

Codsiga Iskubadelka Caanaha – Daryeelka Qofkaweyn

**Magaca Ka Qeybgalaha Qofkaqeyna:**

**Codsiga iskubadelka caanaha:**

Haddii ka qeybqaate qofweyna aanu cabi karin caanaha lo'da iyadooy ugu wacan tahay baahi caafimaad ama cunto lakiin **aanu** lahayn naafo caafimaad, adiga ama xarunta daryeelka dadka waaweyn aayaa dooran karta inay siiso mid ka mida badelka caanaha la ansixiyey ama badel caano kale oo macquula, iyadooy codsiga ku saleysan tahay.

Aqoonso sababata ka qeybqaatuhu ugu baahan yahay badelka caanaha:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Wakhtigan, kaliya lix nooc oo caano badela ah ayaa laha helayaa Washington waa nafaqo u dhigantanta waxaana la siin karaa badelkii kuwa saca.

* 8th Continent Soymilk - Original iyo Vanilla
* Silk Soymilk - Orojinaal
* Great Value Soymilk - Original ee Wal-Mart (kaliya daboolka cas)
* Kirkland Organic Soy - Original (32-oz khaanada)
* Pacific Foods Ultra Soy - Orajinaal (32-oz or 8-oz khaanad)
* Caano orajinaala oo Bilaasha (32-oz or 8-oz), Chocolate (8-oz) ama Vanilla (8-oz)

Caanaha kale ee tayada wanaagsan looguna badeli karo kuwa saca waa kuwa asiidha leh, caanaha kale, caanaha subaga leh (ganacsi loogu talogalay), caanaha riyaha, caano fadhi, caano bilaa subaga (sida lactaid), iyo caano nafaqo leh. **Ogow: bilaa baruur ama 1% caano waa la siiyaa.**

Adoo dhameystirayaa macluumaadka hoose, ka qeybqaataha qofkaweyn waxa la siin karaa mid ka mida badelka caanaha ama caano kale sida kor lagu sheegay ee ay bixisay xarunta (haddii xarunto doorato), ama adigu bixisid.

[ ] Waxaan codsanayaa in ka qeybqaataha la siiyo caano wanaagsan oo ay bixiso xarunta daryeelka dadka waaweyn sida sare lagu sharxay cuntooyinka u baahan caanaha.

[ ] Waxaan bixin doonaa cunto ama caano wanaagsan si loo siiyo ka qeybqaaraha qofka weyna sida sare lagu sharxay cuntooyinka u baahan caanaha:

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Magaca cunto ama caano wanaagsan oo badela)

Saxeexa Xubinta Qoyska/Masuulka: Taariikhda:

OSPI/Child Nutrition Services Maarij 2021