

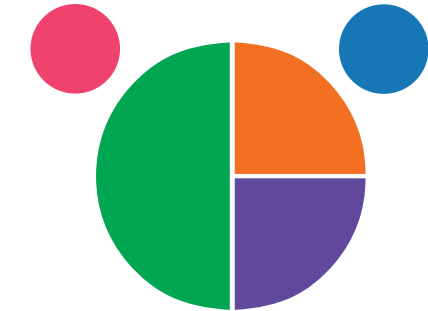
Suqaar hilib iyo bariis xawaashyo kala duwan leh Beef suqaar with spiced rice

Miraha
Fruits

Moos (jab moos ah)
Banana (1 half)

Khudaarta cagaaran een sonkorta kicinayn
Non-starchy vegetables

- Basasha cas**
Red onion
- Kaarooto**
Carrots
- Barbarooni**
Red bell peppers
- Yaanyo**
Tomato



This handout was made possible in part by a grant from the Park Nicollet Foundation.

Badarka iyo khudaarta sonkorta kiciya
Grains and starchy vegetables

- Bariis**
Rice (cooked)
- Baradho**
Potatoes



Booratiin Protein

Hilib lo'aad
Beef

Baruurta iyo saliidaha Fats and oils

Saliid saytuun
Olive oil

Qiyaas Amount

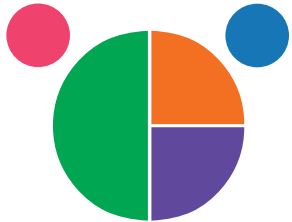
in gacantaada oo la duubay le'eg
Fist

1 koob
1 cup

Xawaajyadda iyo basbaaska
Herbs and spices

- Qorfe**
Cinnamon
- Xawaaj dhuu-dhuub**
Coriander
- Kamuun**
Cumin
- Filfil**
Black pepper
- Hayl**
Cardamom
- Dhagayare**
Cloves
- Toon**
Garlic
- Huruud**
Turmeric
- Kabsar caleen**
Cilantro

Sidii aan u Cunilahaa Cunto Caafimaadkayga u Wanaagsan Healthy Eating with My Meal



Miraha Fruits



Tufaax
Apple



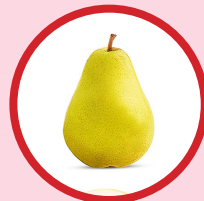
Moos
Banana



Timir
Dates



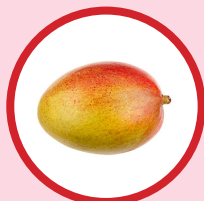
Canab
Grapes



Beer
Pear



Liin macaan
Orange



Canbe
Mango



Liin dhanaan
Lemon, lime

Baruurta iyo saliidaha Fats and oils



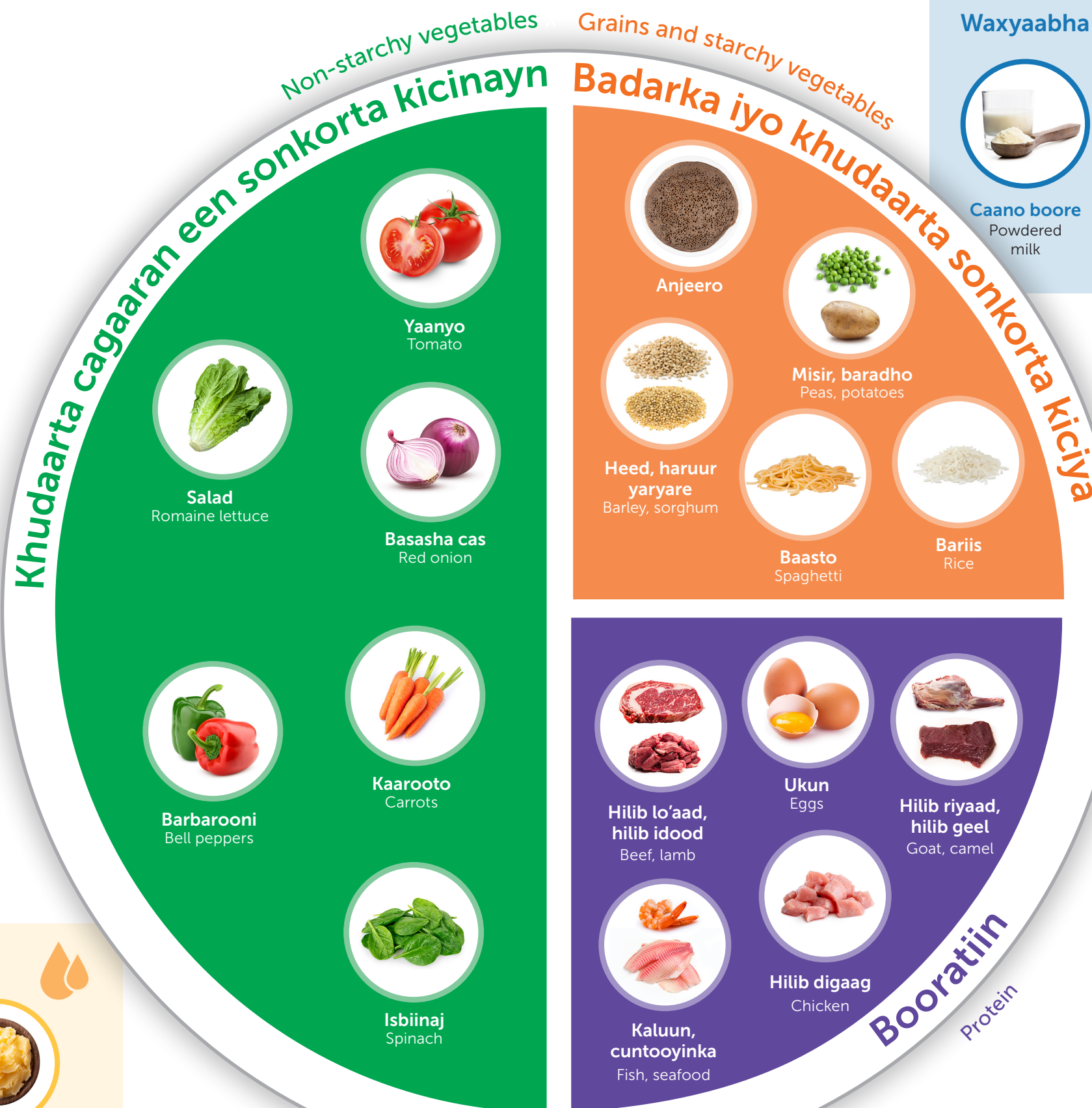
Saliida kanoolada
Canola oil



Saliid saytuun
Olive oil



Subag sixin ah ama codcod ah
Ghee



Waxyaabha caanaha laga sameeyay Dairy



Caano boore
Powdered milk



Caano garoor ah
Yogurt



Caano aan subaga laga saarin
Buttermilk



Caano subaga bar laga saaray (2%)
Reduced-fat (2%) milk

Xawaajyadda iyo basbaaska Herbs and spices



Nooc saladka ka mid ah Basil



Kabsar caleen Cilantro



Qorfe Cinnamon



Kamuun Cumin



Xawaaj dhuu-dhuub Coriander



Toon Garlic



Sinjibiil Ginger



Filfil Black pepper