

# MACDANTA BIRTA(IRONTA)

## Maxaad ugu baahan tahay macdanta birta?

Waxaad u baahan tahay in aad cuntid cuntooyinka leh.

Haddii aadan lahayn macdanta birta oo ku filan jirkaaga waxaa laga yaabaa:

- in aad daal dareentid
- in ay kugu adkaato in aad fakartid ama aad xoog-saartid fahanka
- in ay kugu adkaato in aad waxbaratid
- in aad qaboob dareentid
- in aad si fudud ku xanuun satid

## Waa maxay cuntooyinka leh macdanta birta?

Cuntooyinka ku badan macdanta birta waa:



Inta uu casyahay hilibka, waa inta ay ku badan tahay macdanta birta ah.

Nooca macdanta birta ee laga helo cuntooyinkan waa ay u fududahay in jirkaaga uu isticmaalo.

## Cuntooyinka kale ee leh macdanta birta waa:



- boorash, buskud rootiga qamadiga ka sameysan

- khudaar

- ukun

- hummus digir misir lows

Si aad ugu caawisid in jirkaaga uu isticmaali macdanta birta(irona):

- ✓ **Cun** cuntooyin ku badan **fitamiin C** marka la joogo **waqtiyadda cuntadda**. Kuwaani waa liinta oranjiga, casiirka liinta oranjiga, miraha kiwiga, yaanyo iyo madax-cagaar. Tani waxay ku caawinaysaa jirkaaga in uu isticmaalo macdanta birta(irona):
- ✗ **Ha cabbin shaah** marka aad **cunaysid cuntadaadda**. Shaaha wuxuu ka joojinayaa jirkaaga in uu isticmaalo macdanta birta(irona). Sug ugu yaraan hal saac kaddib marka aad cuntid.

Calaamadda saxda samee:

- ✓ Haddii aad tahay qof cuno khudaar ama mirro kunoole waxaa laga yaabaa in aad u baahatid in aad qaadatid kiniini leh macdanta birta(irona). Kala hadal wixii ku saabsan arintani Takhtarkaaga ama Kalkaaliyahaaga caafimaad.

TALO-SIIN!

# IRON

## Why do you need Iron?

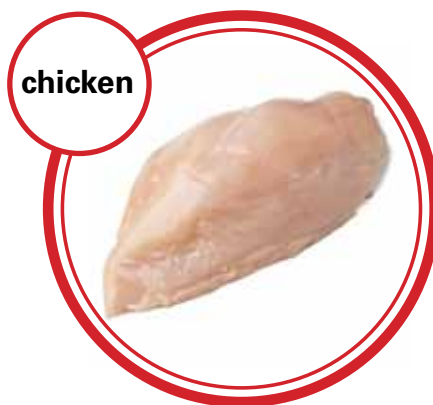
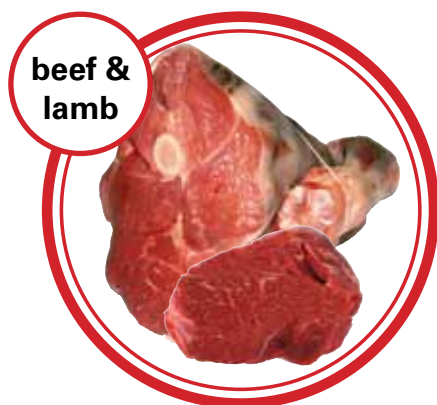
You need to eat foods with Iron in them for your body to work well.

If you do not have enough iron in your body you may:

- feel tired
- find it hard to think and concentrate
- find it harder to learn
- feel cold
- be more likely to get sick.

## What foods have Iron?

High Iron foods are:



The **redder** the meat, the more iron there is in it.  
The type of iron found in these foods is very easy for your body to use.

## Other foods with Iron are:



- porridge, Weetbix  
wholegrain breads



- vegetables



- eggs



- chickpeas  
beans  
lentils  
nuts

### TIPS!

**To help your body use the iron:**

- ✓ **Eat** foods high in **vitamin C** at **meal times**. These are oranges, orange juice, kiwi fruit, tomatoes and broccoli. This will help your body use the iron.
- ✗ **Do not drink tea** with your **meal**. Tea stops your body using iron. Wait at least one hour after eating.

**Do check:**

- ✓ If you are vegetarian or vegan you may need to take iron tablets. Talk to your Doctor or Nurse about this.