

Hagaha Cuntada Ilmaha

Wax Cunid Farxad leh oo Qoyska oo Dhan ah!



Ruokakasvatusyhdistys
RUUKKU



SYDÄNLIITTO

neuvokas
perhe



Euroopan unionin
osarahoittama



Qorayaasha iyo asalka hagaha

Tilmaamahan waxay ku salaysan yihiin talooyinka nafaqada ee qoysaska carruurta leh ee ay soo saartay Golaha Qaranka Nafaqada ee Finland (VRN).

Hagahan waxaa soo saaray Ururka Kabcinta Waxbarashada Cuntada ee Ruukku iyo Ururka Wadnaha ee Finland iyadoo qayb ka ah mashruuca “**Farxadda Cuntada ee Qof Walba!**” sannadkii 2022, iyadoo maalgelin laga helay deeqda horumarinta caafimaadka ee Wasaaradda Arrimaha Bulshada iyo Caafimaadka (STM).

Hagaha waa la cusboonaysiiyay waxaana loo turjumay luqado kala duwan isagoo qayb ka ah mashruuca **Niitty 2 – Si wadajir ah loogu taageerayo nolol maalmeed wanaagsan qoysaska soo-galootiga ah** (2023–2026).

Niitty 2 waa mashruuc ay qayb ahaan maalgeliso Midowga Yurub, waxaana fuliya Jaamacadda Cilmiga Farsamada ee Tampere (TAMK), Gobolka Adeegyada Daryeelka iyo Caafimaadka ee Pirkanmaa, iyo Magaalada Tampere.

Kuvat: VRN ja Canva, sivull Sawirrada: Golaha Qaranka Nafaqada ee Finland (VRN) iyo Canva, bogga 12-aadna: M365 a 12 M365 Copilot

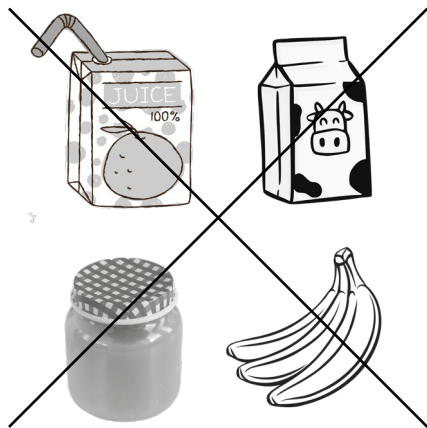


Tilmaamaha isticmaalka:
Buugga hagaha waxaad ka wadaagi kartaa bogag gaar ah macaamiisha, iyadoo loo eegayo da'da ilmaha!





Naasnuuji ama sii caanaha dhallaanka mar kasta oo ilmuhu gaajaysan yahay.



Caanuhu waa cuntada kaliya ee ilmaha. Ilmuhu weli ma cuni karo cuntooyin adag.



Sii ilmahaaga fitamiin D.

Ilmaha 4–6 bilood ah

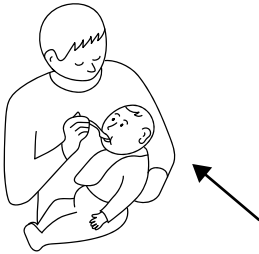
4



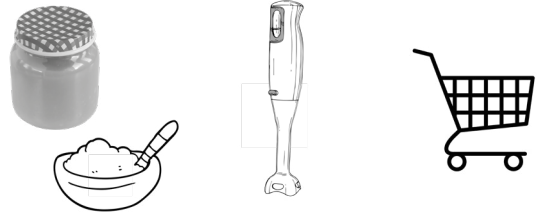
Naasnuuji ama sii caanaha dhallaanka mar kasta oo ilmuhu gaajaysan yahay.

Ilmuhu wuxuu bilaabi karaa inuu dhadhamiyo xaddiyo kookooban oo cunto ah.

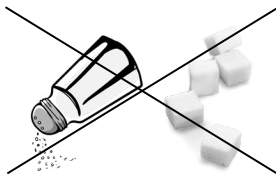
Dhadhamintu weli ma aha lagama maarmaan da'dan.



- Ilmuhu waxa uu bilaabi karaa cunista cuntada marka:
- ilmuhu uu madaxa kor u hayn karo
- ilmuhu uu eego cuntada
- ilmuhu uu doono inuu dhadhamiyo



Cuntooyin shiidan "purées" ayaad ku diyaarin kartaa guriga ama waxa aad kasoo iibsan kartaa dukaanka.



Lama ogola milix, sonkor, ama malab.



Sii ilmahaaga fitamiin D.

Laga bilaabo 4 bilood:



Khudaarta

Beeriga
"Berries"

Miraha

Laga bilaabo 5 bilood:



Boorash (boorash,
qamadi, shaciir,
millet, heedda
madaw "buckwheat")

Kalluunka
Digaag
Hilib
Ukun

Baby 6-8 months

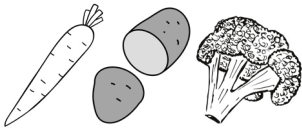
5



Naasnuuji ama sii caanaha dhallaanka mar kasta oo ilmuhu gaajaysan yahay.



Marka uu jiro 6 bilood, ilmuhu waxa uu u baahan yahay wax ka badan caano kaliya.



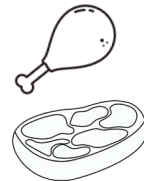
Khudaarta



Baasto, nuudhaliska "noodles", bariis, rooti



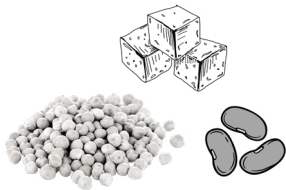
Kalluunka



Digaag, hilib



Ukun



Digir, jajab "lentils", atar, tofu



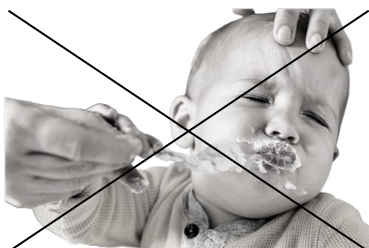
Miraha



Beeriga "Berries"



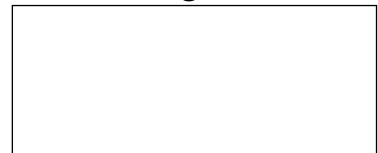
Subagga lawska, lowska la shiiday



Haddii ilmuhu aanu rabin inuu wax cuno, ha ku qasbin.

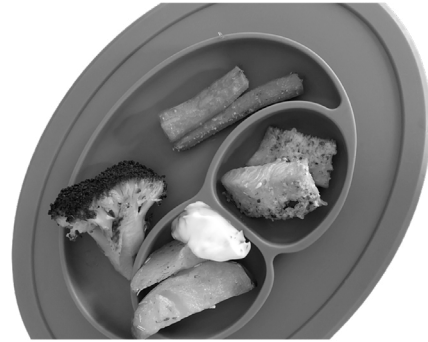
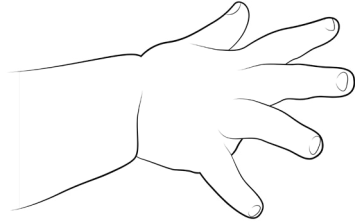


Sii ilmahaaga fitamiin D.



Cunto-barashada uu ilmuhu hogaamiyo (laga bilaabo 6 bilood)

6



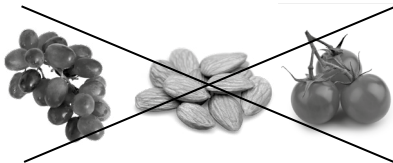
Ilmuhu waxa uu cuntada ku
sahamiyaa oo uu ku cunaa
gacmahiisa.



Ilmuhu waa uu is wasakheeyaa.

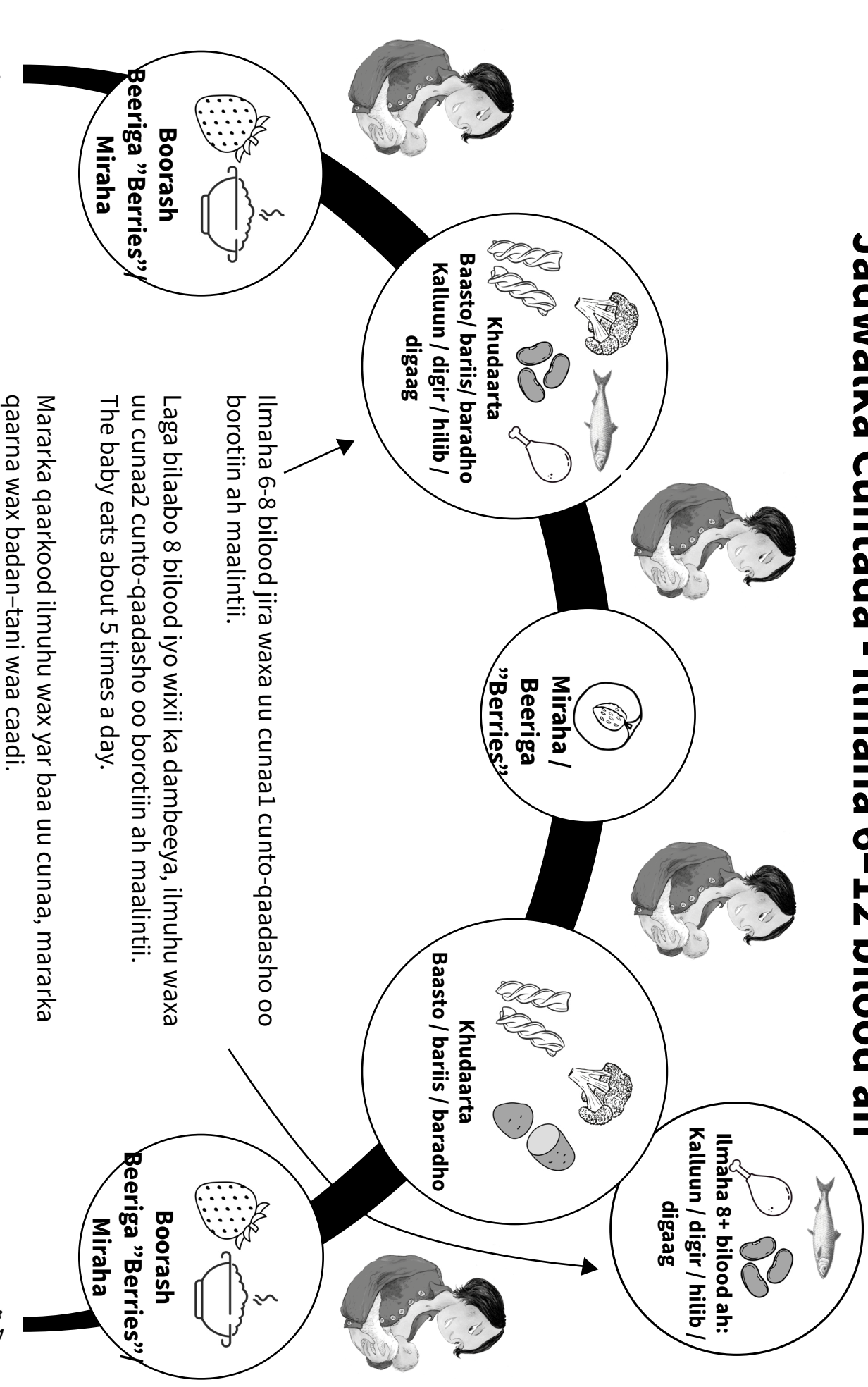


Ilmuhu waxa uu ku fadhiistaa kursi dheer
marka uu wax cunayo.



Kaliya sii cuntooyinka jilicsan.
Lama ogola cuntooyin adag ama
wareegsan – waxay noqon karaan halis
keeni karta margasho.
Ilmuhu waxa uu cuntada ku sahamiyaa
oo uu ku cunaa gacmahiisa.

Jadwalka Cuntada - Ilmaha 6–12 bilood ah

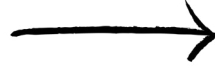


Ilmaha 8-12 bilood ah

8



Cuntada koowaad,



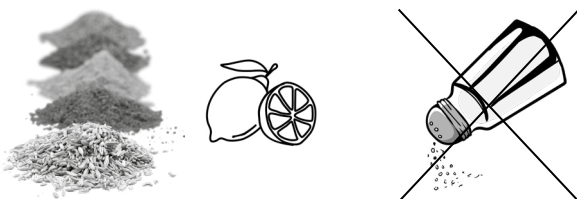
ka dibna naasnuujinta / caanaha dhallaanka.



Sii ilmaha cuntooyin cusub.
Ilmuhu maaha inuu wax walba cuno.



Adeegso qaaddo.



Waxaad adeegsan kartaa xawaash.
Milix lama ogola.



Sii ilmahaaga fitamiin D.



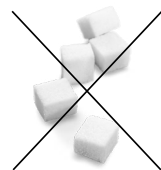
Ilmaha 10+ bilood ah



Yoogar (laga sameeyay
caanaha lo'da, soy, boorash,
ama laws "almond")



Quark, caano dhanaan (viili)



Milix lama ogola.

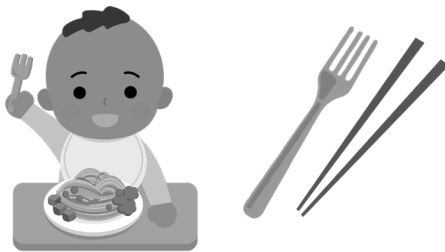
Ilmaha 1 sano iyo wixii ka weyn ah

9

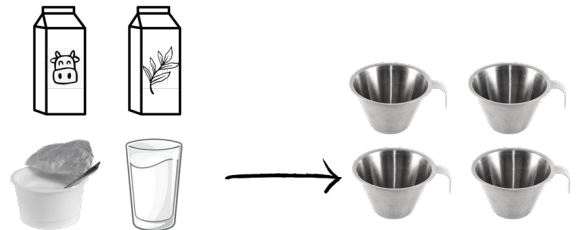


Ilmuhu waxa uu cunaa cunto la mid ah ta goyska intiisa kale ay cunaan.

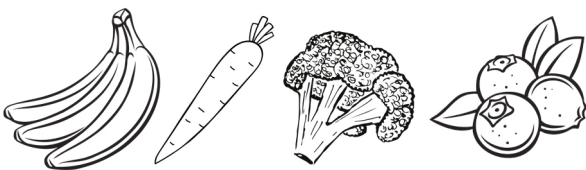
Ilmuhu umabaahna caano ama cunto habeenkii



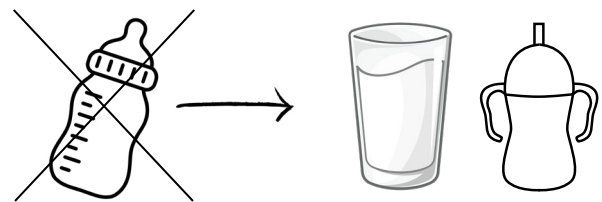
Ilmuhu waxa uu ku tababartaa wax ku cunista maacuunta



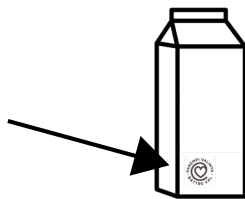
Wadar ah 4 dl (400 ml) maalintii oo ah waxyaabaha caanaha laga sameeyo ama beddelkooda dhirta laga sameeyo ee la xoojiyay (oo lehkaalshiyum, fitamiin D, fitamiin B12, iyo ayoodhiin)
Caanaha lo'da, caanaha soy, caano boorash, caano dhanaan, yoogar, quark



Ilmuhu waxa uu cunaa khudaar cusub
Sii khudaar 5 jeer maalintii



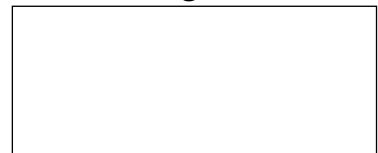
Ilmaha 1 jirka ah uma baahna masaasad.



Astaanta Wadnaha macnaheedu waa cuntadu waa caafimaad qabtaa



Sii ilmahaaga fitamiin D.



Khudaarta loogu talagalay carruurta ka yar hal sano

10

Khudaarta Xididka



Baradhada
Peruna



Karootada
Porkkana



Baradho macaan
Bataatti



Celeriac
Juuriselleri



Rutabaga (iswidhish)
Lanttu



Kaarootaha cad
Palsternakka

Beeriga "Berries"



Istarawberi
Mansikka



Lingonberi
Puolukka



Buluuberi
Mustikka



Rasberi
Vadelma



Currants
Herukat



Guusberi
Karviainen

Miraha



Muuska
Banaani



Tufaax
Omena



Persimmon
Persimon



Liinta
Appelsiini



Liin baydariin
"Mandarin"
Mandariini



Liin bambeelo
"Pomelo"
Pomelo



Cambe laf
Mango



Shammaam
Hunajameloni



Qaraha
Vesimeloni



Kiwi
Kiivi



Cananaaska
Ananas



Cambaruudka
Päärynä



Liin-madaw
"Plum"
Luumu



Khuukh
Persikka



Canabka
Viinirypäle



Fig
Viikuna



Rummaanka
Granaattimena



Afakaadho
Avokado

Khudaarta



Qajaar
Kurkku



Basbaaska aan
kululeyn
"Bell pepper"
Paprika



Tamaandho
Tomaatti



Brussels
sprouts
Ruusukaali



Kaabash cad
Valkokaali



Kaabashka cad
"Cauliflower"
Kukkakaali



Barokooli
Parsakaali



Zucchini
(qajaar)
Kesäkurpitsa



Asparagus
Parsa



Digirta cagaaran
Vihreä papu



Atar
Herne



Baadanjaan
"Eggplant"
Munakoiso



Basasha
Sipuli



Basal-baar
Purjo



Toonta
Valkosipuli

Ilmaha 5+ bilood ah

Badarka loo diyaariyo boorash ama cunto la shiiday

Boorash karsan
Boorashka shaciirta
Boorashka bariiska
Boorashka heedda "spelt"
Boorashka qamadiga

Ukun

Ukun la kariyey
Ukun la shiilay iyada oo aan la qasin "Omlette"

Hilib

Minced meat and whole cuts
(digaagga, doofaarka, hilibka lo'da, hilibka adhiga, hilibka ugaarta)

Sausages ka iyo hilibka la googooyey ee qabaw uma haboona carruurta.

Kalluunka

salmon
Kalluunka Alaska pollock
Kalluunka perch
Kalluunka pike perch
Kalluunka vendace
Kalluun cad

Sii kalluun aan lafo lahayn, si buuxda loo kariyey, oo aan milix lahayn.

Doorbida uuminta, karkarinta, iyo foornada dubista marka aad wax karinaysid.

Ilmaha 6+ bilood ah

Badarka loo bixiyo cunto gacanta lagu cuno

baasto
nuudhalis "noodles"
bariis, shaciir
quinoa
Rooti (milix yar leh)

Faasuuliyaha

atar
jajabka "lentil"
shumburo
Digir Fava
Digirta madow
Digirta cad
tofu (saafi ah)

Xawaashka la Qalajiyey

Sanjabiil (sidoo kale frexh)
Huruud
Duquska babriika
Cumin
Basbaaska
Xawaash qallalan
Qorfaha ceylon
Haylka
Qoronfolka

Lowska

oo loo bixiyo bur lows ah ama subag lows ah (sida lawska dhulka, kaashuu, walnut iyo pecan).

Xawaashaynta "seasoning" waa la ogol yahay! Iska ilaali waxyaabaha lagu macaaneeyo sida malab, milix, sonkor, xawaash daray ah, iyo qorfaha cassia.

Ilmaha 10+ bilood ah

Caanaha iyo waxyaabaha caanaha laga sameeyo (oo ay ku jiraan beddelka dhirta ku salaysan)

yoogur
jiis qark ah
caano dhanaan (viili)
caano dhanaan (piimä)
Jiis cottage ah
oat"yogurt"
soija"jugurtti"

Dooro waxyaabaha ka sameysan caanaha caadiga ah iyo kuwa duxdu ku yar tahay ama aan dux lahayn.

Caanaha naaska ama caanaha dhallaanku waxay ilmaha siiyaan dux tayo sare leh.

Looma baahna in lagu daro dux dheeraad ah cuntada, laakiin haddii loo baahdo, adeegso saliidda canola ama rapeseed.

Cuntooyinka aan ku habboonayn carruurta ka yar hal sano

Ha siin malab ama sonkor carruurta ka yar hal sano.

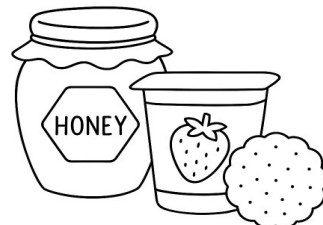
Cuntooyinkan waxaa ku jira sonkor:

Casiirrada

Maraqyada miraha (fruit soups)

Yoogurrada iyo pudding-yada dhadhanka leh

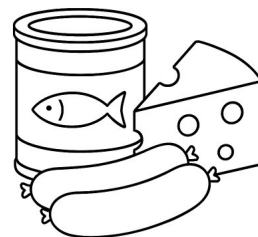
Buskudka iyo macmacaanka la dubay (keegag iyo pastries)



Ha siin cusbo carruurta ka yar hal sano.

Cuntooyinkan waxaa ku jira cusbo:

- Hilibka warshadaysan sida sausages-ka iyo hilibka la jarjaray ee diyaarsan
- Cuntooyinka qasacadaysan, tusaale ahaan tuna
- Rootiga iyo waxyaabaha la dubay
- Cuntooyinka diyaar ahaan loo sameeyey
- Jiiska



Ka reeban: Jiiska cottage-ka iyo rootiga aan cusbada lahayn ama cusbadu ku yar tahay waxaa dhallaanka la siin karaa marmar, laakiin ma aha maalin kasta.

Cuntooyin kale oo aan la siin karin carruurta ka yar hal sano:

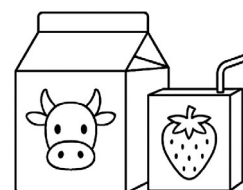
- Sushi iyo caleenta badda (seaweed)
- Kalluun iyo hilib cayriin ah
- Beerka (liver)
- Khudaarta ay ku badan yihiin nitrates-ku (sida beetroot, isbinaajka iyo celery-ga)
- Abuurka (seeds)
- Miraha berry-ga ee la qaboojiyey ee dibadda laga keenay oo aan la kululeyn
- Qorfaha nooca cassia (cassia cinnamon)



Carruurta ka yar hal sano waa in aan la siin cabitaannadan:

- Casiir
- Qaxwo, shaah iyo kookaha (cocoa)
- Cabitaanka bariiska (rice drink), cabitaanka oat-ka, iyo cabitaanka soy-ga
- Caanaha lo'da

Dhallaanku wuxuu cabbaa caanaha naaska ama caanaha carruurta (infant formula). Marka uu bilaabo cunista cunto adag, waxaa sidoo kale la siin karaa qadar yar oo biyo ah inta lagu jiro cuntada.



Macluumaad dheeraad ah oo lagu kalsoonaan karo oo ku saabsan nafaqada /More information on the Finnish Food Authority's website: <https://www.ruokavirasto.fi/elintarvikkeet/ohjeita-kuluttajille/turvallisen-kayton-ohjeet/>