



Isku baxnaaninta birta

Qof kasta wuu u baahan yahay birta. Birtu waa macdan ka mid ah sameyska jirka. Birta badideedu waxay ku jirtaa dhiigga cas ama gudduudan, waxayna ka caawisaa qaadista oxygen (ogsajiin)-ka la gaarsiinayo jirkoo dhan.

Iska dhimista cunida birta muddo dheer waxay keentaa kaydka birta ee jirka oo hoos u dhaca markaana aad dereentid dhiig la aan. Waxa kugu iman karaya awood la'aan iyo hiinraag, cuntadoo niyad aad u weydid, iyo adigoo inta badan xannuunsada iyo jirkaagoo bilaa dhiig la'aan u muuqda. Calamadahaasi waxay kaa tagi karaan marka kaydka birtu dib u soo noqdo. Baahida birta ee kaydka jirku waxay ku xirantahay inta raashin aad cuntid iyo inta baahida birta ee jirkaagu ay le'egtahay.

Hoos waxaa ku taxan inta milligrams ee birta ee maalintii ragga iyo dumarka ay u baahanyihiin:

Da'da oo sannado ah	Ragga	Dumarka
1-3	7 mg	7 mg
4-8	10 mg	10 mg
9-13	8 mg	8 mg
14-18	11 mg	15 mg
19-30	8 mg	18 mg
31-50	8 mg	18 mg
51+	8 mg	8 mg

Talooyinkan soo socdaa waxay kaa caawinayaan kor u qaadista birta jirka galeysa.

1. Baro in hilibka cas ama gudduudan uu yahay ka u fiican ee laga heli karo nuxurka birta, oo ah ka sida fudud jirku u qaadan karo.
2. Ka doorbid furinka ama rootiga, cereals-ka, iyo baastada ku magacaaban "enriched" ama "fortified" (nafaqo dheeraad ah lagu daray).
3. Isku dey in aad cuntid raashin uu la socdo Vitamin C waayo kaasi wuxuu kaa caawinayaa in uu jirku si fudud u qaadan karo birta. Tusaale ahaan, haddii aad cabtid koob liin macaan ah aadna ku quraacatid cereal ay birtu ku badan tahay, waxaad labban-laabtay ama seddex-laabtay birtii jirkaagu uu qaadan lahaa. Vitamin C waxa laga heli karaa strawberries-ka, yaanyada, batiqa, bocorka, kaabajka, iyo khudradda dhanaan iyo cabitaanka liinta macaan ama canabka laga sameeyey.
4. Birta la socota qudaarta, khudrada iyo miraha waa kuwo si fudud jirku u qaadan karo marka la la cuno hilib ama kalluun (mallaay).

- Cuntada isku jirta - beans iyo hilib lo' losocda chili ka
 - peppers iyo digaag
 - pastata iyo hilibka kuuskuusan
 - bean iyo hilibka beef burritos

MEELAHA KALOO LAGA HELO (in ka badan 4 Milligrams)

Cuntada	qiyaasta cuntada (qiyaas guud)	Birta (mg)
Bran Buds® ama Bran® oo dhan -nooca cereals ah, qallalan	1/2 koob	6.7
Bran flakes, qallalan	1/2 koob	5.5
Carob stars amba chips	1/2 koob	20.1
Cereals, lanaqeeay 100% of the U.S. RDA for iron	1 oz.	18.0
Xasiid	1 koob	5.9
Cream ah qamadi, Ralston® farina, Malt-O-Meal® (karsan)	1 koob	10.0
Duck, wild, macaa amba bilaa harag	3 oz.	7.1
Beer, lo' (karsan)*	3 oz.	5.7
Beer, digaag (karsan)*	3 oz.	7.2
Beer, calf (karsan)*	3 oz.	12.0
Pheasant, maca ama bilaa haragiisa	3 oz.	7.1
Venison, bakeyle, squirrel, moose, elk (karsan)	3 oz.	6.6

MEELAHA SI DHEXDHEXAADKA LOOGA HELO (2 ilaa 4 Milligrams)

Cuntada	Qiyaasta cuntada (Qiyaas guud)	Birta (mg)
Almonds, qallalan, unblanched	1/2 koob	2.6
Apricots, qallalan	1/2 koob	3.0
Asparagus, canned, drained solids	1/2 koob	2.2
Beans qalalan:		
Beans duban, bilaa khansiir	1/2 koob	2.2
Beans ah Northern, navy, casaan, qalalan (oo karsan)	1/2 koob	2.4
Soybeans (karsan)	1/2 koob	2.4
Lo', la kariyey (qiyaasta wasladda ayey ku xirantahay)	3 oz.	2.2
Figs, qallalan	1/2 koob	2.2
Oatmeal, qallalan	1 koob	3.6
Peaches, qallalan	1/2 koob	3.2
Prunes, dried (aan la karin)	1 koob	4.0
Salmon, qasacaysan	1/2 koob	2.1
Saaraadiin, la qasaceeyey oo la nadiifiyay	8 dhexdhexaad	2.8
Scallops	3 oz.	2.5
Veal, la kariyey (qiyaasta wasladda ayey ku xirantahay)	3 oz.	3.0

Meelaha inta yar laga helo (Ka hooseeyo 2 Milligrams)

Cuntada	Qiyaasta cuntada (Qiyaas guud)	Birta (mg)
Furinka ama rootiga, qamadi ama sareen buuxa ah	2 sheex	1.4
Chard, Swiss (karsan)	1/2 koob	1.9
Digaaga, maca haragiisa ama bilaa haragiisa (karsan)	3 oz.	1.5
Timir, qallalan	1/2 koob	1.0
Beans (atar) qalalan iyo misir amba digir:		
Misir akhtar ah (karsan)	1/2 koob	1.2
Misir amba digir tuman (karsan)	1/2 koob	1.7
Lima beans, Fordhook (karsan)	1/2 koob	1.1
Beedka ama ukunta, balaaran*	1	1.0
Greens, beet, mustard, or turnip (karsan)	1/2 koob	0.5
Lamb (karsan)	3 oz.	1.2
Macaroone, pasto, pasto kuuskuusan, cad, nafaqadu ku badantayah	1/2 koob	0.7
Molasses, blackstrap	1 tsp.	1.6
Muffin, English, qamadi ama sareen buuxa ah	1 dhan	1.3
Oat bran (karsan)	1/2 koob	0.9
Laws, la dubay ama bilaa aleel ah	1/2 koob	1.3
Khaansiir, karsan, la qiishiyay, ama daray ah (qiyaasta wasladda ayey ku xirantahay)	3 oz.	1.2
Cabitaan Prune ah	1/2 koob	1.5
Cinab, qallalan (seedless)	1/4 koob	0.8
Bariis, miro deer	1/2 koob	0.9
Bariis, cidlada kabaxa (karsan)	1/2 koob	1.1
Spinach, barafka ku jira (karsan)	1/2 koob	1.4
Spinach, aan karsaneyn	1 koob	1.5
Dheecaanka yaanyada, iyo qasaciisa	1 koob	1.4
Turkey, maca ama bilaa halag, hilib madow (karsan)	3 oz.	1.5

*Cuntooyinkaas waxaa ku jira 250 ama ka badan oo dufan ah qeybtaa halkaa ku qoran .