



## Nafaqada iyo Badbaadada Cunnada Xilliga Uurka

*Cutubkan wuxuu ku saabsan yahay sida nabdoon ee wax loo cuno si ay kuu caawiso adiga iyo ilmahaaga koraya ilmo caafimaaq qaba. Haddii aad hayso su'aalo ku saabsan cunnadaada gaarka ah ama nafaqayn waqtiga aad ku jirto uurkaaga, la hadal daryeel bixiyahaaga caafimaadka ama waydii gudbin si lagaaga tasjiliyo cunno yaqaanka.*

### Miisaan Korodh

- Miisaan korodh 1aad saddex-biloodalaha wuu yar yahay (1 ilaa 4 rodol).
- Isku celcelis miisaan korodh dhan 25 ilaa 35 rodol dhammaadka uurka ayaa ugu wanaagsan in la dhalo ilmo caafimaad qaba.
- Haddii miisaankaagu uu hooseeyey ama sareeyey ka-hor intaanad uur yeelan, daryeel bixiyahaaga caafimaadka ayaa laga yaabaa inuu kugula taliyo misaan korodh kala duwan adiga.

Si aad u barati waxyaalo badan oo ku saabsan miisaan korodhka waqtiga aad ku jirto uurka, fadlan eeg “Macluumaadka” qaybta dhammaadka cutubkan.

### Nafaqo

Ilmahaagu wuxuu u baahan yahay nafaqayn haboon si uu u koro. Si loo taageero uur caafimaad qaba:

- Cun cunnooyin caafimaad qaba waqtiga aad ku jirto gebi ahaan uurka. Oo ay ka mid yihiin khudrada midha leh, khudaarta cagaaran, dhammaan midha, booratiin aan dux badan lahayn, digirta/ faasuuliyaha, lawska, subuga lawska, cunnooyinka subaga xooluhu ku yar yihiin, iyo waxoogaa xadi subag caafimaad qaba sida saliid saytuunka ama afakaadaha. Sharaaba xadidan ama soodhe.
- Qaado fiitamiinada uurkaaga ka-hor. La hadal daryeel bixiyahaaga caafimaadka haddii ay dhibaato kaa haysato fiitamiinadaada.
- Cab 8 ilaa 12 galaas (8 wiiqiyadood kasta) ee biyo maalin walba.



*Cunnida cunno-dheelitiran marka aad uurka leedahay ayaa aad ugu muhiim ah caafimaadka iyo caafimaadka ilmahaaga. Booqo barta [www.choosemyplate.gov](http://www.choosemyplate.gov) si wax badan looga barto.*

- Kaafin xadidan ilaa 150 mg maalintiiba. Tani waxay ku saabsan tahay 1 kooob (8 wiiqiyadood) oo bun ah. Hubi heerka cabitaanka fudud iyo cabitaanka laga helo tamarta.

Haddii aad hayso tabashooyin ama su'aalo ku saabsan waxa la cunnayo ama aan la cunnayn, la hadal daryeel bixiyahaaga caafimaadka. Sidoo kale waxaad la kulmi kartaa cunno-yaqaanka.

## **Waxyaalaha Nafaqada laaga helo ee muhiimka ah**

Waxyaalahan muhiim ka ah ee nafaqooyinku aad ayey muhiim ugu yihiin xilliga aad uurka leedahay:

### **Booratiin**

Haweenka uurka leh badidoodu waxay u baahan yihiin 8 ilaa 9 wiiqiyadood (65 garaam) ama booratiin ka badan maalin walba. Qaado 2 ilaa 3 mulqaacadood oo buuxa maalin walba (2 ilaa 3 wiiqiyadood mulqaacadood) oo hilib ah, kaluun, digaag, beed, batar digireed, tofu karsan, badhar laws, cunnooyinka caanaha iyo subuga, iyo digirta/faasuuliyaha. Xasuuso inaad si fiican u kariso hilibka (eeg "Cunnooyinka laga Dheeraanayo" ku yaal boggaga 17 iyo 18).

### **Kaalshiyam**

Kaalshiyam ayaa loo isticmaala xilliga uurka caafimaadka lafaha iyo qaybaha kale ee muhiimka ah. Cunnooyink ay ku badan tahay kaalshiyamku waa caanaha, burcadka, ciirta, jiiska cottage, iyo caanaha digirta ee kaalshiyamta lagu daray. Cunnooyinka kale sida broccoli, kale, cunnada-badda, tofu, iniinyaha sinsinta, blackstrap molasses, digirta cad, bariis-caanoole xoogga, iyo lawska almond ayaa laga helaa kaalshiyamta xadiyo aad ugu yar.

Haddii aanad cunni karin ugu yaraan 4 jeer maalintii walba cunnooyinka ay ku badan yihiin kaalshiyamtu, kala hadal daryeel bixiyahaaga caafimaadka waxyaalaha ku saabsan haddii aad u baahan tahay kaalshiyam dheeri ah. Waxaad u baahan tahay qiyaas ahaan 1,200 ilaa 1,500 mg oo kaalshiyam ah maalin walba.

### **Birta**

Birta ayaa looga baahan yahay dhiig caafimaad qabaama si loo gaadhsiiyo ogsajiinta unnugyadaada. Addiga iyo ilmahaaga koraya waxaad u baahan tihiin bir fara badan. Maadaama uu jidhkaagu fidayo xilliga uurka aad leedahay, xadiga dhiiga ku jira jidhkaagu wuxuu kordhaa qiyaas ahaan 50%.

Ilmahaagu wuxuu u baahan yahay bir dhiigiisa, sidoo kale. Nuunuu yada yar yari waxay u baahan yihiin inay kaydiyaan bir ku filan 6 bilood ee ugu danbeeya dhalashada ka-dib. Waxaad ka heli kartaa birta adigoo cunna hilibka cas, digaaga, kaluunka, blackstrap molasses, furin dheeri ah iyo cunnada midhaha leh, khudra la qalajiyey, digir, iyo waxoogaa khudaar cagaaran. Waxaad u baahan tahay qiyaas ahaan 30 mg oo bir ah maalintiiba xilliga aad uurka leedahay. Daryeel-bixiyahaaga caafimaad ayaa hubsan doona heerkaaga birta dhammaan baadhitaanada dhiig ama ka talo bixin doona birta dheeri ah haddii loo baahan yahay.



*Doorashooyinka  
cunnooyinkaaga caafimaadka  
qaba xilliga uurka ayaa kaa  
caawin doona in ilmahaagu  
kobco ama uu koro.*

### **Talooyin:**

- Bir iyo kaalshiyam “lagula tacaalo” nuugis. Tani waxay ka dhigan tahay waa ta ugu wanaagsan **aan ahayn** in la cuno cunooyinka ka kooban labadoodaba waqti isku mid ah. Qaado kaalshiyamtaada iyo birtaada dheeraada qiyaas ahaan 1½ saacado aan xidhiidh ahayn si jidhkaagu u nuugo iyaga sida ugu fiican.
- Fiitamiin C ayaa ka caawisa in jidhkaagu uu nuugo birta. Cab 4 wiqiyadood oo khudrad miiran ama khudra ay ku badan tahay fiitamiin C ay la socoto birtaadu.

### **Fooliik aysiidh**

Fooliik aysiidh ayaa loo baahan yahay si ay u samaysmaan unnugyo dhiig caafimaad qaba. Nuunuuyada koraya ayaa isticmaala fooliik aysiidha si ay dhiigoodu u samaysmo, habdhiska dareen-wadka, iyo unnugyada kale ee muhiimka ah. Cunnooyinka ay ku badan tahay Fooliik aysiidh waa khudaar cagaagaran, digir/faasuuliye, dhammaan midhaha oo dhan, liin miiran, iyo laws. Cunnooyinka leh xadiga Fooliik aysiidh sidoo kale qaadashada fiitamiinada dhalmada ka-hor.

## **Cunnooyinka laga Dheeraanayo**

### **Khamro**

- Khamradu waxay u gudbisaa mandheerta ilmaha.
- Hooyada cabta khamradu waxay ku sugan taahay halis inay dhasho ilmo leh calaamado dhimasho ama khamro leh waxyeelo dhimasho, kuwaas oo laga yaabo inay ku jiraan dib u dhac ku yimaada korniinka maskaxda.
- Uurku waa waqtiga ay tahay in la joojiyo cabida khamrada. Waydii daryeel bixiyahaaga caafimaadka caawimaad.

### **Khataraha Ka yimaada Cunnada Xilliga Uurka**

Waxaa jira 3 khatarood gaara oo ka yimaada cunno sababta xanuun daran ama dhimasho ku keeni karta adiga iyo ilmahaaga aan weli dhalan: *listeria*, *methymercury*, iyo *biotoxins*.

### **Listeria**

Listeria waa bakteeriyo waxyeelo leh taas oo ku dhex korta talaajadaada heerkulada aanay bakteeriyada badankoodu kale ku noolaan karin cunnada. Waxay sababtaa xanuun loo yaqaan *listeriosis*. Waxay ku jiri kartaa qabowga, cunooyinka qasaacadaysan caanaha aan bakteeriyada laga saarin caanaha iyo waxyaalaha caanuhu ka kooban yihiin.

Si la iskaga ilaaliyo listeria:

- Ha **cunnin** furin soos leh ama furin suqaar leh ilmaa dib loo kululeeyo ilamaa ay ka kululaanayaan.

- Ha **cunnin**, “qaydhiin,” ama burcad aan bakteeriyada laga saarin. Qaar ka mida waa feta, Brie, Camembert, jiiaska blue-veined, iyo Nooca burcadka Mexicanka sida queso fresco, queso blanco, panela, iyo kuwo kale – ilamaa heerarka ay sheegaan ee lagu sameeyey caanaha bakteeriyada laga saaray. Hubi calaamada.
- Ha **cunnin** furin la talaajadeeyey ama hilib la saafay.
- Ha **cunnin** kaluun qaydhiin ama aan la karinsida sushi, tuna seefan, oysters qaydhiin, ama ceviche.
- Ha **cunnin** cunno badeed la moofeeyey **ilamaa** ay tahay **cunno** la kariyey sida a casserole. (Cunnin cunno badeed la moofeeyey sida salmon, trout, whitefish, cod, tuna, ama mackerel ayaa inta badan lagu calaamadeeya “nova-style,” “lox,” “kippered,” “smoked,” ama “jerky.”)
- Ha **cunnin** caano baarida (caano aan bakteeriyada laga saarin) caano ama ha cunin cunnooyin ka ka kooban caano aan bakteeriyada laga saarin.



Si aad u oggaato kaluunka nabdoon ee loogu talagalay haweenka uurka leh si ay u cunaan, hubi “Hagaha Kaluun Caafimaad qaba” ee [www.doh.wa.gov/fish](http://www.doh.wa.gov/fish).

### ***Kaluun ku jira Methylmercury***

Methylmercury waa bir laga helo kaluunada qaarkood. Heerarka ugu sareeya, waxyeelo ayey ku noqon kartaa ilmaha aan weli dhalan ama ilmaha yar ee ay kobcayaan habdhiska dareen-wadku.

- Way nabdoon tahay in la cunno ilaa qiyaastii 12 wiiqiyadood toddobaadkii kaluun iyo alaalexay kuwaas oo ay ku yar tahay meerkuridu. Kuwan waxaa ka mida shirimbiska, tuuno qasaacadaysan, salmon, pollock, iyo catfish.
- Ha cunnin kaluunaa waaweeyn kuwa nool waqti dheer, sida libaax-badeedka, tilefish, king mackerel, iyo swordfish.
- Macluuumad dheeraada, waydii daryeel bixiyahaaga caafimaad “Hagaha Kaluun Caafimaad qaba,” ama booqo barta [www.doh.wa.gov/fish](http://www.doh.wa.gov/fish).

### ***Biotoxins gudaha Kaluun-qolofle***

Kahor intaanad cunnin, casaayo badeed, lobster, ama alaalexay, hubi in biyuhu ay ka yimaadeen goob badqabata. Cunnida alaalexay wasakhaysan waxay sababi akrta xanuun daran ama dhimasho. Si aad wax badan u barato:

- Booqo barta [www.doh.wa.gov/shellfishsafety.htm](http://www.doh.wa.gov/shellfishsafety.htm).
- Ama, ka wac khadka xidhiidhsan ee Shellfish Safety lambarka 800-562-5632.

## Toxoplasma

*Toxoplasma* waa ilmo-aragtay waxyeelo leh. Waxay sababtaa xanuun loo yaqaan *toxoplasmosis*, oo ay adag tahay in la baadho. Waxaa laga heli karaa hilibka qaydhiin amase aan la karin, khudrada iyo khudrada cagaaran ee aan la maydhin, carada, xoolalka uskaga ah ee bisaduhu hoyga u ah, iyo goobaha guryaha dibadooda ku yaala halkaas oo xaarka bisadaha laga heli karo.

- Haddii aad bisad leedahay, qof kale ha kaa badalo xoolkeeda. Haddii aad nadiifiso, ku maydh gacmahaaga saabuun ama biyo diiran intaas ka-dib.
- Gacmo-dhawre gasho haddii aad wax beerayso ama aad la shaqaynayso caro laga soo qaado sanduuq- carro.
- Ha so qaadan bisad cusub markaad uurka leedahay.
- Hilibka si fiican ugu kari heerkul sax ah.

## Macluumaadka

Cutubkan waa hage kooban oo sharxaya nafaqada iyo badqabka cunnada xilliga aad uurka leedahay. Si aad wax badan u barato, fadlan eeg:

- U.S. Waaxda Beeraha (USDA Waaxda Beeraha Maraykanka) shabakada macluumaad ku saabsan cunno caafimaad qabta oo gaara xilliga uurka: [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Shabakada Maxadka katalo bixinta Daawada miisaan korodhka: [www.iom.edu/Reports/2009/Weight-Gain-During-Pregnancy-Reexamining-the-Guidelines.aspx](http://www.iom.edu/Reports/2009/Weight-Gain-During-Pregnancy-Reexamining-the-Guidelines.aspx)
- “Cunnada Nabdoon ee loogu talagalay In Hooyooyin La Noqdo” ee Maraykanka. Shabakada Maamulka Cunnada iyo Daawada (FDA): [www.fda.gov/food/resourcesforyou/healtheducators/ucm081785.htm](http://www.fda.gov/food/resourcesforyou/healtheducators/ucm081785.htm)
- “Hagaha Kaluun Caafimaad qaba” shabakada Waaxda Caafimaadka Gobolka Washington: [www.doh.wa.gov/fish](http://www.doh.wa.gov/fish)
- Buugga *Uurka, Ilmo-dhalida iyo Ilamaha-Nuujada ah (Pregnancy, Childbirth and the Newborn)*, ay qoreen Simkin, Whalley iyo Keppler

### Su'aalo?

Su'aalahaagu waa muhiim. Haddii aad hayso su'aalo ku saabsan nafaqadaada ama khataraha ka yimaada cunnada xilliga uurka, kala hadal daryeel bixiyahaaga caafimaadka.

## Nutrition and Food Safety During Pregnancy

*This chapter is about eating safely to help you and your growing baby stay healthy. If you have questions about your diet or nutrition during your pregnancy, talk with your health care provider or ask for a referral to a registered dietitian.*

### Weight Gain

- Weight gain in the 1st trimester is small (1 to 4 pounds).
- An average weight gain of 25 to 35 pounds by the end of pregnancy is best for producing a healthy baby.
- If you were underweight or overweight before getting pregnant, your health care provider may suggest a different weight-gain range for you.

To learn more about weight gain during pregnancy, please see the “Resources” section at the end of this chapter.

### Nutrition

Your baby needs proper nutrition to develop and grow. To support a healthy pregnancy:

- Eat healthy foods during your entire pregnancy. Include fruits, vegetables, whole grains, lean proteins, legumes, nuts, nut butters, low-fat dairy products, and a small amount of healthy fats such as olive oil and avocado. Limit juice and soda.
- Take your prenatal vitamins. Talk with your health care provider if you are having any trouble taking your vitamins.
- Drink 8 to 12 glasses (8 ounces each) of water every day.



*Eating a healthy diet while you are pregnant is very important for your health and your baby's health. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn more.*

- Limit caffeine to 150 mg per day. This is about 1 cup (8 ounces) of coffee. Check the label on soft drinks and energy drinks.

If you have concerns or questions about what to eat or not eat, talk with your health care provider. You can also ask to meet with a dietitian.

## **Important Nutrients**

These key nutrients are very important during pregnancy:

### **Protein**

Most pregnant women need 8 to 9 ounces (65 grams) or more of protein daily. Have 2 to 3 servings daily (2 to 3 ounces per serving) of meat, fish, poultry, eggs, soy, cooked tofu, peanut butter, dairy foods, and legumes. Remember to cook meats well (see “Foods to Avoid” on pages 17 and 18).

### **Calcium**

Calcium is used during pregnancy for bone health and other vital functions. The foods that are highest in calcium are milk, cheese, yogurt, cottage cheese, and soy milk that has calcium added. Other foods such as broccoli, kale, seafood, tofu, sesame seeds, blackstrap molasses, white beans, fortified rice milk, and almonds provide calcium in much smaller amounts.

If you cannot eat at least 4 servings daily of high-calcium foods, talk with your health care provider about whether you need a calcium supplement. You need about 1,200 to 1,500 mg of calcium daily.

### **Iron**

Iron is needed for healthy blood and to carry oxygen to your cells. You and your growing baby need a lot of iron. As your body expands during pregnancy, the amount of blood in your body increases by about 50%.

Your baby needs iron for his blood, too. Babies need to store up enough iron to last for 6 months after birth. You can get iron by eating red meats, poultry, fish, eggs, blackstrap molasses, enriched breads and cereals, dried fruit, beans, and some leafy greens. You need about 30 mg of iron a day during pregnancy. Your health care provider will check your iron level through blood tests and recommend an iron supplement if needed.



Your healthy food choices during pregnancy help your baby develop and grow.

### **Tips:**

- Iron and calcium “compete” for absorption. This means it is best **not** to eat foods that contain both of them at the same time. Take your calcium and iron supplements about 1½ hours apart so that your body absorbs them best.
- Vitamin C helps your body absorb iron. Have 4 ounces of juice or fruit that is high in vitamin C with your iron.

### **Folic Acid**

Folic acid is needed to make new blood cells and to keep blood cells healthy. Growing babies use folic acid to make their blood, nervous system, and other vital organs. Foods that are rich in folic acid are dark green vegetables, legumes, whole grains, orange juice, and peanuts. Eat foods that have high amounts of folic acid in addition to taking your prenatal vitamin.

### **Foods to Avoid**

#### **Alcohol**

- Alcohol passes through the placenta to the baby.
- A mother who drinks alcohol is at risk for having a baby with fetal alcohol syndrome or fetal alcohol effects, which may include mental retardation.
- Pregnancy is the time to stop drinking alcohol. Ask your health care provider for help.

#### **Risks from Food During Pregnancy**

There are 3 specific risks from food that can cause serious illness and death to you or your unborn child: *listeria*, *methylmercury*, and *biotoxins*.

#### **Listeria**

Listeria are harmful bacteria that can grow in your refrigerator at temperatures most other bacteria in food cannot. It causes an illness called *listeriosis*. It can be present in cold, ready-to-eat foods and unpasteurized milk and milk products.

To avoid listeria:

- Do **not** eat hot dogs or luncheon meats unless they are reheated until they are steaming hot.



- Do **not** eat soft, “raw,” or unpasteurized cheeses. Some of these are feta, Brie, Camembert, blue-veined cheeses, and Mexican-style cheeses such as queso fresco, queso blanco, panela, and others – unless the label says they are made with pasteurized milk. Check the label.
- Do **not** eat refrigerated pates or meat spreads.
- Do **not** eat raw or undercooked fish such as sushi, seared tuna, raw oysters, and ceviche.
- Do **not** eat refrigerated smoked seafood **unless** it is in a **cooked** dish such as a casserole. (Refrigerated smoked seafood such as salmon, trout, whitefish, cod, tuna, or mackerel is most often labeled as “nova-style,” “lox,” “kippered,” “smoked,” or “jerky.”)
- Do **not** drink raw (unpasteurized) milk or eat foods that contain unpasteurized milk.



To find out what fish are safe for pregnant women to eat, check the “Healthy Fish Guide” at [www.doh.wa.gov/fish](http://www.doh.wa.gov/fish).

### ***Methylmercury in Fish***

Methylmercury is a metal that can be found in certain fish. At high levels, it can be harmful to an unborn baby’s or young child’s developing nervous system.

- It is safe to eat up to 12 ounces a week of fish and shellfish that are low in mercury. These include shrimp, light canned tuna, salmon, pollock, and catfish.
- Do not eat large fish that live a long time, such as shark, tilefish, king mackerel, and swordfish.
- For more information, ask your health care provider for the “Healthy Fish Guide,” or visit [www.doh.wa.gov/fish](http://www.doh.wa.gov/fish).

### ***Biotoxins in Shellfish***

Before eating fish, crab, lobster, or other shellfish, check to make sure the waters it came from are safe. Eating contaminated shellfish can cause serious illness or death. To learn more:

- Visit [www.doh.wa.gov/shellfishsafety.htm](http://www.doh.wa.gov/shellfishsafety.htm).
- Or, call the Shellfish Safety Hotline at 800-562-5632.

## Toxoplasma

*Toxoplasma* is a harmful parasite. It causes an illness called *toxoplasmosis*, which can be hard to detect. It can be found in raw and undercooked meat, unwashed fruits and vegetables, soil, dirty cat litter boxes, and outdoor places where cat feces can be found.

- If you have a cat, have someone else change the litter box. If you have to clean it, wash your hands with soap and warm water afterward.
- Wear gloves if you garden or handle sand from a sandbox.
- Do not get a new cat while you are pregnant.
- Cook meat well and to the right temperature.

## Resources

This chapter is a short guide to nutrition and food safety during pregnancy. To learn more, please see:

- U.S. Department of Agriculture (USDA) website for information about a healthy diet during pregnancy: [www.choosemyplate.gov](http://www.choosemyplate.gov)
- The Institute of Medicine website for weight gain recommendations: [www.iom.edu/Reports/2009/Weight-Gain-During-Pregnancy-Reexamining-the-Guidelines.aspx](http://www.iom.edu/Reports/2009/Weight-Gain-During-Pregnancy-Reexamining-the-Guidelines.aspx)
- “Food Safety for Moms-to-Be” on the U.S. Food and Drug Administration (FDA) website: [www.fda.gov/food/resourcesforyou/healtheducators/ucm081785.htm](http://www.fda.gov/food/resourcesforyou/healtheducators/ucm081785.htm)
- “Healthy Fish Guide” on the Washington State Department of Health website: [www.doh.wa.gov/fish](http://www.doh.wa.gov/fish)
- The book *Pregnancy, Childbirth and the Newborn*, by Simkin, Whalley and Keppler

### Questions?

Your questions are important. If you have questions about nutrition or risks from food during pregnancy, talk with your health care provider.

