

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.

Nutrition Facts	
18 servings per container	
Serving size	1 cup (28g)
Amount per serving	
Calories	100
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 1g Added Sugars	9%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	10%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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 ilaaliso 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 garanaysa.

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 qolofa leh, qolofa karastashiyaan, looska geedka, lawska, iyo sarreenka, iyo misirta.

KU JIREYAASHA: SARREEN BADAR BUUXA (XATAA QOLOFTA SARREENKA), BUDADA GALLEY LA BEDDELAY, SONKOR, MILIX, TRIBOTASSIUM PHOSPHATE, BUDADA QAMADIGA, FIITAMIN E.
WAXAA KU JIRA: QAMADI

Si aad War dheeraad ah u Hesho

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

Adeegyo Afceliye Bilaash ah

- Isbitaalka gudhiisa, weydii kalkaaliyahaaga caafimaadka.
- Isbitaalka 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.



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Isbitaalka 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. Isbitaalka 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 buugyarahan dib u eegay shaqaalaha bukaanka ee isbitaalka Seattle Children's. Hase yeeshee, baahiyahaaga waa gooni. Ka hor inta aadan macluumaadkan tallaabo ku qaadin ama isku hallaynin, fadlan la hadal bixiyahaaga daryeelka caafimaadka.

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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.

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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.

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

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.



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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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