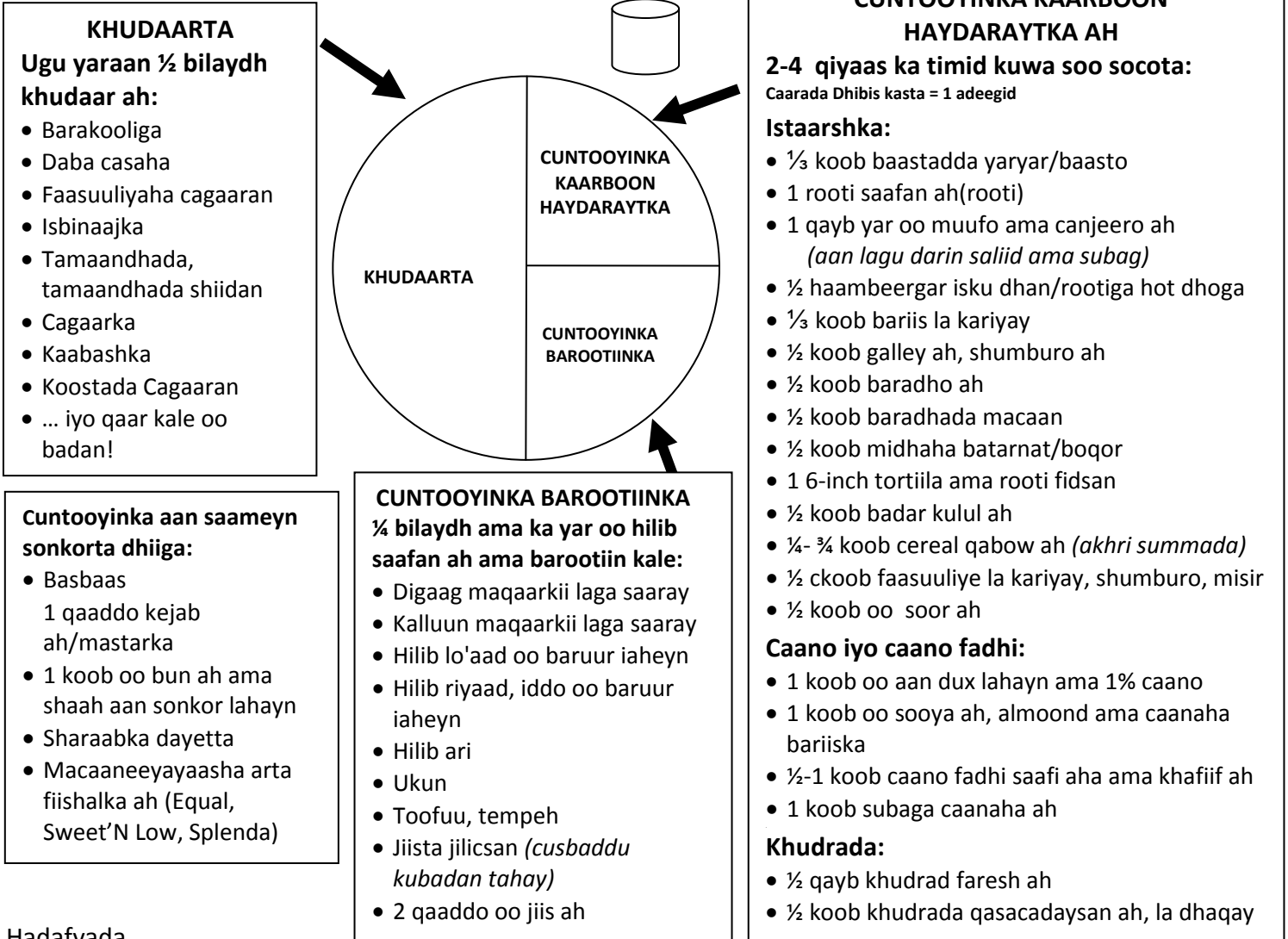


Asaasyada Qorshaha Cuntadda

Bilaydh caafimaad leh

Qorshaynta cunto waa inay fududaataa. Cuntadaadu waa inay si fiican u dhadhantaa. Waxaad ka samayn kartaa inay cuntaddaadu dhadhan wanaagsanaato haddii aad ku darto dhir iyo xawaash. Xadid cusbadda. Hoos waxaa ah qorshaha noocyada cuntooyinka aad ku cuni iaheyd cuntooyinkaaga. Xadid yarey labbada ah ama caawimooyinka labbaad. Qaybaha koox kastoo cunto ah waxaa lagu sharaxay hoos Qormadda Qeyb Ilaalinta Qaybta.



Hadafyada

1. _____
2. _____
3. _____

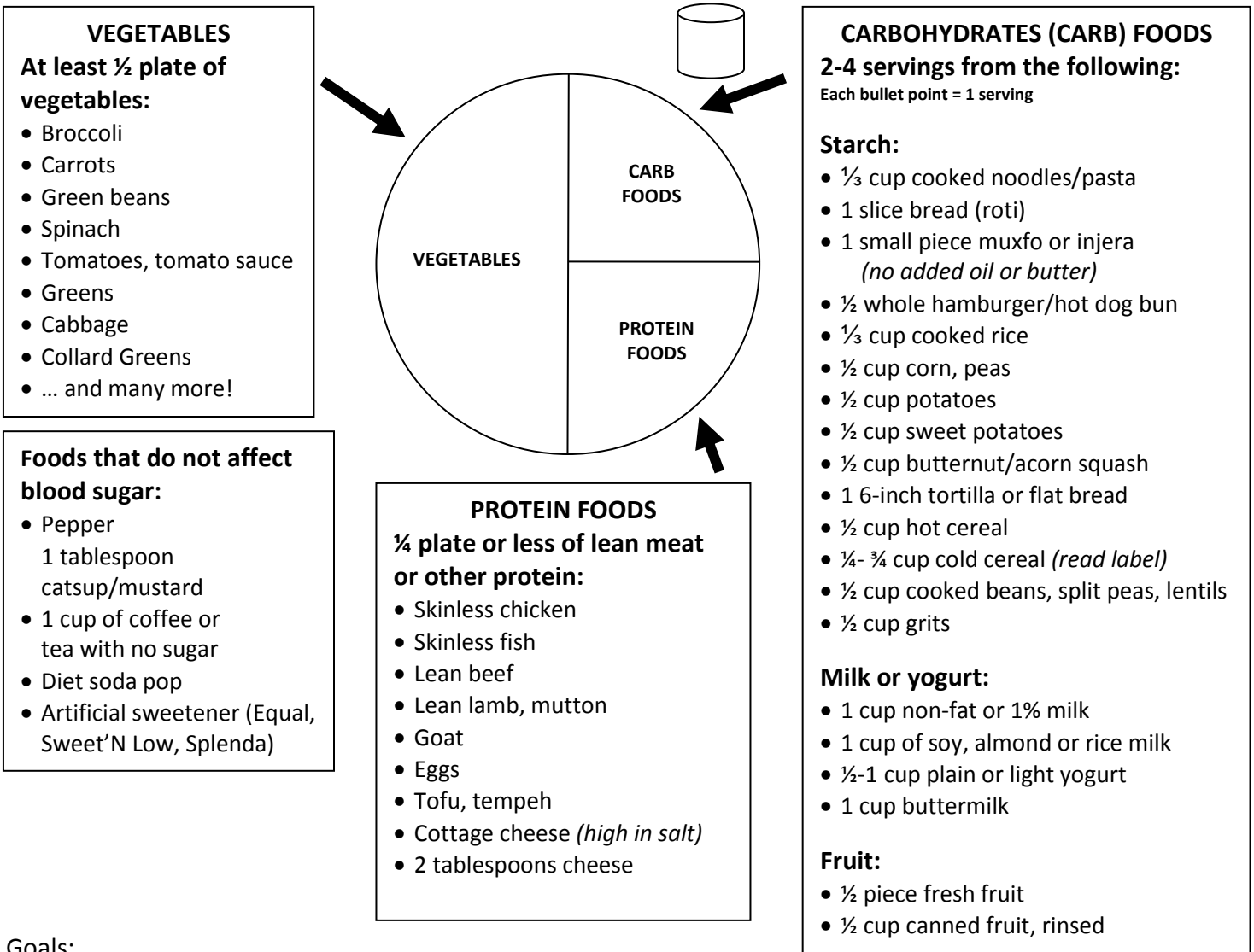
Baro wax badan oo ku saabsan cunida caafimaadka leh

la kullaan khabiirkaaga cuntadda si joogto ah. Khabiirkaaga cuntaddu waxa uu kaa caawin doonaa hadafyadaada nafaqadda. Waydii dhakhtarkaaga ama kalkaalisada si uu kuuqu qaban lahaa balan.

Meal Plan Basics

A healthy plate

Planning a meal should be easy. Your foods should taste good. You can make your foods taste good by adding herbs and spices. Limit salt. Below is a plan of the types of foods you should eat at your meals. Limit double portions or second helpings. Portions of each food group are described on the Portion Control Handout.



Goals:

1. _____
2. _____
3. _____

Learn more about healthy eating

Meet with your dietitian regularly. Your dietitian will help you meet your nutrition goals. Ask your doctor or nurse to help you make an appointment.