Liiska Cuntada la Ogol yahay

WIC ga Missouri
Dhaqangalaya Oktoobar 2018

Caano

Caano

- Nooc kasta (noocyada dukaanka ayaa lagu talinayaa)
- Rubac, nus gaaloon, gaaloon
- Dufan la'hayan (caano dufan la'), dufanta ku yar (½%, 1%)
- Dufanta laga yareeyay (2%), sidoodii ah

Caano Boore oo aan Dufan la'hayan

- Nooca dukaanka
- 1 lb 9.6 wiqiyadood [oz] ama 25.6 oz baako (8 rubuc ayay noqonaysaa)

Caano Lactoose aan ku Jirin (halka laga helo)

- Nooc kasta
- Nus gaaloon
- Dufan la'hayan (caano dufan la'), dufanta ku yar (½%, 1%)
- Dufanta laga yareeyay (2%), sidoodii ah
- Caadi ama aan dhadhan loo yeelin

Caano La uumi bixiyay

- Nooca dukaanka
- 12 oz gasac
- Dufanta la'hayn (caano dufan la') sidoodii ah

Caano-garoor subaga laga saarey

- Nooc kasta
- Rubac

Caano Ari (halka laga helo)

- Nooca Meyenberg
- Sideedii la uumi bixiyay (12 oz qasac)
- Caan-boor dufan la'hayan (12 oz qasac)

Aan la ogolayn:

- Caano dufan dheeraad ah la'
- Caano buuxa
- Dhadahan leh
- Koobab dhallo ah
- Cabitaan caano ka samaysan lafta mirta ku dhex jirta, qumbi, bariis, miro, iyo noocyo kale oo miro ah
- Caano beddelkooda
- Dabiici
- Cayriin ama aan la bacrimin
- Kondansened la maceeyay
- Fiitamaayit

8 oz = 1 koob
16 oz = 1 baund
32 dareere oz = 1 rubuc
64 dareere oz = 1/2 gaaloon
128 dareere oz = 1 gaaloon

Caano Sooy, Farmaajo, Toofuu

Caano Sooy

La Ogol yahay:

- Nus gaaloon

Asal | Asal | Asal, Faniila

Aan la ogolayn:

- Si aan dabiici ahayn loo maceeyay
- Dhadhan aan ahayn faniila
- Qafiif
- Dabiici

Farmaajo Guryeed

La Ogol yahay:

- Nooca dukaanka
- 8 ama 16 oz qidcadda ama la jarjaray
- Dufan aan ahayn ama dufanta ku yar
- Farmaajada go'an ee [American], oo aan mid-mid u xirnayn
- Farmaajada wadanka kaliya:
  - American
  - Brick
  - Cheddar - nooc kasta
  - Colby, Colby Jack, Monterey Jack
  - Mozzarella (qaybta [part skim] ama [sidoodi ah] whole)
  - Muenster
  - Provolone
  - Swiss
- Marbaled ama isku jir ah oo noocyo farmaajo kala duwan oo la ogol yahay ah

Aan la ogolayn:

- Dhadhan lagu daray (filfil, qamri, dhadhan qiiq, iwm.)
- Farmaajo walxo lagu daray
- Walxo cunto farmaajo ah, fidsan
- Jajabsan, lix-dhinacle ah, la dulmariyay, isku xiran
- Kolestarool-lagu yareeyay
- Farmaajo deeli ama deeli la qaybiyay
- La soo dhoofiyay
- Qayb-qayb u duuban
- Dabiici
- Queso blanco, Queso fresco
- Farmaajo la qaybiyay aysan ka ahayn nooca dukaanka ee nooca American ka

Tuufu

La Ogol yahay:

Firm Tofu (16 oz)

Silken Tofu nooca Dabiica [Organic] (16 oz)

Caano Ciir (Yogurt)

La Ogol yahay:

- 32 oz weel

BELFONTE Ice Cream & Dairy Foods Company

Dufanta ku yar
Istarowbariga , Fanilla

Dufan la'hayan
Caadi

COBURN FARMS

Dufanta ku yar
Caadi, Faniilla

Essential EVERYDAY

Dufanta ku yar
Buluubari, Biij, Caadi, Raasbari, Istarowbari, Faniilla

Dufan aan ahayn
Caadi

HyVee

Dufanta ku yar
Buluubari, Istarowbari, Istarowbari Muus, Faniilla

Dufan la'hayan
Caadi, Faniilla

Schnucks

Dufanta ku yar
Caadi, Istarowbariga , Fanilla

Dufan aan ahayn
Caadi

Aan la ogolayn:

- Lagu daray waxyaabo isku jir ah
- Gariig
- Dabiici

Best Choice

Dufanta ku yar
Istarowbariga , Fanilla

Dufan la'hayan
Caadi

DANNON

Dufanta ku yar
Caadi, Istarowbari, Istarowbari Muus, Faniilla

Dufan la'hayan
Istarowbari Qafiif & Ladan, Faniilla Qafiif & Ladan, Caadi

Great Value

Dufanta ku yar
Biij, Istarowbari, Istarowbari Muus, Faniilla

Dufan la'hayan
Caadi, Faniilla

Kroger

Dufanta ku yar
Caadi, Faniilla

Dufan la'hayan
Istarowbari Fudud, Caadi ah

Yoplait

Dufanta ku yar
Harfeesti Biij, Istarowbari, Istarowbari Muus, Faniilla

Dufan la'hayan
Caadi

Ukun

La Ogol yahay:

- Nooc kasta
- 1 dersan kartoon
- Wayn, cad, garaad A ama AA

Aan la ogolayn:

- Bunni
- Qafis-digaag aan ku korin
- Ukun lagu hodmiyay heerka maadada omeega ee aasidka, fiitamiinada, minaralka
- Bacrimisan
- Kolestaroolka hooseeya
- Dabiici
- Si kale gaar u ah

Loos shiidan

La Ogol yahay:

- Nooca dukaanka
- 16-18 oz weelal
- Burcad, jajaban, caadi, siman

Aan la ogolayn:

- Dufanta ku yar
- Isku jira shukulaati, malab, jaam, jeeliyis, marshmaloows, iwm.
- Dabiici
- Caadi u koray

Digir qasacadaysan

La Ogol yahay:

- Nooca Bush's Best
- Digirta Butter, digir la ridqay dufan aan la'hahayn, digirta garbanzo, digirta kidney, digirta navy, digirta pinto, digirta red [guduudan]
- 16 oz gasac
- Cusbada hoosayso ama laga yareeyay

Aan la ogolayn:

- Shiilan
- Qasan
- Dabiiciga
- La xawaajiyeeyay

Digir qalalan, digir, digirta [Lentils]

La Ogol yahay:

- Nooca dukaanka
- 16 oz xirmo
- Noocyo kasta mid caadi am ama mid qalalan

Aan la ogolayn:

- Dabiici
- La xawaajiyeeyay ama dhadhan leh

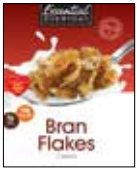
Siiriyaal Qabow

Always Save

Best Choice

Dierbergs

Essential Everyday



Badarta aan Warshadaysan [Whole Grain]

Siiriyaal Qabow

Great Value

Hy-Top

Hy-Vee

Badarta aan Warshadaysan [Whole Grain]

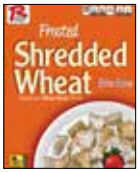
Siiriyaal Qabow

IGA

Kiggins/Save A Lot

Kroger

Ralston

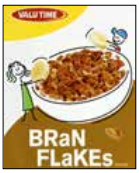


Badarta aan Warshadaysan [Whole Grain]

Siiriyaal Qabow

Schnucks

Valu Time



Badarta aan Warshadaysan [Whole Grain]

The Many Ways to Buy 36 Ounces of Cereal

Talo-siin [TIP]

Mix & Match

12 oz + 12 oz + 12 oz = 36 oz

12 oz + 24 oz = 36 oz

18 oz + 18 oz = 36 oz

Siiriyaal Kulul

Best Choice

Cream of Rice

Gluten Free

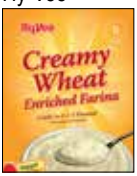
Cream of Wheat

Essential Everyday

Great Value

Hy-Top

Hy-Vee



IGA

Kroger

Malt-O-Meal

Ralston

Schnucks

Badarta aan Warshadaysan [Whole Grain]

- Cabirka la Ogol yahay: 11.8/12 oz ilaa 36 oz
- Noocyada la isku daro karo iyo kuwa la is raacin karo iyo cabirrada ilaa wadar ahaan

Marnaba ha iibin, ha ka ganacsan, ama ha bixin cuntada WIC! Tan waxaa loo arkaa inay tahay khiyaano.

Rooti

La Ogol yahay:

- 16 oz xirmo
- 100% badarta aan warshadaysneyn [whole wheat] ama rooti qamadi [whole grain]

Tortiillaas Whole Wheat ah

La Ogol yahay:

- 16 oz xirmo

Tortiillaah galeey ah

La Ogol yahay:

- 16 oz xirmo
- Galeey cad ama jaalle oo jilicsan

Baasta Whole Wheat

La Ogol yahay:

- 16 oz xirmo
- Any shape

Aan la ogolayn:

- Lagu daray sukar, baruur, saliid, cusbo
- Dabiici

Bariis Bunni

La Ogol yahay:

- Nooca dukaanka
- 16 oz xirmo
- Miro dheer, dhexdhexaad, gaaban

Aan la ogolayn:

- Markiiba
- Dabiici

100% Casiir- Haweenka loogu talagalay

La Ogol yahay:

- 11.5 -12 oz ku urursan la barafeeyay

Always Save

Tufaax, Liin

Best Choice

Tufaax, Liin

Essential Everyday

Tufaax, Canab, Liin

Great Value

Tufaax, Canab, Liin

Hy-Top Trusted Quality Smart Value

Tufaax, Canab, Liin

HyVee

Tufaax, Liin

IGA

Tufaax, Liin

Kroger

Tufaax, Canab, Liin, Cananis

Old Orchard

Tufaax, Tufaax Sheeri, Tufaax Karaanbeeri, Tufaax Kiiwi Istarowbariga, Tufaax Baashan Cambi, Tufaax Rasbeeri, Tufaax Istarowbari Muus, Beeri Belend, Buluubeeri Bomegaraneet, Sheeri Bomegaraneet, Garanbeeri Belend, Garanbeeri Bomegaraneet, Garanbeeri Rasbeeri, Canab, Liin, Cananis, Cananis Liin, Cananis, Liin Muus, Canab Cad

Tipton Grove

Tufaax, Liin

Valu Time

Liin

100% Casiir - Caruurta loogu talagalay

La Ogol yahay:

- 64 oz weel (nus gaaloon)

Aan la ogolayn:

- Dabiici
- Casiir

Tufaax, Canab, Liin

Tufaax, Canab, Cananis, Yaanyo, Qudaar, Canab Cad

Qudaar

Tufaax

Tufaax, Canab, Liin, Cananis, Yaanyo, Qudaar, Canab Cad

Tufaax, Karaanbeeri, Canab, Canab, Liin, Yaanyo, Qudaar, Canab Cad,Biij Canab Cad

Tufaax, Canab, Liin, Cananis, Yaanyo, Qudaar, Canab Cad

Tufaax, Tufaax Karaanbeeri, Garanbeeri Rasbeeri, Canab, Casiir Tufaax Kaliya, Casiir Beeri Kaliya, Casiir Canab Kaliya, Liin, Cananis, Yaanyo, Qudaar, Canab Cad

100% Casiir - Caruurta loogu talagalay

Tufaax, Canab, Liin, Cananis, Yaanyo, Qudaar, Canab Cad

Tufaax, Tufaax Rasbeeri, Beeri, Tufaax Karaanbeeri, Canab, Kiiri Istarowbariga, Liin, Liin Tanjariin, Tufaax Biij, Muus Istarowbariga, Qari Istarowbariga, Casiir isku dar, Canab

Tufaax, Canab, Liin, Cananis, Qudaar, Canab Cad, Biij Canab Cad

Tufaax, Sheeri Beeri Tufaax, Karaanbeeri Tufaax, Canab Tufaax, Cananis Liin Tufaax, Cambi Biij Tufaax, Canab, Liin, Cananis, Cananis Liin, Yaanyo, Qudaar, Canab Cad

Tufaax, Tufaax Sheeri, Tufaax Cambi, Tufaax Canab Cad

Tufaax, Karaanbeeri Tufaax, Beeri Belend, Karaanbeeri Sheeri Madow, Buluubeeri Bomegaraneet, Sheeri Bomegaraneet, Garanbeeri Bomegaraneet, Canab, Kiiwi Istarowbiri, Liin, Liin Tarjeriin, Biij Cambi, Canab Cad.

Tufaax

Tufaax, Canab, Liin, Cananis, Yaanyo, Qudaar, Canab Cad

Liin

Tufaax, Canab, Liin

100% Casiir - Caruurta loogu talagalay

Miro

La Ogol yahay:

- Nooc kasta iyo qaybbo kasta kuwa dhammaystran ama miro fareesh ama la barafeeyay
- Miro isku jir ah
- Miro ku jira casiir ama casiir miro lagu dary, macaan aan dabiici ahayn, ama biyo
- Dabiici

Aan la ogolayn:

- Weelalka ka yar 5 awunsis
- Ansalaad [salad bar] ama deeli ku jira
- Miro qalalan ama qasacadaysan, ama miro la isku duubay
- Sukar lagu daray*, cusbo, karameel, shukulaati, ama caano fadhi
- Dambiil miro ama saxan xaflad
- Lagu daray aasidka liinta [ascorbic acid] (taas waxaa raacsan dhadhanka ku jira) ee lagu iibiyo ee talaajadeysan
- Laf ama laf-miro isku jir
- Miro qurxin ama la qurxiyay
- Cabitaanka isku darka [smoothie] la barafeeyay

*Sukarta lagu daray waxaa ka mid ah: sukarta sirubta galeyda, dextaroos, haay-furuktoos sirubta galeyda, malab, maltoos, sirubta meebalka, iyo sukroose.

Talo-bixin Caafimaadaysan

- Waxay ku xiran tahay da'dooda, carruurta waxay kaa caawin karaan dukaamaysiga, nadaafada, fiiqista, ama in qudaarta ay kuula jarjaraan.
- Siiriyalka ama caano fadhiga ka saar muus ama miraha fareeshka. Baankeega ku dar buluubeeri.
- Miraha u isticmaal qayb ka mid ah cuntada fudud/casari ahaan.
- Miraha cusub soo iibso marka xilligooda lagu jiro oo qarash ahaanna ay jaban yihiin.

Qudaar

La Ogol yahay:

- Nooc kasta iyo qaybbo kasta kuwa dhammaystran ama qudaar fareesh ama la barafeeyay
- Ansalaatada lettuseeda la baceeyay, lettuseeda madaxa, iyo ansalaatada cagaarta
- Tuunta iyo sanjabiilka cusaybka
- Digirta iyo digir la barafeeyay
- Qudaar cad ama la uumiyay iyo qudaar la isku daray
- Qudaar la barafeeyay oo cusbada caadi ah ama cusbada hooseeysa
- Dabiici

Aan la ogolayn:

- Weelalka ka yar 5 awunsis
- Ansalaad [salad bar] ama deeli ku jira
- Geedo daaweedka ama xawaajiga aan ahayn tuun iyo sanjawiilka fareeshka
- Dambiisha qudaarta ama saxanka xafladda
- Sukar lagu daray*
- Lagu daray dhadhan u yeelaha ansalaatada, farmaajo, ama rootiga qarjawliga [croutons]
- Lagu daray rootiga, kariimka, marinaadas, ama suugada
- Lagu daray sheeyada la xawaajiyeeyay, dufanka, ama saliidaha
- Lagu daray baastooyinka, bariiska, malaayga, hilibka, ama digaagga
- Lagu qurxiyay ama lagu hagaajiyay qudaarta (basbaaska filfilka ama tuunta isku xiran, miraha, galayda Hindiga, ama bocor hindi)
- Yaanyada la jarjaray, baradhada jeex-jeexa ee la dubo, hash baraawan baatiyis, bataati wareeg, haash baraawan la jarjaray, ama tatoor toots oo lagu daray dufan, saliid, la xawaajiyeeyay, ama sukar*

*Sukarta lagu daray waxaa ka mid ah: sukarta sirubta galeyda, dextaroos, haay-furuktoos sirubta galeyda, malab, maltoos, sirubta meebalka, iyo sukroose.

Cuntada Carruurta aadka u Yar

Siiriyaalkii Carruurta aadka u Yar

La Ogol yahay:

- 8 ama 16 oz weelka, qalalan, caadiga

Aan la ogolayn:

- Lagu daray DHA/ARA
- Lagu daray qarfi, miro egagan, laf, caano fadhi
- Dabiici

Beech-Nut

Badar isku jir,
Boorsh, Bariis

Gerber

Barleey, Badar isku jir, Boorsh,
Bariis, Rooti Qamadi

Qudaar iyo Miraha Carruurta aadka u Yar

La Ogol yahay:

- 4 oz weel ama 2 baakad of 4 oz weelal
- miro kasta ama miro isku jir kasta
- miro iyo qudaar isku jir kasta
- Qudaar kasta ama qudaar isku jir kasta

Aan la ogolayn:

- Lagu daray DHA/ARA
- Lagu daray sukar, cusbo, bur
- Lagu daray siiriyal, miro, bariis
- Lagu daray la xawaajiyeeyay ama qarfi
- Cashoo ama hilib lagu daray
- Baasto ama hilib
- Dabiici
- Baakada ku jira

Beech-Nut

Gerber

tippy toes by TopCare

Qudaar iyo Miraha Fareeshka ah

- Miro iyo qudaar fareesh ah waa loo ogol yahay ilmaha yar haddii la siiyay.

Caana-booraha Caruurta aadka u yar

- Caddada, nooca, sumadda, io cabirka sida loogu soo qoray.

Carruurta Si Buuxda loo Naasnuujiyo

Cuntada Ilmaha aadka u Yar

La Ogol yahay:
- 2.5 oz weelal

Aan la ogolayn:
- Lagu daray DHA/ARA
- Casho
- Hilib iyo miro isku jirka
- Hilib iyo qudaar isku jirka
- Dabiici

Hilibka ilmaha aadka u yar waa faa'ido dheeraad ah oo loogu talagalay ilmaha aadka u yar ee si buuxda loo naasnuujiyay.

Hooyooyinka Si Buuxda u Naasnuujiya

Malaay Toonaha Qafiifka

La Ogol yahay:
- 5 oz gasac
- Nooc kasta
- Waslad, adag, dulmarsan
- Cusbada ku yar
- Qasac biyo ku jira

Aan la ogolayn:
- Baakado dhowr ah
- Dhadhan lagu daray, la xawaajiyeeyay, suugadaysan
- Baakada foornada ku jira
- Weelal shaqsiyaysan ku yimid
- Tuuna albacore ama cad

Malaayga Salmon

La Ogol yahay:
- 5 oz gasac
- Nooc kasta
- Malaayga Biinka Saamanka
- Qasac biyo ku jira

Aan la ogolayn:
- Baakado dhowr ah
- Dhadhan lagu soo daray, la xawaajiyeeyay, suugadaysan
- Baakada foornada ku jira
- Duban

SaMalaayga Sardiinaha

La Ogol yahay:
- 3.75 oz gasac
- Nooc kasta
- Suuga yaanyo ama mastaard
- Qasac biyo ku jira

Aan la ogolayn:
- Dhadhan lagu daray ama la xawaajiyeeyay, aysan ka ahayn suugo yaanyo ama mastaard
- Isteek malaay
- Baakada foornada ku jira
- Weelal shaqsiyaysan ku yimid
- Duban

MOOove ilaa 1% Caano iyo/ama Caano Dufan la'!

- Caanaha dufanta la' baruur kuma jirto.
- Caanaha boqolkiiba 1% waa dalabka xigga ee ugu caafimaadaysan. Waxaa kaliya ku jira boqolkiiba 30% oo baruur ah ee caano dufan wadata oo weli isla dhadhankii way wadataa. Waa tallaabo wanaagsan in aad u qaado caano dufan la'.
- Caanaha boqolkiiba 1% iyo caanaha dufanta la' waxaa ku jira kalsiyam badan oo waa dalab caafimaadaysan oo loogu talagalay kuwa ka wayn 2 sano jir.

Isku barbardhigga Caanaha (1 koob/8 oz)	Caano Dudan Wadata (3.25%)	Caano Dufanta laga Yareeyay (2%)	Caano Dufanta ku Yar (1%)	Caano Dufan La'
Kaaloriyis	149.	122.	102.	83.
Dufar Isugayn (gm)	8.	5.	2.5.	0.
Dufan Ceyriin (gm)	4.5.	3.	1.5.	0.
Borotiin (gm)	8.	8.	8.	8.
Kalsiyam (mg)	276.	293.	305.	299.
Fitimiin D (IU)	124.	120.	117.	115.

Tixraac: Kaydka Macluumaadka Nafaqada Qaranka ee Bixinta Tixraaca Heerka 26 [National Nutrient Database for Standard Reference Release]

Missouri WIC
Eat Healthy. Stay Well.

Missouri DHSS
Department of Health and Senior Services

Waaxda Caafimaadka Iyo Adeegyada Duqowda Ee Missouri
WIC iyo Adeegyada Nafaqada
P.O. Box 570
Jefferson City, MO 65102-0570
573-751 daqiiqadood

Waa shaqaale fursadaha/hab dhaqan-gelinta sima.
Aeegyada waxaa loo bixiyaa hab aan takoor ku saleysneyn.

Foormam qaabab kale oo daabacaaddan ah oo loogu talagalay shaqsiyaadka naafada waxaa laga heli karaa iyada oo Waaxda Caafimaadka Iyo Adeegyada Duqowda Ee Missouri [Missouri Department of Health and Senior Services] lagala xiriira 573-751-6204.

Muwaadinniinta Maqalka- iyo Kuwa Dhawaaqa Dhiba waxay wici karaan 711.

Hay'addan waa hay'ad fursadda ay fidiso dadka u wada sinta.