

# Missouri WIC waxay bixisaa badar isku wada jira oo ay siisaa goysaska WIC.

*Ka dhig badarka aad cuntid nuskii badarka isku wada jira  
Waxaa jira noocyo badan*

## **WIC-Wey ogoshahay noocyada Badarka Isku wada jira:**

*(Eeg WIC Liistadeeda Raashinka ay Ogoshahay ee ku saabsan nooca badarka isku wada jira ee gaarka ah)*

- Siriyalka ah badar isku wada jira
- Rootida laga sameeyey badar isku wada jira ama qabadi isku wada jira
- Bariiska cowlan
- Tortiilada laga sameeyey qabadi iskuwada jira
- Tortiilada jilicdasan ee laga sameeyey xasiida

## **Cun in badan oo ah badar isku wada jira:**

- Dooro siriyalka ah badar isku wada jira, sida mushaari aad ku quraacato
- Diyaarso jeex rooti ah oo ka sameysan qabadi isku wada jira ood korka ka marisid lows cajiiman quraacda wey ku haboon tahay
- Isticmaal 100% rootida laga sameeyey qamadiga isku wada jira
- Calaali siriyalka laga sameeyey qabadinka isku wada jira si aad uga dhigatid cunto fudud wuuna ku dhargin doona
- Ka samee taakada ama buriitada qabadiga isku wada jira
- Ku dar bariiska cowlan cunooyinka la isku cajiimo ee la dubo, maraqa iyo salaadka
- Isticmaal bariiska cowlan maka aad karineysid bariis
- Isticmaal rootida yar ee kuusan ama rootida la burburiyey ee laga sameeyey badarka isku wada jira marka aad dubaysid maleyga ama digaaga

**Ka raadso dukaanka aad ka adeegatid badarka isku wada jira. Akhri wayaabaha raashinku ka kooban yahay ee liistada ku qoran ama fiiri shaabada badarka isku wada jira (laga yaabaa in aan laga wada helin dhamaan cuntooyinka laga sameeyey badarka isku wada jira). Fiiri kuwa:**

- Qabadi isku wada jira
- Isku wada jira (badarka magaciisa)
- Sareen isku wada jira ama mushaari
- Bariiska cowlan



Graphic courtesy ee Oldways iyo Whole Grains councils, [wholegrainscouncil.org](http://wholegrainscouncil.org)



Wey fududahay in lagu daro raashinkaaga badar isku wada jira:

### **Quraac:**

½ koob oo ah mushaari oo dusha lagaga darey miraha khudaarta ah

### **Qado:**

Laba jeex oo roori ah oo ka sameysan qabadi isku wada jira

### **Cunto fudud:**

Toortiilo laga sameeyey qabadi isku wada jira oo foormaajo lagu shiiley laguna darey tamaad iyo basal la jarjarey

### **Casho:**

½ koob oo ah bariis cowlan

[www.dhss.mo.gov/wic](http://www.dhss.mo.gov/wic)

Missouri  
**WIC**



# Cuntooyinka Haweenka iyo Caruurta

## Hilibka Digaaga oo yaryar oo la shiley

Buufinta ka ilaalisa in raashinku ku dhago digsig

1 lb. aan lafo lahayn, hilibka digaaga siiba inta shafka ku taala oo laga saarey maqaarka  
½ koob ah Italian nooca la yidhaa oon lahayn subag ama xawaasha lagu darsado salaadka  
oo ay ku jirto malab-ay ku jirto geedo jaale ah oo sida shigniga loo cuno  
4 koob heed falfaliidhan ah

1. Heer kul dhan 425F, kuna buufi walaxda lagaga ilaaliyo in raashinku ku dhago weelka ee khudaarta lowgu talo galey.
2. Digaaga u jar jar in le'eg 1 iinj wasladiiba.
3. Burburi siiriyalka, kuna shub weel ama bacaha cuntada lagu rido.
4. Ku dhex rid hilibka digaaga xawaashka gooshan; ka dibna siiriyalkii kuu burbursanaa dhex gali ilaa uu wada qabsado oo uu wada qariyo hilibka.
5. Ku rid weelka wax lagu dubo, Dub ilaa mudo dhan 10 daqiiqadood ama ilaa hilibka digaaga aanuu ka ahayn hareeraha casuus.

Ka dhig 4 jeer in la cuno.

*Intii hal mar la cunaaba waxaa ku jira 378 calories, 34 graamo oo ah borotiin, 38 graamo oo ah kaarboonhydarate, 10 graamo oo ah subag, 570 miligraam oo ah milix, 8 graamo oo ah wax dhirta laa helo oo caawisa caloosha.*

## Buskud Laga Sameeyey Mushaari Damcad Leh oo lagu Darey Lows Cajiiman

2 koob oo ah mushaari

2 ukun

½ koob oo ah sonkorta cowlan

½ koob oo ah sonkorta cad

⅓ koob oo ah maarjariin

1 koob oo ah lows cajiiman

⅓ tsp. woxoogaa hayl ah

¼ koob oo ah caano aan subag lahayn

1. Meesha wax lagu dubo sii kululee ilaa 400F.
2. Isku dar mushaari ah iyo ukun ku shub weel oo isku qas.
3. U kala qeybi laba weel oo kala duwan, ku qas sonkor cowlan, sonkor cad iyo maarjariin.
4. Ku dar mushaari iyo ukun sonkortii aad isku qastey. Ku dar lows cajiiman, hayl iyo caano. Isku laaq si taxadirle oo si fiican u qas.
5. Ku fidi wixii aad isku qastey maaqlada wax lagu dubo oo cabirkiisu dhan yaha 13 x 9 x 2-iinj.
6. Dub mudo dhan 30 daqiiqadood. Yara dhig si uu u qaboobo ka hor inta aanad googeeynin.

U googoo gobolo yar yar oo dhan 24 (halkii gobolba).

*Intii hal mar la cunaaba waxaa ku jira 137 calories, 4 graamo oo ah borotiin, 12 graamo oo ah kaarboonhydarate, 8 graamo oo ah subag, 180 miligraam oo ah milix, 4 graamo oo ah wax dhirta laa helo oo caawisa caloosha.*

Missouri  
**WIC**



Cunto karin caawimo leh ee Ururka Qaranka ee WIC