

Qiyaastii 6 bilood (4 bilood ka hor ma aha)

Cuntooyinka ugu horreeya - cuntooyin siman iyo kuusyo jilicsan

NIP
ALLERGIES
IN THE

Bub

Cunto leh nafaqo badan
oo Iron ah

Horumarinta dhadhanka

Barashada sida wax
loo cuno

- Bilaabidda cunista cuntooyinka adag waa horumar muhiim ah!
- Bilow inaad siiso ilmahaaga cunto adag marka ilmahaagu muujiyo calaamadaha inuu diyaar yahay. Carruurta waxay diyaar noqon doonaan waqtiyo kala duwan, markaa haddii aad siiso cunto oo ilmahaagu aanu xiiseyneynin, dhowr maalmood ka dib ayaaad ku dayi kartaa mar kale.
- Cuntooyinka ugu horreeya waa inay ku jiraan xulashooyinka cunto leh Iron sida cereal-ka carruurta ee la xoojiyay, ukunta, digirta iyo lentil iyo hilib la kariyey oo jilicsan. Waxaad siin kartaa kuwaas oo ay la socdaan khudaarta, miraha iyo grain ka.
- Marka uu ilmahaagu la qabsado wax-cunista, billow in aad ku darto cuntooyinka keeni kara xasaasiyadda caadiga ah cuntada aad markaas siinayso. Dooro hal ama laba ka mid ah cuntooyinka keena xasaasiyadaha caadiga ah ee ay qoyskaagu si joogto ah u cunaan, oo bilow inaad ku darto cuntooyinkaas kuwa aad siinayso nuunahaaga.



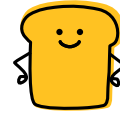
CAANAHAN LO'DA

Yoghurt cad (dufan buuxa, mid cad oo aan la macaanayn) ama ricotta siman ayaa lagu dari karaa khudaarta saafiga ah ama miraha. Caanaha dhallaanka caadiga ah waxay ku saleysan yihiin caanaha lo'da. Wax yar oo custard ah ku qas (cad/plain aan la macaanayn) oo leh cereal-ka ilmaha ama khudaarta saafiga ah.



UKUNTA

Qeybta jaalaha ee ukunka oo biyo kulul lagu karkariyey laguna shiiday khudaar saafi ah. Qeybta jaalaha ee ukunta oo biyo kulul lagu karkariyey laguna shiiday .cereal-ka ilmaha.



QAMADI

Cereal-ka ilmaha oo leh Iron badan, kana sameysan qamadi. Isku day boorash semolina oo lagu qasay caanaha naaska ama caanaha gasaceysan ee carruurta.



KALLUUN

Salmoonka qasacadaysan ama tuna waa la shiidi karaa oo lagu qasi karaa khudaar saafi ah. Tijaabi kalluun la uumiyay, ee aanan laf lahayn ee cad isla markaasna si fiican loo jeexjeexay oo lagu walaqaqay khudaar.



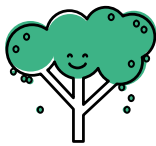
SOY

Tofu ayaa la shiidi karaa waxaana lagu qasi karaa furuut saafi ah.



LAWSKA

Mari lowska geedka biyo kuna walaaq khudaar saafi ah. Wax yar oo bur-laws ah ama lawska siman ah ku qas cereal-ka ilmaha ama khudaarta saafiga ah.



LOWSKA GEEDKA (TREE NUTS)

Mari lowska geedka biyo kuna walaaq khudaar saafi ah.



SISINTA

Tahini waxaa lagu dari karaa miro ama khudaar saafi ah.

Mashruuc ka hortagga xasaasiyadda cuntada
oo ay taageerayaan

Somali | Soomaali

Macluumaadkani waxa uu bixiyaa fikrado gaar ah oo ku saabsan baritaanka cuntooyinka keena xasaasiyadda. Macluumaadka guud ee ku saabsan quudinta dhallaanka, tixraac adeegyada caafimaadka ee gobolkaaga ama territorigaaga ama Raising Children's Network.



Mashruucani waxa uu maalgelin ka helay
Waxaad Caafimaadka ee Dawladda Australia