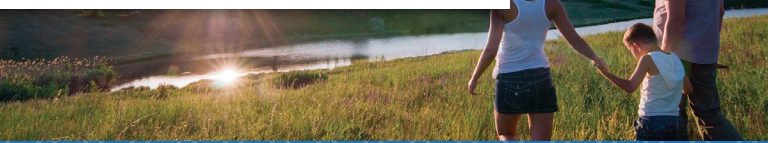


QAADASHADA CADAD BADAN:

FEETAMIIN D



Feetamiin D ayaa loogu baahanyahay dhisida lafo adag iyo inaad caafimaad hesho. Feetamiin D ga waxaa badanaa loogu yeeraa “feetamiinka iftiinka qoraxda” waayo waxaa laga helaa feetamiinka cadceeda qoraxda oo maqaar banaan kudhacda. Jirkeenu wuxuu udhisanyahay inuu feetamiin kahelo qoraxda.

MAAN KAHELI KARAA FEETAMIIN D IGUFILAN QORAXDA?

Minnesota dhexdeeda, qoraxdu maaha mid awood kufilan uleh samaynta feetamiin D ga jirkeenu ubaahanyahay! Sidoo kale, mahelno isla cadceedii qoraxda ee aan awal heli jirnay sabab laxariirta:

- Waxaan isticmaalnaa dahaarka maqaarka si aan kansarka maqaarka uga hortagno. Dahaarka qoraxda celiya ayaa kacelinaaya maqaarka inuu helo feetamiin D.
- Dadka qaar ayaa xirta dhar daboola inta badan maqaarkooda sanadkii oo dhan.

MAAN KAHELI KARAA FEETAMIIN D IGUFILAN CUNTADA?

Cuntooyin kooban ayaa laga helaa feetamiinka D. Inta badan dadka Ameerikaanka ah ma awoodan inay cunaan cuntooyin kufilan oo feetamiin D leh baahiyahooda cunto ee maalinkasta.

TALOOYINKA FEETAMIIN D

- **Saqiirada Naaska nuugaaya** - Caanaha naaska waxaa kujira xoogaa feetamiin D ah, laakiin cunugaagu cadad intaas kaban ayuu ubaahanyahay. Sii 400 IU oo feetamiinka D ah ilmaha naaska nuugaaya. Ubiloow islamarka uu dhashaba. Waydii dhakhtarkaaga sida aad usiinayso.
- **Saqiirada Cuntada ilmaha lasiiyo** - Feetamiin D ga qaar ayaa lagu daraa cuntooyinka ilmaha ee warshadaysan. Hase yeeshee, ilmaha ayaa ubaahan inay cunaan ugu yaraan 32 ounces o cuntooyinka ilmaha maalintiiba, si ay uhelaan feetamiin D kufilan. Ilmaha dhawaan dhasha uma baahna cuntooyinkaas badan ee caruurta. Waydii dhakhtarkaaga hadii cunugaagu ubaahanyahay cuntooyinka feetamiin D ga.

Amount Per Serving	% Daily Value	
	Children Under 4	Children Over 4 & Adults
Calories.....	10	
Total Carbohydrates.....	2 g	†
Vitamin A (as beta-carotene).....	3500 IU	140%70%
Vitamin C (as ascorbic acid).....	120 mg	300%200%
Vitamin D3 (as cholecalciferol).....	400 IU	100%100%
Vitamin E (as D-alpha tocopheryl succinate).....	30 IU	300%100%
Thiamine (Vitamin B1) (as thiamine mononitrate).....	mg	429%200%
Riboflavin (Vitamin B2).....	mg	429%200%

- **Caruurta** - Caruurta ayaa ubaahn 600 IU oo feetamiin D ah maalinkasta. Dhamaan caanaha lo'da ayaa ah ilo wanaagsan oo laga helo feetamiin D, laakiin ilmaha ayaa ubaahnaaya inuu cabo caano badan, waxkabadan inta caafimaadkiisa kuhaboon, si uu uhelo feetamiin D ga uu ubaahanyahay. Feetamiinada maalinkasta ee caruurta oo ay lasocdaan 400 IU ah ayaa loobaahanyahay si looga caawiyo inuu helo feetamiin D kufilan.
- **Dadka Waawayn** - Qaado feetamiinada badan si ay kaaga caawiyaan buuxinta baahidaada feetamiin D ga ee 600 IU ah maalinkasta. Hadaad uur leedahay, xaqiiji in feetamiinkaaga hooyada uu kujiro feetamiinka D.

MAXAAN UBAAHANAHAY INAAN KA OGAADO FEETAMIINKA D?

Saqiirada:

- Waydii dhakhtarkaaga in cunugaagu ubaahanyahay goojada feetamiin D.
- Dhibcaha feetamiinada badan ee uu kujiro feetamiin D ga ayaa laheli karaa ayadoon dhakhtar kuuqorin adoo kasoo gadan kara inta badan dukaanada daawooyinka ama farmashiyaasha. Si tartiib ah ucabir kuurada adoo isticmaalaaya tuubada daawada dhibcisa.
- Dhakhtarkaaga ayaa kusheegi kra in feetamiin D uu yahay kaliya daawada uu cunugaagu ubaahanyahay. Goojooyinka feetamiin D waxaad soogadan kartaa adoon lagu qorin. Waydii farmashiilahaaga si uu kaaga caawiyo daawada feetamiin D ga ee saqiirada.

➔ MA OGAYD? ◀

Marka dhakhtarku kuuqoro, Caawimaada Caafimaadka ayaa kaacaawinaysa bixinta daawooyinka feetamiinka ee caruurta da'doodu dhantahay ilaa 18 sano jir iyo haweenka uurka leh.

Caruurta iyo Dadka waawayn:

- Raadso feetamiinada iskudarka ah ee leh ugu yaraan 400 IU oo feetamiin D ah.
- Feetamiinada rahiiska ah ee dukaanada lagasoo iibsado ayaa iskutayo ay yihiin feetamiinada magaca leh!

