


# LIISKA ADEEGA

Xagga dambe ka akhri warbixin dheeraad ah

|                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                |
|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>ROOTI</b>                            | Dooro rooti ay ugu yaraan kaga jirto 100kii graamba, 6-7da graam oo nafaqo ah. Ama eeg darajooyinka rootiga oo dooro:<br>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Doorashooyinka wanaagsan:</b><br>Tusaale ahaan rootida Barnehagebrød, Grovbrød, Fiberkneip, Byggbrød.                                                                       |
| <b>ROOTI QAMADI KU JIRTO OO QALALAN</b> | Dooro knekkebrød (rooti qamadi ku jirto oo qalalan) oo ay 100kii graamba, kaga jirto 15 graam oo nafaqo ah.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Doorashooyinka wanaagsan:</b><br>Wasa Husman, Wasa delikatess, Wasa sport, Ryvita                                                                                           |
| <b>QAMADIDA CANAHA LAGU QASO</b>        | Dooro nooc sonkor yari ku jirto oo nafaqo badan. Dooro kuwa lagu calaamadiyey calaamadda furaha. Talo si noocyadu kuugu bataan: Boorash ku dar qamadi kale. Ku dar marka aad diyaarinaysid midho iyo khudrad.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Doorashooyinka wanaagsan:</b><br>Tusaale ahaan boorash (haba noqdaan nooca waaweyn), 4-korn, God Dag Blåbær                                                                 |
| <b>CAANO</b>                            | Caanaha aadka u khafiifka ah oo fitamin D lagu daray.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                |
| <b>YOGHURT (CAANO LA FADHIISIYEY)</b>   | Dooro nooca ugu dabiicisan oo sonkorta yar lagu daray (aan macan kale lagu darin)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Doorashooyinka wanaagsan:</b><br>Nooca dhexdhexaadka ama yoghurtka dabiiciga ah ee calaamadda furaha lagu calaamadiyey. Ku dar boorash, khudrad, midho ama iniin yoghurtka. |
| <b>ISMARISKA</b>                        | <ul style="list-style-type: none"><li>• Dooro nooc kasta oo ismariska kaluunka ah, sida kaluunka tamaatada, kaluunka xawaashaysan, kaviar (laga soo qado badda), kaluunka budada ah, kaluunka la qiijiyey, kaluunka sardinka ah, kaluunka sild, kaluunka tuunda.</li><li>• Ismariiska hilibka dooro nooca ugu saafisan ama ugu baruurta yar, sida skinke (doofar),</li><li>• Bankekjøtt (lo), kalkunfilet (jiirka digirinka),</li><li>• Kyllingfilet (jiirka digirinka), leverpostei (isku jir doofar, nooca Mills iyo Vita hjertego), kyllingpostei (isku jir digaag ah), servelat (doofar), kalverull (lo)</li><li>• Doorashooyinka kale ee wanaagsani: Beed, Jiiska cad, jiiska madow, Sprett prim/brunost (jiiska madow oo xaiid badan leh), jiisaska la mariyo,</li></ul> <b>Talo:</b> Ku qurxi khudrad iyo midho. |                                                                                                                                                                                |
| <b>BAASTO IYO BARIIS</b>                | libso nooca nafaqada leh ee baastada iyo bariiska                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Doorashooyinka wanaagsan:</b><br>Baastada qamadida badani ku jirto, bariiska qamadida badani ku jirto, baariska daqiiqda iyo ka sareenku ku jirto.                          |
| <b>KHUDRAD</b>                          | Nooc kasta oo khudrada ka mid ah. Cananis, muus, cinab, tufaax, fersken (nooc tufaaxa u eeg oo dhexda laf ku leh), kiwi (nooc yar cagaar ah), klementin (liinta yar), canbe laf, xabxab, nekatarin (nooc ka yar fersken), canbe babaay, plomme (nooc yar oo hurdi ah), cambaruud                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                |
| <b>KHUDRAD CAGAARAN</b>                 | Nooc kasta oo khudrada cagaaran ka mid ah. Khiyaarka, asparges, avokado (nooc khudrad ah oo cambaruud u eeg), kaabash, brokkoli, biin, digir, sukkererter (nooc biin ah), krydderter (nooc biinka ka mid ah) dabocasse, digir cagaaran, kinakål, rødkål, hvitkål (nooc kaabash ah), basal, basalbaar, toon, kabsar caleen, reddik, rødbeter, salaato, sellerirot, like gurid, spirer, squash (nooc khudrada ka mid ah oo qajaarka u eeg), stangselleri, tomaato, barbarooni, søtpaprika (nooc barbarooniga ka mid ah), Geley                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                |
| <b>MIRO</b>                             | Nooc kasta oo mirahan ka mid ah. Bjørnebær, blåbær, bringebær, jordbær, multer, rips, solbær, stikkelsbær, tranebær, tyttebær.<br>Miraha waxa loo isticmaali karaa qurxin, sida mushakalka khudrada, iyo marmelaado sonkor yari ku jirto.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                |

Eeg calaamada furaha, haddii aad ka shakisantahay doorashada aad qaadansiyid



## Talo:

Talo: Dooro caano khafiif ah oo fitamiin D lagu daray. Fitamiin D muhiim ayuu jirka u yahay si uu jirku u soo qaato kalsium, si lafuhu u dhismaan.

Marmalaadada guriga lagu sameeyo way wanaagsantahay, miiskana ooli kartaa marmarka qaar. Ila 2dl. oo sonkor ah oo lagu daray hal kiiloo oo miro ah waa qiyaas wanaagsan.

## Cinwaanada muhiimka ah:

- [www.nfk.no](http://www.nfk.no)

Nordland fylkeskommune

- [www.helsedirektoratet.no](http://www.helsedirektoratet.no)

Halkan waxa aad ka helaysaa taaloyin norwiijiyeed oo cuntada iyo jimicsiga ku saabsan, waxa intaa dheer khariirado kala duwan iyo qalabka lagu isticmaalo barnehage(xanaanada caruurta), dugsi, SFO iwm.

- [www.frukt.no](http://www.frukt.no)

Xafiiska warbixinta ee khudradda cagaaran iyo khudradda: Halkan waxa aad ka helaysaa qoraalo wanaagsan oo cunto karista ah oo khudradda cagaaran iyo khudradda kaleba la socdaan, waxa kale oo aad ka helaysaa warbixin ku saabsan caafimaadka iyo cuntada, iyo bogag gaar ah oo loogu talo galay barnehager(xanaanooyinka caruurta)

- [www.fiskesprell.no](http://www.fiskesprell.no)

Halkan waxa aad ka helaysaa warbixin ku saabsan Fiskesprell, qalabka koorsada iyo qoraalo cunto oo ku soo jiidanaaya.

- [www.matportalen.no](http://www.matportalen.no)

Halkan waxa aad ka helaysaa warbixin ku saabsan, cuntada wanaagsan ee caafimaadka u wanaagsan ee ay soo diyaarisay haayadaha dawliga ahi.