

Qiyaastii 7 ilaa 9 bilood

Cuntooyinka la shiiday iyo burooyin jilicsan

NIP
ALLERGIES
IN THE
Bub

Cunto leh nafaqo badan oo Iron ah

Cuntooyin kala duwan, qaar ayaa xiiseeya is-quudinta

- Marka ilmahaagu uu bilaabo inuu la qabsado cuntada smooth ka ah, ku dar cunto ka sii dhumuc weyn oo wax lagu daray. Haddii ilmahaagu uusan gaarin heer uu ku cuno kuwaas, u shiid ama xoogaa u burburi cuntada, oo ku tijaabi mar kale.
- U ogolow dhallaankaagu inuu ku ciyaaro cuntadooda - taasi waa qaabka ay u bartaan sida cuntadu u dhadhamayso. Sidoo kale waa marxaladda koowaad ee is-quudinta.
- Haddii aad hore u siisay qaar ka mid ah cuntooyinka xasaasiyadda caadiga ah keena, sii wad inaad ilmahaaga siiso cuntooyinkan, oo si tartiib tartiib ah u kordhi cuntooyinka noocyada xasaasiyadda keenaya inay ka mid ahaadaan cuntooyinka ilmahaagu cunayo.



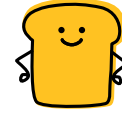
CAANAH LA'DA

Jiis jilicsan ayaa noqda cunto fiican oo farta kowaad ah. Farmaajaha ayaa sidoo kale lagu qasi karaa khudaar saafi ah. Inta badan cuntada dhallaanka ee saajalaateysan ayaa sidoo kale waxaa ku jira caanaha lo'da. Waxa kale oo aad samayn kartaa maraq farmaajo ah oo ay la socoto qaar ka mid ah khudaarta la shiiday ama lagu qasay kalluunka la kariyey ama baasto. Ricotta ama farmaajo lagu qasay furuut, avokado ama khudaar la shiiday ayaa ayadana ah dookh kale. Boorash lagu kariyey caanaha lo'da. Waxaad sii joogteyn kartaa inaad siiso textures siman sida custard ka iyo yoogatka inta aad ka barayso cunto leh buro-buro.



UKUNTA

Ukun biyo kulul lagu kariyay ayaa lagu jajabin karaa qudaar. Tijaabi ukunta custard ka ee guriga lagu sameeyay. Ukun adag oo la karkariyey oo leh avokado la shiiday ama baradho macaan oo la shiiday. Waxa kale oo aad siin kartaa ukun la dubay oo si fiican loo kariyey.



QAMADI

Bilow cereal-ka kale ee laga sameeyay qamadiga ee Iron ku kubadan yahay (tusaale. Weet-Bix™). Couscous waa sahlan tahay in la diyaariyo waxaana lagu siin karaa casseroles, iyo maraq. Isku day baasto yar (tusaale risoni) ama couscous lagu daray khudaar iyo hilibka la shiiday. Baasto si fiican loo kariyey waxay noqon kartaa cunto wanaagsan oo farta ah. Sii rooti (fresh ah ama la dubay) oo wax loo mariyay. Isku day inaad siiso pikelets.



KALLUUN

Usii tuna qasacadaysan ama salmon (lafo aanan laheen) cunto farta ah ahaan. Uumi oo jajabi (jab) kalluunka oo ku qas maraqa farmaajo. Ku day tuna qasacadaysan (oo aan milix lagu darin), la miiray oo lagu qasay khudaar la shiiday.



SOY

Tofu ayaa la jarjaraa qaab yaryar waxaana loo siin karaa cunto farta ah. Haddii aad ku tofu qasayso tofu cunto shiidan, isku day inaad shiido tofu ga si ay u jiraan burooyin jilicsan. Ku day digirta soy oo si fiican loo kariyey, la shiiday.



LAWSKA

Lawska rootiga la mariyo ayaa lagu qasi karaa cuntooyinka la shiiday. Laws si fiican loo habeeyay ayaa lagu dari karaa cereal ka. Laga bilaabo marka ay gaaraan 8 bilood, ku day inaad siiso lawska la mariyo rootiga. Lawska si fiican loo habeeyay oo dusha laga mariyay casseroles.



LOWSKA GEEDKA (TREE NUTS)

Lowska geedka ee jilicsan ayaa lagu qasi karaa cuntooyinka la shiiday. Looska geedka ayaa lagu dari karaa cereal ka. Isku day inaad siisid lowska rootiga la mariyo aad u marisid rooti.



SISINTA

Ku day humus ay ku jirto tahini oo lagu qasay khudaar saafi ah.



KALLUUN QAREED

Tijaabi crabmeat ama prawns, la uumay, la shiiday oo lagu qasay khudaar la shiiday.

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 Waaxda Caafimaadka ee Dawladda Australia