


# Meelaha laga helo Kolestaroolka iyo Dufanka

Kolestarool (Kuwaan iska Xaddid)	Dufanka Buuxa/ La isu gudbiyey (Kuwaan iska Xaddid)	Dufanka aan Buuxin
Hilib Farmaajo Jaallaha ukunta Caanaha isu dhan Dufan la yareeyey Caano (2 %) ah Jalaato Subag Cuntooyinka xubnaha “Shellfish”” (Kalluunka qolofa leh/Xaaxeeyo/C ankalo)	Hilib  Farmaajo Jaallaha ukunta Caanaha isu dhan Dufan la yareeyey Caano (2 %) ah Jalaato Farmaajo labeen ah Labeenta dhanaan Saliidda baarka Saliidda qunbaha Subagga kookawga Saliidda khudradda ee haydarojiinta laga dhigay – ama qayb ahaan haydarojiinta laga dhigay Digaagga maqaar leh Farmaajada Margarine-ta	Salidda gabbaldayaha Salidda gabbaldayaha Saliidda galleyda Saliidda soybiinta Asliidda sisinta Walnaatka Miraha sisinta  Saliidda saytuunka Saliidda Kanola Saliidda looska Saytuunnada Afokaadhada Almond-yada Looska Keeshonaatka Beekanyada
		<p>Polyunsaturated</p>  <p>Monounsaturated (In bada dooro)</p> 