

Raadi cuntada leh astaanta Daloolka Furaha (Nøglehullet)

Waxa aad cuntaa waxa ay saameyn ku yeelataa caafimaadkaaga. Calaamadda Dalooeelka Furaha waxey kuu fududeyd neysaa inaa doorato nooca caafimaadka leh.

Marka la barbardhigo cunnooyinka kale ee ay isku nooca yihiin, waa in cuntada leh calaamadda Daloolka Furaha ey buuxisaa mid ama dhawr ka mid ah shuruudahan:

- Ka dufan yar ama ku jiraan dufanka caafimaadka leh
- Ka conkor/milix yar
- Cusbo yar
- Ku badan tahey fiibartu (kostfiber) ama ka kooban Xashir badan iyo xabuubka (Badarka) oo isku dhan. Tusaale: galley, hadhuudh, qamadiga, iwm.

Daloolka Furaha waxa loogu talo galay qof walba

Cuntada leh Daloolka Furaha waxa loogu talo galay dhammaan dadka caafimaadka qaba- sida: dadka waaweyn, dhallinyarada iyo carruurta. Cuntada leh astaanta Daloolka Furaha waxa loogu talogaley adiga hadii aad rabto inaad hesho cunto caafimaad leh.

Iney kala duwanaato ayaa muhiim u ha cuntada caafimaadka lehi. Daloolka Furaha ayaa kaa caawinaya sidii aad ku heli lahayd calaamadda lagu garto noocyada kala duwan ee cuntada. Hadii aad leedahay baahi khaas ah, jimicsi aad ah oo aad sameyso aawadiis, ama aad da' tahay amaba aad xanuunsaneyso, waa muhiim inaad u cunto si aad u hesho tamar kugu filan.

Yaa ka dambeeya astaanta Daloolka Furaha?

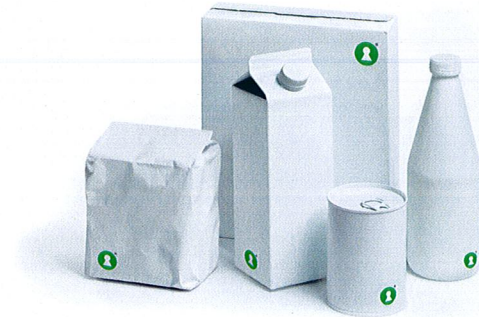
Astaanta Daloolka Furaha waa calaamad ka dhaxeysa dalalka waqooyi

Shardiyada Daloolka Furaha waxa ka wada shaqeeyey maamulada Norway, Iswiidhan iyo Danmaark. Calaamadda waxa taageeray golayaasha wasaaradaha ee dalalka Waqooyi. Norway Laanta ilaalinta cuntada (Mattilsynet) iyo Waaxda caafimaadka ayaa masuul ka ah Daloolka Furaha. Laanta ilaalinta cuntadu waxey dhawrtaa in sharciyada isticmaalka astaanta lagu dhaqmo. Qeybaha wax soo saarku waa u madax bannaan yihiin isticmaalka astaanta Daloolka Furaha.

Halkan ayaad ka heli kartaa Daloolka Furaha

Daloolka Furaha waxey ku qoran tahay baakada, laakiin calaamadda waxaad ka heli kartaa oo ay ku qoran tahay xitaa, kalluunka/ malaayga, khudaarta, khudradda cagaaran iyo baradhada aan bac ama baakad ku jirin.

- Cunnooyinka leh Daloolka Furaha waxa sida caadiga ah ku qoran waxey cuntadaasi ka kooban tahey.
- Cabitaanka, macmacaanada iyo keega (doolshada) laguma calaamadeyn karo astaanta Daloolka Furaha.
- Cuntooyinka macaanka aartifishalka uu ku jiro iyana laguma calaamadeyn karo Daloolka Furaha.



Halkan ka akhriso war dheeraad ah oo ku saabsan Daloolka Furaha:

www.norden.org/noeglehullet

Juun 2010



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Nordic Council of Ministers

Mattilsynet Norwegian Food Safety Authority

Ministry of Food, Agriculture and Fisheries Danish Veterinary and Food Administration

Helsedirektoratet Norwegian Directorate of Health

LIVSMEDELSVERKET NATIONAL FOOD ADMINISTRATION

SOMALISKA



WAA FUDEYD
IN LA DOORTO
CUNTO
CAAFIMAAD LEH



norden

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Cuntooyinkan waa lagu qori karaa astaanta Daloolka Furaha

Halkan ayaad ka heli kartaa Daloolka Furaha



Duleelka Furaha waxuu ku qoran yahay baakada ama bacda

Marka la barbardhiggo cunnooyinka kale oo ay isku nooca yihiin, raashinkan Duleelka Furaha waxa uu ka kooban yahay mid ama in badan oo kala ah kuwan soo socda :

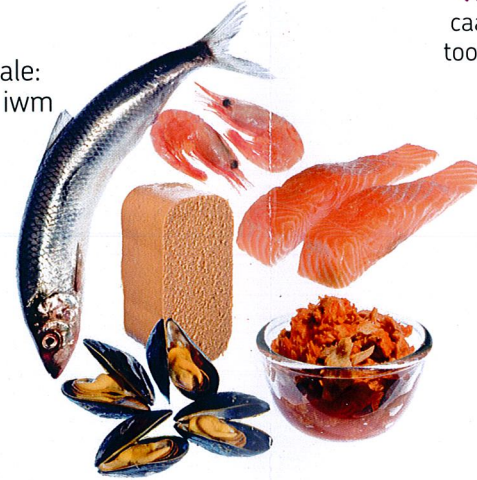
- Dufan yar caafimaadna leh
- Sokor yar
- Cusbo yar
- Xashir badan iyo Badarka tusaale: galley, cambuulada, qamadiga, iwm



Khudrad iyo midho
darey ama la barafeeyey



Hilib iyo faliqyo hilib ah
darey ama la barafeeyey



Kalluun iyo xayawaan badadeedka qolofa leh
Waxyaabaha laga sameeyo kalluunka, darey ama la barafeeyey



Waxyaabaha khudrada laga sameeyo
caanaha soya lag sameeyey. sarreenka la cabo, toofuuda (tofu) iyo khudrada bedel looga dhigto hilibka iyo kalluunka/malaayga



Saliid
subag (margarin)



Rootiga iyo waxyaabaha hadhuudhka (badarka) ka sameysan
sarreen, baasto, bariis iyo waxyaabaha lagu quraacdo



Cuntada diyaarka ah
maraq, biisa, raashin isku jir ah, rooti wax ku dhex jiraan



Wayaabaha caanaha laga sameeyo:
caano, ciir (yoghurt), jiis/ farmaajada



Khudrad iyo baradho
darey ama la barafeeyey