

Cusbo Yar Cun

Sodyam iyo cusbadu waxay ku jiraan cuntooyinka badankooda. Sodyam waxay gacan ka geysataa koontaroolidda dheecaannada laakiin sodyam ama cusbo fara badan way xumaan karaan. Sodyam aan cunno badankiisu wuxuu ka yimaadaa:



- Cuntooyinka Warshadeysan: doofaarka, hilib shiidan oo dufan iyo khudrad leh, hot dogga, hilibka lagu qadeeyo, farmaajada, jibiska, qarjawleyaasha, cashooyinka la qaboojiyey



- Cuntooyinka Warshadeysan: cunto fudud, cuntooyinka maqaayadaha

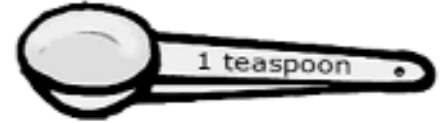


- Cuntooyinka Qasacaysan: maraqa, khudradda, digirta, bikalka, hilibka

- Carfiyeyaasha: cusbo, sooska soyabiinta, sooska busteekiga, milannada cuntada carfiya, fuudka, sooska kalluunka, dareesinka ansalaatada

Ilaa iyo intee sodyam ayaa okey ah?

Isku day in aadan cunin wax ka badan 2000 -3000 mg oo sodyam ah maalin kasta



Iqaaddo cusbo ah = 2300 mg sodyam ah

Maxay tahay sababta ay sodyam fara badan u xun tahay?

Sodyam fara badan wuxuu keeni karaa cadaadis dhiig oo sarreeya (dhiig kar). Cadaadis dhiig sarreeya wuxuu keeni karaa:

- Wadnaha oo lagu soo boodo
- Miyir beelid
- Dhibaato indhaha ku timaadda
- Waxyeello gaarta kelyaha/beerka



Si aad sodyam yar u cunto

Akhri calaamadaha cuntada iska fiiri ereyada cusbo iyo sodyam.

Ha cunin cuntooyinka qasacaysan iyo bikal leh ee ay qaadashadiiba ku jirto in ka badan 400mg oo sodyam ah.

- Dooro in badan oo
 - Khudrad iyo furuto markaas la keenay ama la qaboojiyey ah
 - Cunto cusbo aan lahayn ama sodyam ku yar yahay
 - Waxyaabaha caanaha oo dufanku ku yar yahay (gadhoodhka iyo caanaha)

- Dooro in badan oo
 - Cagaar qoyan ama tuun ah
 - Cunto carfiyeyaasha sodyamku ku yar yahay
 - Casiirka liinta iyo khalka ah

- Cun wax yar oo
 - Cuntooyin fudud ah
 - Farmaajada iyo hilibka warshadaysan
 - Cuntooyinka fudud

- Isticmaal waxyar oo
 - Cusbo cuntada la sameynaya ku jirta
 - Cusbada tuunta/basashada
 - Sooska soyada ah
 - Sooska busteekiga iyo hilib jilciye ah



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