UrbanLife, oo ah urur dhallinyaro oo xaafadeed oo ku dhiirran awood siinta dhallinyarada. UrbanLife waxaa uu siiyay dadka caafada daggan goob ay beer yar ka qotaan oo ku dul taal beertiisa ururka ee weyn. Xiriirrada caalamiga ah ee qiimaha leh ayaa samaysmaya ayadoo dhallinyaradu bixinayaan taageero dadka waayeelka ahna ay la wadaagayaan dadka xikmadooda nolosha.

Ifinta Kheyraadka: San Diego Aan Qashin Lahayn

Isha xogta: <https://wastefreesd.org/>



WasteFreeSD waa agab hal meel oo qashin la'aan ah oo bixiya xog ku saabsan ka weecinta qashin qubiyada buuxa dhaafay waxyaabaha guryaheena, waxyaabaha dib loo warshadeyn karo, iyo qashinka guryaha ee dhibka badan. Eeg bartooda internetka si aad u hesho dhigaallo ku saabsan sida si habboon loogu fogeeyo qashinkaaga! Ama ka wac taleefannadooda lacag la'aanta lagu waco si aad u hesho xog dheeraad ah.

Dadka daggan San Diego ee barnaamijka lagu daray ka wac: **1-800-237-2583**

Dadka daggan San Diego ee barnaamijka aan lagu darin ka wac: **1-877-713-2784**

Brokoli lasoo Jarjaray

Wuxuu quudinayaa 5 | 10 daqiiqo | Resebiga cunto karinta waxaa leh: EatFresh.org

Waxyaabaha ka kooban:

- 4 koob oo ah Brokoli *la dhaqay lana jaray oo laga dhigay cadad la cuni karo*
- ¼ koob oo ah Basasha Cas *oo lasoo jarjaray*
- ½ koob ah Zabiib
- ¾ koob oo ah qudaarta Radishes *oo si dhuudhuuban loo jarjaray*
- Koob ah Mayonnaise
- 2 ½ qaado shaah oo ah Yogurt *aan wax kale lagu darin, oo dufanku ku yaryahay*
- 1 qaado shaah. Sonkor ama Malab
- 1 qaado shaah oo ah Khal Khamriga Bariiska laga Sameeyay



Tilmaamaha: Baaquli cabbir dhexe ah gudihiis, ku wada rid Brokoli, basal, zabiib iyo qudaarta radishes. Baaquli yar gudihiis, ku riiq mayonnaise, yogurt, sonkor iyo khal ama vinegar. Kushub waxyaabo isku qasan oo la cuni karo dusha Brokoli oo si fiican isugu qas. Gali firinjiyeerka ugu yaraan 2 saacadood kahor inta aan dadka la siin si ay si fiican isugu qasmaan. Ku naaloo!