

Bilabida siinta rashinka ridqan

Nu nuga waxad ku bilawda siinta rashinka ridqan malinti. Ilmuhu markad uu bilbayso rashinka ridqan ma aha in dalnado ama gajo badan in ayhayso ama ay tahay malin uu jiran yahay. Nu nugu wuxu uu bahan yahay waqti uu ku barto rashinka cusub iyo dhadanka cusub. Marka hore ka bilabin rashin badan ama rashin kala jaad ah oo badan (3-4 malimood kadib un bad rashin cusub siin karta). Ilmahaga rashinka ka dib waxa siisa biyo. Waxa jirta lakín mar mar una rabin nu nugu biyo madama uu qoyan ku filan ka helay rashinka ama canaha. Rashinka cusub ee yimi calosha wa cuseeb marka war ka hay nu nuga saxaradiisa noca ay tahay.

Diyarinta rashinka shiidan ee qudar ah: qiyas 1/3 barado 2/3 qudar dhaman 200-250g

- Waxa muhim ah inad istamcmasho digsi ama dawo dabol leh si fitaminka una qiiqa uu racin.
- Qudarta jar jar oo yar yare, biyo yar ku kari, biyaha ad ku karisay weel ku shub.
- Qudarta daqiji, in biyahi ad ku karisay ku dar ila jilec wacan uu gadho rashinku sida maraq culus oo kale.
- Min 200 - 250g rashinka shiidan waxad ku darta 2 cabir saliid ah malqacada yar saliida dirta (aan aheen mid qabow lagu so shiiday sida ta layiraho RAPSÖL) ama subag, si fitaminka ku milma dufanka uu so raco rashinka.
- Haddi aad sinayso nu nuga rashin qudar shiidan oo qurarad ku jira aqri waxa ku qoran. In ta badan wa in saliid lagu dara.
- Rashinka shiidan waqti ka hor bad sameen karta oo ad markasna talagada barafka gelin karta. Weel dabol gijisan leh markad ku rido waxad ku deen karta talagada muddo 24 sacad, hal mar keliya aya la ogal yahay in la kulu leeyo. Waxa logu qatay biyo kulul adigo ku diriya. Salida waxad ku darta marka ad so diyarisa rashinka oo aad siin rabto.
- Rashinka lagu kululeyo mikrowelleha wa inad si wacan uu qasta oo aad habsatan in usan guban nu nuga!
- Inta unan gadhin nu nugu waqti uu la so fadhisan karo reerka ka hor ha siin cusbo ama waxa layiraho KOCHSALZ iyo maraq dhigag ama waxa layiraho AROMAT ama udgoneen rashin.
- Rashinka shiidan aan hilib laheen oo qudar ah waxa lagu dara 1-2 malqacad yar oo boorij ah (macdan helis) iyo in yar oo sharab liin burtuqan ama sharabka SANDDORNSAFT layiraho (fitamin C).
- cuntada la macaneeyay sida ciirta, ciirta ku jirto frut layiraho FRUCHTJOGHURT, ka liyaraho PETIT SUISSE oo ah jiis fresh ah, cuntada ama macmacanka ee layiraho FARMER, cuntada layiraho MILCHSCHNITTE iyo BABYBISCUITS ma aha cunto qimo badan le xagga cafimadka sida daradeed waxa lagula talinaya in ad mar mar keliya ad ka dhigid nus sacco ilmaha ad sisid!
- WHO midowga qaramaha wuxu ku taliya in ilmaha la siyo naska 4-6 bilood.
- Rashinka sokor ama macan ha ku darin xawashna ka ilali gar ahan maraq digag.
- Ilmahu inta uu ku deregsan yahay canaha naaska ama canaha kowad lo ma bahna in la warego canaha lambar 2. Ugu horeen marka uu gadho 6 bilood.
- Hal rashin shiidan min yomki wa in uu ahada bila cano (ha ku darin ciir ama cano ama jiis).