

Carruurta:

▲ **Marka ay dhashaan: Naaska sii** canuggaaga. Caanaha naaska ayaa aad ugu fiican! Haddii aad siisid caanaha la qaso, marwalba sii kuwa ay ku jirto macdanta **ayronka (iron)**. Illaa iyo hal san sug si aad canuggaaga u siisid caanaha lo'da.



▲ **Marka ay yihiin 4 illaa 6 bilood:** Ku bilaw **siriyalka macdanta ayronka (iron)** leh, faruutka iyo khudrada la shiiday. Ku wad inaad canuggaaga siisid siriyalka inta uu ka gaarayo sannad jir. Waxaad isugu qasi kartaa siriyal faruuto iyo casiir haddii uu canuggaaga ka daalo. Sidoo kale buskut ayaad ka samayn kartaa siriyalka!

▲ **Marka ay yihiin 7 illaa 8 bilood:** Ku bilaw canuggaaga **hilib** ama digir la shiiday. Haddii aad isticmaashid hilibyada carruurta loogu tala galay, soo gado nooca saafiga ah oo aan khudrada, bariiska ama baastada ku qasnayn. Waxaad kaloo u dubi kartaa hilib shiidan oo aad u shiidi kartaa. Sii canuggaaga **fitamiin siida (vitamic C) khudrad**, ama **casiirka faruutka** laga sameeyo ugu yaraan mar maalintii. Qoraalkan ayaad ka helaysaa fikradoo dhowr ah.

Carruurta iyo dadka waaweyn:

▲ **Cuna cunta ay ku jirto macdanta ayronka (iron)** maalin walba. Eeg liiska qoraalkan ku jirasi aad fikarad uga heshid. Siriyalka qalalanee WIC waa cunno fudud oo aad ugu fiican carruurtaada!

▲ **Aad u cuna cuntada ay ku jirto fiitamiinka siida (vitamin C)** marka aad cunaysid cunnada ay ku badan tahay macdanta ayronka (iron). Eeg liiska cunnada ee qoraalkan yaal.

▲ **Caba caanaha, casiirka ama biyo** marka aad cunnada cunaysiin. Qaxwada iyo shaaha waxay yareeyaan ayronka aad cunnada ka heshid. Haddii aad qaxwada ama shaaha cabtid, waxaad cabta inta u dhaxaysa cunnada.

Haddii aad uur leedahay, hubi inaad qaadatao **fitamiinada** loogu talagalay qofka uurka leh. Waxaad ka helaysaa **ayron (iron)** siyaado ah. Haddii uu ayronka kuugu yar yahay waxaad takhtarkaada waydiisaa inaad qaado karto kaniinka ayronka (iron).

Haddii ayrunku (iron) ku yar yahay canuggaaga, takhtarka ayaa siin kara gojjooyin **iron** ah. Ka taxadir inta aad ka siinaysid gojjada ayronka, yacni ha ku badanin.



Tusaalaha Cuntada	
Maalin dhan ee cuntada ay ku badan tahay feerrada oo aad wada qaadataan adiga iyo canuggaaga	
<p>Quraac</p>	Siriyaal ay ku jidho Khudrad, faakihaat caano casiirka oranjka roodhiga la kuleeyey
<p>Cunto Fudud</p>	biskutyo oo la mariyey looska shiidan Khudrad, faakihaat
<p>Qado</p>	fuul roodhi ansalaato yaanyo caano
<p>Cunto Fudud</p>	saanwijka tuunada roodhi, furin tuunada casiir
<p>Casho</p>	digaag, dooro bariis borookoli Khudrad, faakihaat caano

Digniin : Carruurta ka fogee dhammaan kaniinka ama gojjooyinka feerrada ah. Feerrada badan ee kaniinka ama gojjooyinka waxaa ay sumayn karaan canuggaaga. 10 gojo oo feerrada ah oo kaliya ayaa canug yar dili karta.

Ayronka (Iron) dhiiga xoojiya



Hadafkaygu waa sidatan: _____

Adiga iyo carruurtaada waxaad u baahan tiihin macdanta ayronka (iron)

Maxaan ugu baahanahay macdanta ayronka (iron)?

Ayronka waxaad ugu baahan tahay inuu dhiigaaga xoojiyo. Haddii uu dhiigaaga ku yar yahay ayronka, waxaa kugu dhacaya dhiig yari (anemia). Dhiig yarida (anemia) waxay adig iyo canuggaaga idinka dhigtaa:

- ▲ In midibkiina is beddelo, aad daal, daciifnimo iyo caro badan darentaa.
- ▲ In cuntada aad ka go'daan.
- ▲ In aadan si fiican u korin.
- ▲ In aad madax xanuun iyo cudurrada si fudud u qaaddaan.
- ▲ Dhibaato ku qabaa waxbarashada, iskuulka iyo shaqadana aan ku wanaagsanaan.



Haddii aad uur leedahay, canuggaaga waxaa laga yaabaa inuu dhaqsi iyo yaraan ku dhasho.

Sideen u heli karaa ayron (iron) aniga iyo carruurtaada nagu filan??

Ayronka was macdan cunnada qaarkood laga helo. Cunnada ayronka (iron) ku badan aad ayeey caafimaadkiina iyo dareenkiina guud ugu fiican tahay!



Cunnada caanaha laga suubiyo waa ay ku yar tahay ayronka (iron)!

Dhammaan cunnada caanaha laga suubiyo sida burcadda, caanaha ciirtooda, jalaatada waa ay ku yar tahay ayronka. Waa cunno fiican, waayo waxaa ku jirta kaalsiyum (calcium) oo u fiican lafaha iyo ilkaha. Balse caano badan dhiig yari (anemia) ayeey canuggaaga u keeni kartaa. Caanaha way dharjisaa ilmaha oo waxay ka hor istaagtaa cunnada ayronka leh. Waxa la suubiyo:

- ▲ Bar canuggaaga in koob isticmaalo marka uu lix bilood jiro. Kaddibna ka jooji in **dhalada aad siiso canugaaga** marka uu gaaro sanad. Ilmaha badankood oo sanad ka badan isticmaala dhalada waxay cabaan caano badan. Baahi ma qabato waqtiga cunnada.
- ▲ Sannad guurada koowaad kaddib marka uu dhashay canuggaaga, 4 illaa iyo 6 goor oo aad siiso caano yar maalintii ayaa ku filan. Aan ka badnayn 24 auns (ounces) (710 milliliters) oo caano maalinwalba.

Cunnada Ayronka (Iron) leh

Waxaad doorataa cunnadan ayronka leh:

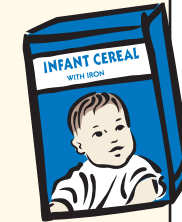
Waxaa aad ugu fiican

- ▲ Hilibka lo'da
- ▲ Hilibka lo'da iyo beerka digaagga
- ▲ Noocyada digirta la kariyo (pinto, garbanzo, kidney, lima, black, lentils)
- ▲ Digirta la kariyo oo wata hilibka caddiinta ku yar
- ▲ Nooca kallluunka oyster la yiraah oo la kariyo
- ▲ Dhammaan noocyada siriyalka ee WIC
- ▲ siriyalka kale ee ayronka wata (iska akhri)
- ▲ siriyalka carruurta oo ayronka leh



Waxaa u fiican

- ▲ digaaga iyo turkiga (turkey)
- ▲ kalluunka, kalluunka gasacadaysan, sharimbiga (shrimp), kalamka (clams)
- ▲ toofuga (tofu)
- ▲ galleyda (sabuulka) ama waxyaabaha laga suubiyo burka galleyda (iska akhri)
- ▲ bariiska ama baastada, (iska akhri)
- ▲ roodhiga (iska akhri)
- ▲ dhammaan khudradda caleemaha leh sida (isbiinishka, kabsarta iwm)
- ▲ casiirka faruutka loo yaqaan baruun (prune) iyo faruutka la qalajiyo



Carruurta qaarkood waxay aleerjik u noqon karaan qaansiirka, kalluunka ama caman.

Tusaalooyin Ayronka (Iron) la xiriira

Waxaad cunnada ayronka leh ku cuntaa fitamiinka siida (C):

Fitamiinka siida C waxaa uu jirkaaga ka caawiyaa isticmaalka ayronka. Kula cun marka aad cunaysid cunnada ayronka leh ama iskula kari. Tusaale ahaan:

- ▲ Quraacda ku cab koob casiirka oranjka ah
- ▲ Yaanyo ku kari digirta
- ▲ Yaanyo iyo khudrad isku qasan (salsa) ku cun taakaha (taco)
- ▲ Ku sii canuggaaga siriyalka casiir ama faruuto

Cunnada qaarkood ay ku badan tahay **fitamiinka siida (c)** waxaa ka mid ah:

- ▲ Khudradda — bataatiga, yaanyada, barookoliga, kaabajka iyo barbarooniga
- ▲ Faruutada — oranjka, cambaha, babayga, liinta, kataluubka (cantaloupe) iyo faraagolada
- ▲ Casiirka — oranjka, isbarmuutada, yaanyada, liinta iyo dhammaan casiirka WIC



Carruurta qaarkood aleerjiya ayeey ka qaadi karaan yaanyada, oranjka, isbarmuutada iyo faragolada.

Fikrado kale...

- ▲ **Hilib yar ku dar cunnada kale.** Tani waxay ka kaalmaysaa in jirku isticmaalo ayronka cunnada kale ku jirta. Xoogaa yar hilib ah aad ayeey caafimaadka ugu fiican tahay. Isku day inaad hilibka ay caddiinta ku yar tahay!
- ▲ Ku kari cunnada digsiyada birta (iron) ay ka sameysan tahay. Cunnada lagu suubiyo weelasha macdanta ah waxaa ay macdan ku siyaadisaa cunnada.
- ▲ **Biyo qabow ku shub** digirta dhowr saacadood inta aadan Karin. **Ka daadi** kaddibna isticmaal biyo cusub. Marka aad sidaa yeeshid, jirkaaga waxaa uu isticmaalaya ayronka ku jira digirta.



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P R I N T I N G S P E C I F I C A T I O N S

Title: Iron for Strong Blood

Size: 16.5 x 9

Paper stock: 60# text Sterling gloss white

Ink color: 4-color process

Special instructions: Prints 2 sides. Cover bleeds. Finished job folds to 5.5 x 9

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