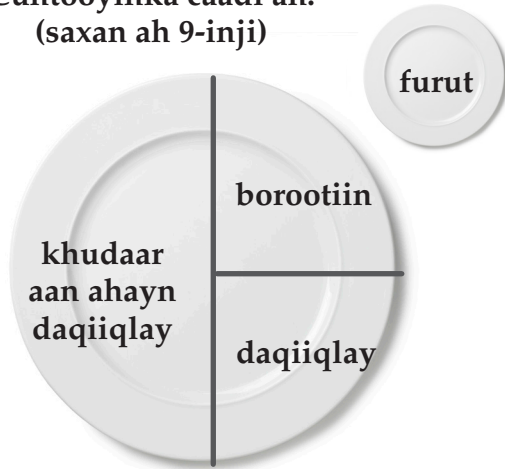


Sida Loo Qorsheeyo Cuntooyinkaaga Caadi ah iyo Kuwa Fudud

Marka aad qorsheynaysid cuntooyinkaaga caadiga ah iyo kuwa fudud, isku day inaad ku fikirtid sida uu u eekaan doono saxankaagu.

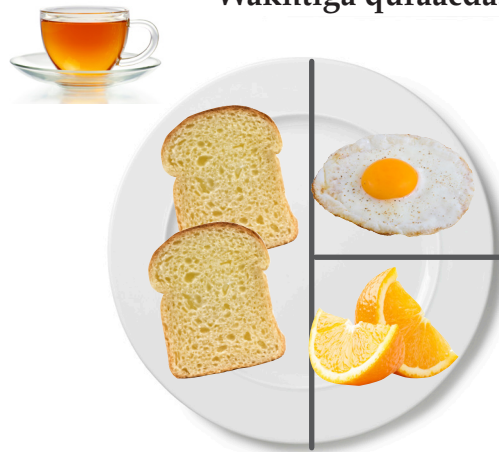
Cuntooyinka caadi ah:
(saxan ah 9-inji)



Cuntooyin fudud:



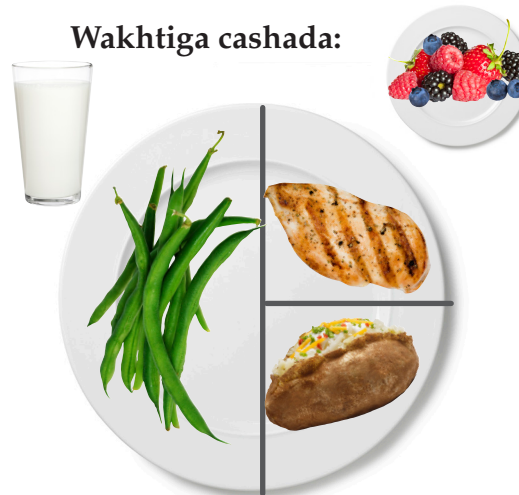
Wakhtiga quraacda:



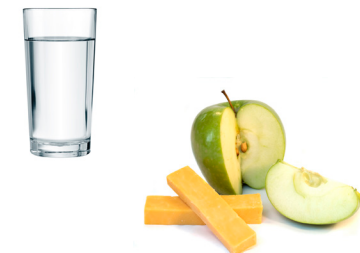
Wakhtiga qadada:



Wakhtiga cashada:



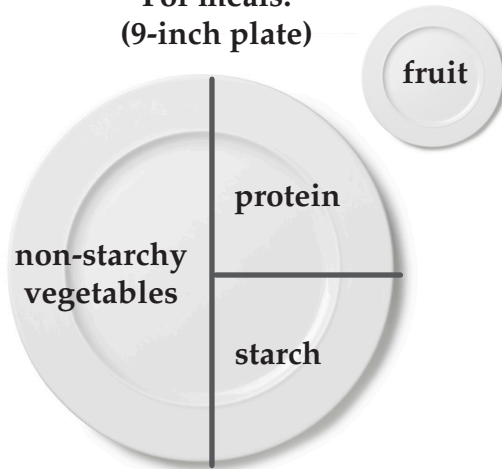
Cunto fudud:



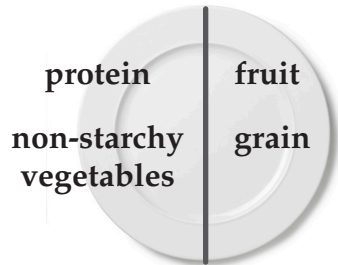
How to Plan Your Meals and Snacks

When you are planning your meals and snacks, try to think about what your plate should look like.

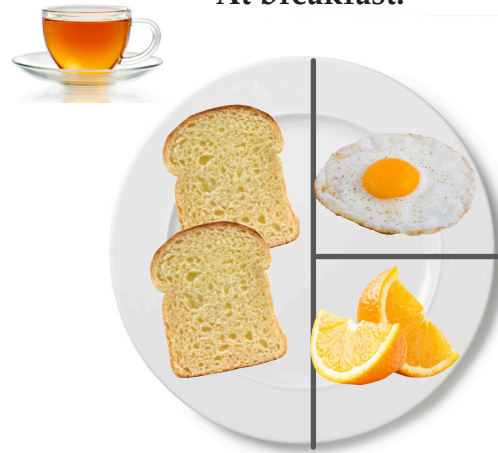
For meals:
(9-inch plate)



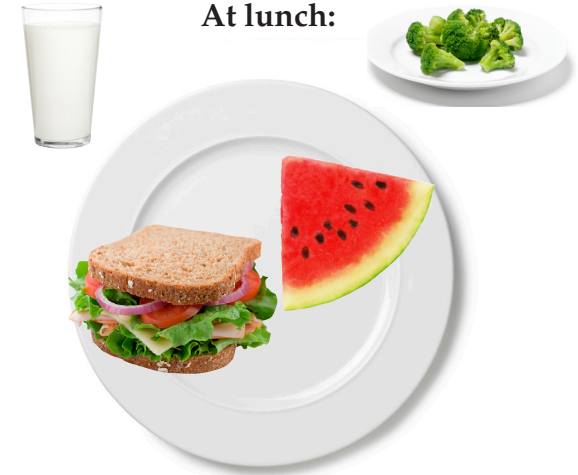
For snacks:



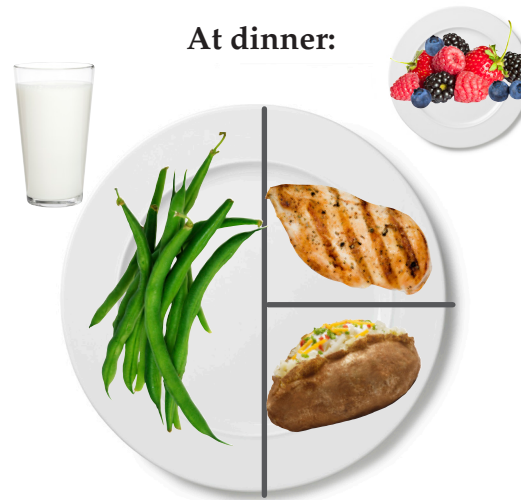
At breakfast:



At lunch:



At dinner:



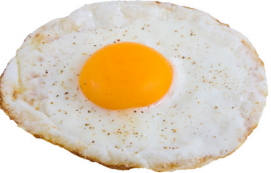






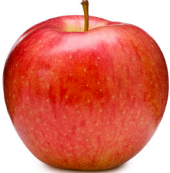












For a snack:



(over)

Shaxanka soo socda wuxu muujinayaa tusaalooyin cunto oo aad saaran kartid saxankaaga.

Borootiino	Furut	Khudaar aan ahayn daqiiqlay	Daqiiqlay
    	    	    	    

(over)

The following chart shows examples of foods to put on your plate.

Proteins	Fruits	Non-starchy Vegetables	Starches
