

Akhrinta Calaamadaha Cuntada

Qiyaasta La Bixiyo:

Caddadka cuntada ee ka dhigta 1 qiyaas oo la qaato. Calaamaddani waxay leedahay 1 koob waxay la mid tahay 1 qaadasho.

Wadarta Nafaqada Kaarbohaydareet:

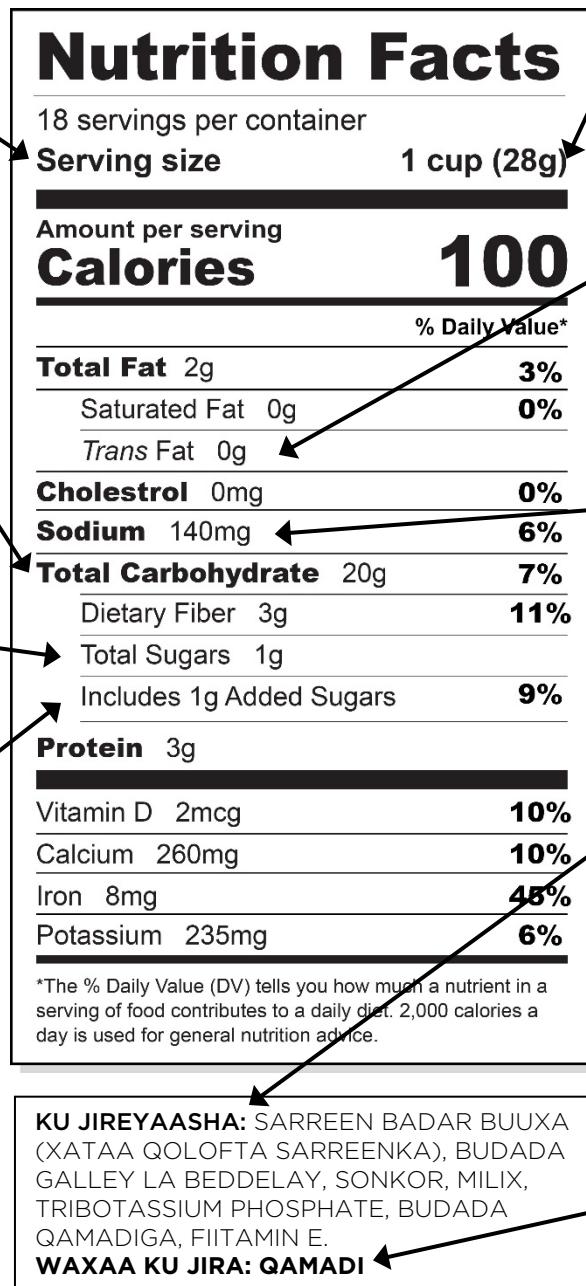
Tani waxaa ka mid ah Cuntada Dufanta leh iyo Wadarta Sonkorada.

Wadarta Sonkorada:

Waa sonkorada sida dabiici ah ugu jirta cuntada sida miraha cusub.

Sonkorada Lagu daray:

Sonkorada sida aan dabiiciga ahayn ugu jirta cuntada sida nacnaca, doolshada, jalaatada, macmacaanka, iyo cuntooyinka la warshadeeyo.



Si aad War dheeraad ah u Hesho

- Nafaqada
206-987-4758
- Weydii bixiyaha daryeelka caafimaadka ilmahaaga
- seattlechildrens.org

Adeegyo Afceliye Bilaash ah

- Isbitaalika gudihiisa, weydii kalkaaliyahaaga caafimaadka.
- Isbitaalika dibaddiisa, soo wac Khadka Afceliyaha Qoyska (Family Interpreting Line) ee bilaashka ah, 1-866-583-1527. Afceliyaha u sheeg magaca ama khadka gaarka ah ee aad u baahan tahay.

Isbitaalika Seattle Children's waxuu adeegyo afceliye oo bilaash ah ugu deeqaa bukaannada, xubnaha qoyska iyo wakiillada sharciga ee dhagaha la'ama dhagaha culus ama ku hadlaan luqad aan Ingiriis ahayn. Isbitaalika Seattle Children's waxuu macluumaadkan ku soo diyaarin doonaa qaabab kale marka la codsado. Xarunta Khayraadka Qoyska (Family Resource Center) ka soo wac lambarka 206-987-2201. Waxaa buugiyarahan dib u eegay shaqaalaha bukaanka ee isbitaalika Seattle Children's. Hase yeeshie, baahiyahaaga waa gooni. Ka hor inta aadan macluumaadkan tallaabo ku qaadin ama isku hallaynin, fadlan la hadal bixiyahaaga daryeelka caafimaadka.

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Waxbarashada Bukaanka iyo Qoyska | Nafaqada

Miisaanka:

Miisaanka 1 qiyaas oo la qaato. Waxay tani waxtar leedahay haddii aad cuntadaada ku miisaanto miisaan. Wixii dareera ah, mugga waxaa lagu qori doonaa ml.

Dufan Rogan:

Isku day in aad iska ilaalso cuntooyinka ay ku jirto dufanta rogan oo kasta adigoo dooranaayo cuntooyinka leh 0 garaam halkii qaadasho.

Soodiyam:

Cuntooyinka ay ku jirto Soodiyamka hooseeya waxay leeyihiin wax ka yar 140 mg qaadasho kasta. Cuntooyinka ay ku jirto Soodiyamka sare waxay leeyihiin in ka badan 400 mg qaadasho kasta.

Ku jireyaasha:

Raadi cuntooyinka leh liiska gaaban ee ku jireyaasha iyo kuwa aad ka garanayso.

Xasaasiyadaha:

Waxaa tan ku jira mid kasta oo ka mid ah 8 xasaasiyadood ee ugu sareeysa ee cuntada ku jira. Sida caanaha, ukumaha, kalluunka, kalluunka qolofta leh, qolofta karastashiyaan, looska geedka, lawska, iyo sarreenka, iyo misirta.



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Reading Food Labels

Serving Size:

The amount of food that makes up 1 serving. This label says 1 cup is equal to 1 serving.

Total Dietary Carbohydrates:

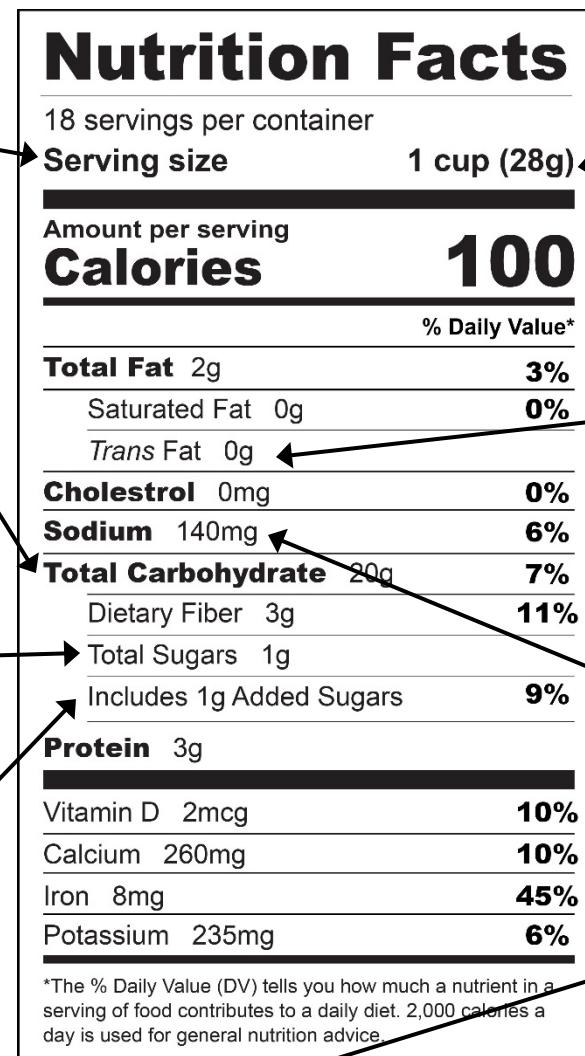
This includes Dietary Fiber and Total Sugars.

Total Sugars:

Sugars that are naturally in food like fresh fruit.

Added Sugars:

Sugars that are not naturally in food like candies, cake, ice cream, doughnuts, and processed foods.



INGREDIENTS: WHOLE GRAIN OATS (INCLUDES THE OAT BRAN), MODIFIED CORN STARCH, SUGAR, SALT, TRIPOTASSIUM PHOSPHATE, WHEAT STARCH, VITAMIN E.
CONTAINS: WHEAT

Weight:

The weight of 1 serving. This is useful if you weigh your food on a scale. For fluids, the volume will be listed in mL.

Trans Fat:

Try to avoid foods with any trans fat by choosing foods with 0 grams per serving.

Sodium:

Low sodium foods have less than 140 mg per serving.

High sodium foods have more than 400 mg per serving.

Ingredients:

Look for foods that have a short list of ingredients and ones you recognize.

Allergies:

This includes any of the top 8 allergens that are in the food. Such as milk, eggs, fish, Crustacean shellfish, tree nuts, peanuts, wheat, and soybeans.

To Learn More

- Nutrition
206-987-4758
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Seattle Children's offers free interpreter services for patients, family members and legal representatives who are Deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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