

KAALSIYAM

Maxaad ugu baahan tahay macdanta kaalsiyam?

Waxaad u baahan tahay in aad cuntid cuntooyinka ku jira Kaalsiyam si ay uga dhigaan lafahaaga kuwo xoogan.

WAA MAXAY CUNTOOYINKA LAGA HELO KAALSIYAM?



caano



caano-fadhi



farmaajada

- Caanaha subaga ku yar (tani waxay kor ka leedahay madibada **cagaar, jaalle** or **buluug qafiif ah**) waxayna kaalsiyamta kaga badan tahay caanaha kor buluuga madoowga ka ah.
- **Keliya ilmaha ka yar da'da 2** sanno jir ayaa u baahan **caanaha buluuga madoow** ka ah kor.
- **Qof-kasta oo kale** swaa in uu cabbaa **caanaha subaga** ku yar.
- Haddii aadan aboodin in aad qaadatid caano, waxaad isticmaali kartaa caanaha sooyada oo leh kaalsiyam lagu daray
- **Farmaajada** waa cunto subaga ku badan, sidaas awgeed waxaad keliya ka cuntaa **in yar**.
- Cun cuntooyinkan **2-3 jeer** maaliintii

Cuntooyinka kale ee leh kaalsiyam waa:



● timir tiin qalalan buruun



● madax-cagaar



● kalluunka maqaar qalinka ah leh oo gasacadeysan kalluunka saardiin



● lowska brazil lowska bistaajiyo (pistachio) miro bahda lowska oo cayriin ah nooc lowska oo walnutska

TALO-SIIN!

- ✓ Waa in jirkaaga uu leeyahay Fiitamiin D si aad u isticmaashid kaalsiyam
- ✓ Halka **ugu fiican** ee laga helo **Fiitamiin D** waa iftiinka cad-ceedda.
- ✓ Si aad u heshid fiitamiin D kugu filan waxaad u baahan tahay in aad ka qaadatid iftiinka cad-ceedda wajigaaga iyo gacmahaaga qorrax-celis la'aan: dadka maqaarka midabka madoow leh ilaa iyo **20 daqiiqadood**; dadka maqaarka dhalaalaya leh **6-8 daqiiqadood**, maalmaha badankooda
- ✗ **Iska illaali waqtiyadda ugu kulul** ee maaliinta. Ka hor 1 lam iyo kaddib 4pm waa ay badbaadsan tahay in aad daboolka ka qaadid maqaarkaaga.



Refugee Health Collaborative, 2012.

CALCIUM • Somali

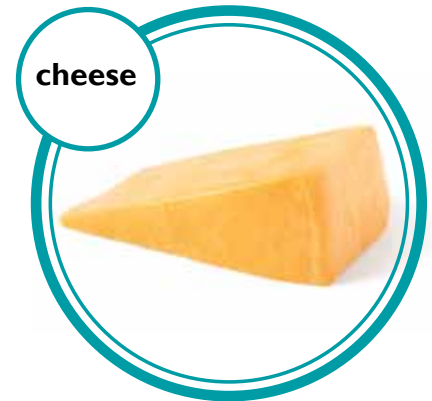
CALCIUM

Why do you need Calcium?

You need to eat foods with Calcium in them to keep your bones strong.

What foods have Calcium?

High Calcium foods are:



- Low fat milk (this has a **green, yellow** or **light blue** top) is higher in calcium than dark blue top milk.
- **Only children under 2 years old** need the **dark blue** top milk.
- **Everyone else** should drink **low fat** milk.
- If you are unable to have milk, you can use soy milk that has added calcium in it.
- **Cheese** is a high fat food, so only eat in **small amounts**.
- Eat these foods **2-3 times** a day

Other foods with some Calcium are:



- dates
dried figs
prunes



- broccoli



- canned fish
salmon
sardines



- brazil nuts
pistachio nuts
raw almonds
walnuts

TIPS!

- ✓ You must have Vitamin D for your body to use calcium.
- ✓ The **best** source of **Vitamin D** comes from **sunlight**.
- ✓ To get enough vitamin D you need to have sunlight on your uncovered face, hands and arms without sunscreen: for dark skinned people up to **20 minutes**; for fair skinned people **6-8 minutes**, on most days.
- ✗ **Avoid** the **hottest times** of the day. Before 11am and after 4pm it is safer to expose your skin.