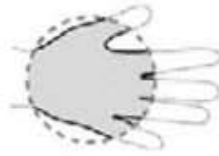


Qiyaasida Qeybaha Cabirrada



Feer = 1 koob
Tusaale: sedex mar
Wax la cuno oo baasta ah
ama 2 mar wax la
Cuno oo mushaari ah
(hal koob oo baasta
=wax sedex goor la cuno)



Calaacasha mugeed
= 3 oz.
tusaale: halmar
Wax la cuno oo
Hilib karsan ah



Suulka caaradiisa =
1 qaaddo
Tusaale:
Qaaddo mayanees ah
ama subag ah



Gacan buuxda =
1 ama 2 oz.
Cunto fudud
Tusaale: 1 wiqiyad
Oo laws ah =
Gacan buuxda
2bo wiqiyad oo
pretzels
= 2bo gacmood
ooobuuxa



Suul = 1 wiqiyad
Tusaale:
Gabal burcad ah

Cabirrada ku qoran cuntada

Xaqqi qda Nafaqooyiinka	
Cabirka 1 koob (8 oz) Weel kasta cabirkiisa 3	
Inta uu la egyahay Cabir kasta	
Tamarta 163	Tamarta xeedha 27
% Qiyaasta maalin walba	
Xeedh dhan 3 g	4%
Xaydha la dhalaaliyey 0 g	0%
Kolestoraalka 10 mg	3%
Milix ama cusbo 300 mg	12%
Kaaboonhaydareedka oo dhan 32 g	10%
Fiberka isu dheeli tiran 5 g	20%
Sonkorta 3 g	
Nafaqada 2 g	

Talaabada 1aad

Eeg qiyaasta halka mar loogu talo galay.

Talaabada 2aad

Eeg garaamka oo dhan (g)
kaarbonhaydareedka kaliya. Sonkorta
waxaa lagu tiriyey kaarbonhaydareedka

Talaabada 3aad

Isticmaal miisaaka cabirka hoose ku
qoran si aad u ogaato carbs ka aad
maalin walba isticmaasho.

Wax ku dhow 15 g	1 carb markiiba
Wax ku dhow 30 g	2 carb markiiba
Wax ku dhow 45 g	3 carb markiiba
Wax ku dhow 60 g	4 carb markiiba
Wax ku dhow 75 g	5 carb markiiba