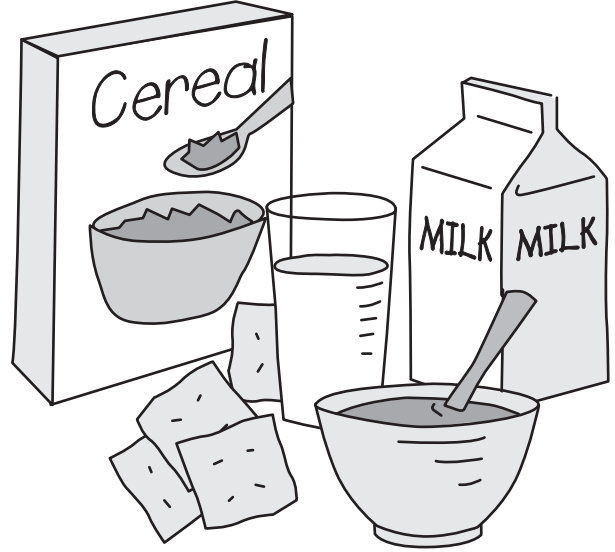


# Cuntada Waqtiga la Jirran yahay

1. Markaad jirrato, badanaa way adag tahy in loo adkaysto cuntooyinkaagii caadiga ahaa. Markaas, waxaad u baahan tahay in aad cabitaanno joogto ah ama cuntooyin fudud aad uga daba tagto karbooyadareedyadii aan cuntooyinka ka heleysay ee aad seegtay.
2. Waxaa la is farayaa in aad isticmaasho ilaa **15 garaam oo kaarbohaydareed ah saacad kasta** muddada jirrada. Walxahaan mid kasta wuxuu ku siinayaa 15 garaam oo kaarbohaydareed ah:
  - A. 1 koob oo maraq ah
  - B. 1/2 koob oo yaanyo ama tamaandho ah ama casiir khudrad
  - C. 1 1/2 koob oo yaanyo ama tamaandho ah ama casiir khudrad
  - D. 1/2 koob oo casiir furuto ah ama 6 oz (1/2 qasac) ee soodhada caadiga ah
  - E. 10 oz. oo caano ah
  - F. 1/2 koob jalaato ah
  - G. 1/2 koob oo Jellka-O ee caadiga ah
  - H. 6 qarjawlaha cusbada leh
  - I. 1 Nac-nac qoriga (2-ulood)
  - J. 8 oz. Gatorade



### 3. Ha illoobin:

- A. Inaad sii qaadato daawooyinkaaga sonkorowga.
- B. Inaad cabto cabitaan fara badan.
- C. Si joogto ah aad isaga hubiso sonkorta dhiigga
- D. Inaad wacdo bixiyahaaga daawada haddii ay lagama maarmaan tahay.

