



# Caano fadhiga

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- Caano fadhiga waa caano leysku darey (dhamaan, laga yareeyey dufunta, kuyar dufunta ama dufun laawe) iyo kareem lagu qamiiriyey bakteeriyada lactic-acid.
- Macaan (tusaale ahaan, sonkor, malab, aspartame, sonkor aan kalori laheyn) dhadhanka (tusaale ahaan, vanilla iyo qaxwada) iyo maadoyin kale ( tusaale ahaan miro, casiiil, fadhiga sida jelatin) waa lagu dari karaa.

## Faaidooyinka lactose

- Caano fadhi badan ayaa waxaa ku jira tiro yar oo lactose markii loo barbardhigo caanaha. Makii caano fadhiga qaamiro qaar kamid lactoska ( sonkorta caanaha) wuxuu isku bedelaa lactic acid. Muhiimada, cano fadhiga markuu abuurmayo waxey ka bilaabataa inuu sameeyo qamiirka lactase, kaas oo dheef shied ku sameeyo lactoska.
- Xaalada caano fadhiga yara- adag xataa waxey gacan ka geesaneysaa cadeynta ka maqnaashaha lactose.

## Faaidada

- Sida cuntooyinka kale ee caanaha laga sameeyo. Caano fadhiga waxaa laga helaa protein, calcium, vitamin iyo macdamo kale.
- Yogurt with active cultures may aid digestion, ease diarrhea, boost immunity, fight infection and protect against cancer. (These specific health benefits depend on the strain and viability of the culture in yogurt. This is why it is important to choose yogurt with a seal indicating it contains live, active



### Fiiri nafaqada caano fadhiga

Cunto: 1 koob (8 oz.)	Kaloori (Kcal)	Baruur (g)	Protein (g)	Calcium (mg)
<b>Caano fadhi</b>				
Caano, maran	150	8.0	8.5	296
Kuyar baruurta, maran	155	4.0	11	448
Kuyar baruurta, vanilla	208	3.0	11	419
Kuyar baruurta, miro	238	3.0	11	384
Baruur laawe, maran	137	0.4	14	488
<b>Caano</b>				
Caano oo dhan	149	8.0	8	276
2% caano	122	5.0	8	293
1% caano	102	2.5	8	305
Caanaha aan dufunta laheyn	83	0	8	299

Ilaha: xogheynta nafaqada ee USDA ee heerka tixraaca, 2013

## Keedinta iyo khabashada caano fadhiga

- Caano fadhiga waa in lagu keediyaa weel xiren kuna jira talaajada ah 40 °F si ay u dhowrto tayada. Caano fadhiga badigooda laheyn karaa labbo toddobaad. Tixraac qoraanka la ogol yahay “isticmaalka” tariikhda. Barafka lama ogola in laga dhigo wax yaabaha caana laga sameeye oo qamiirsan.



## Fikrada macaanka caano fadhiga!

- Korka kasaar miro cusub caano fadhiga.
- Same miiro daarasho adigoo ku daraya xogga vanillada limo caano fadhi.
- Ku caano fadhiga baruurta ku yar mayoneeska indaa ku darsato toonada, ukunta iyo bataato salad.
- Same daarashadadii aad jecleyd isku qas caano fadhiga baruur yare baddelkii kareemka dhanaan inaad kordhiso nafaqada iyo dhadhanka.

## Cabitaan

Sameeyso cabitaankadii. Qeyb walba hal ka qaado.



½ koob oo cabitaan aad dooratey	½ koob (4oz.) caano fadhi aad dooratey	1 ½ koob miraha qaboob ee aad dooratey*
Casiirka oranjada	Maran, vanilla ama dhadhan miro	Barriers
Asiirka cananaaska	Aan baruur laheyn ama baruurta ku yar	Cananaas
Caanaha baruurta ku yar		Peaches

**Tilmaamaha:** kushub cabitaanka caano fadhiga iyo miraha barafeysan makiinada. Dabool kadib shiid xawaaraha ugu sareeyo ilaa 30 ilbiriqsi. Isla markiiba isticmaal. Ka same labo, 8oz markiiba

\* haddii aad doorato miro cusub ama miro qasacadeesan, ku dar baraf.

Kala duwanaan, kudar vanilla ama qumbe, cocoa budo ah. Lowska shiidan ama wax walba aad adigu jecshahey. Cabitaanka adkaasha hiisa kudar moos ama baraf iyo isticmaal cabitaan yar.

### Cabitaanka pina colada

- ½ koob caano
- ½ koob vanilla caano fadhi baruur laawe
- 1½ koob doodiisa cananaaska qaboojiyay
- 1 qaadada yar oo vanilla
- 1 qaadada yar oo qumbe

**Tilmaamaha:** madooyinka oo dhan ku shub makiinada. Dabool ku shiid xawaare sare ilaa 30 ilbiriqsi. Markiiba isticmaal



### Moos – berry cabitaan

- ½ koob caano
- 1/2 koob vaniila caano fadhi baruur laawe
- 1 koob berry barafeysan oo isku jira
- 2 moos jar jaran

**Tilmaamaha:** madooyinka oo dhan ku shub makiinada. Dabool ku shied xawaare sare ilaa 30 ilbiriqsi. Markiiba isticmaal

Missouri Department of Health and Senior Services • WIC and Nutrition Services • [health.mo.gov/wic](http://health.mo.gov/wic)

Qaar kamid ah qalabka aay ku qoran tahay qoraalkaan waa la ansixiyey iyada oo ruqsi laga qaatey degmada St. Louis waxsoo saarka caano fadhiga warqadeena muaamiraadka. DHSS waa fursad siman/talaaboyin xoojin losheqeeye. Shaqada aay bixiso waxey ku saleesan tahay midab takoor la'aan, foomam kale ayaa dabacan dadka naafara ha adigoo la xirii raya Waaxda Caafimaadka ee Missouri iyo wax qabadka waa yelada 573-751-6204. Muwaadaniinta maqalka iyo araga ku yar wac 711. USDA waxey bixisaa fursad siman iyo shaqo.