

# Cun cunto nafaqo leh!



- ★ Isku day in aad cunto cunooyinka laga sameeyey qamadiga sida; baastada, bariiska, iyo rootida

- ★ Halkaad ka cuni lahayd macmacaanka bada sida xalwada iyo buskudka, waxa kaaga caafimaad badan adiga oo badsada khudaarta miraha iyo cagaarka



- ★ Cab caano aan subag lahayn ama 1% halkaad ka cabi lahayd caanaha subaga badan

- ★ Cun hilib ay baruurtu ku yar tahay. Kaluunka, digaaga iyo badarka sida digirta iyo haruurku waa in ay ka mid noqdaan raashinka aad cunto



- ★ Isticmaal saliida kanoola (canola) ama oliif (olive) halkaad ka isticmaali lahayd subag, badhar ama saliida loo yaqaan balam (palm)

- ★ Badso cabitaanka biyaha cad, halkaad ka cabi lahayd sharaabyada ay sonkortu ku badan tahay sida fiimtooga



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# Eat Healthier



- ★ Try whole wheat products like brown rice, whole wheat pasta, and whole wheat bread

- ★ Eat more fresh or frozen fruits and vegetables instead of Halwa and biscuits



- ★ Drink skim milk or 1% milk instead of whole milk

- ★ Eat lean meat. Include fish, poultry and beans in your diet.



- ★ Use olive oil or canola oil instead of lard, ghee or palm oil when cooking.

- ★ Choose water instead of sugary drinks such as mango, Vimto, Kool Aid, or pop.



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