

Quudinta badbaadada leh ee dhallaanka khatarta sare ugu jira jirrooyinka cuntada ka dhasha

Dhallaanka khatarta sare ugu jira cudurrada cuntada ka dhasha:



Laba bilood iyo kuwa ka yar



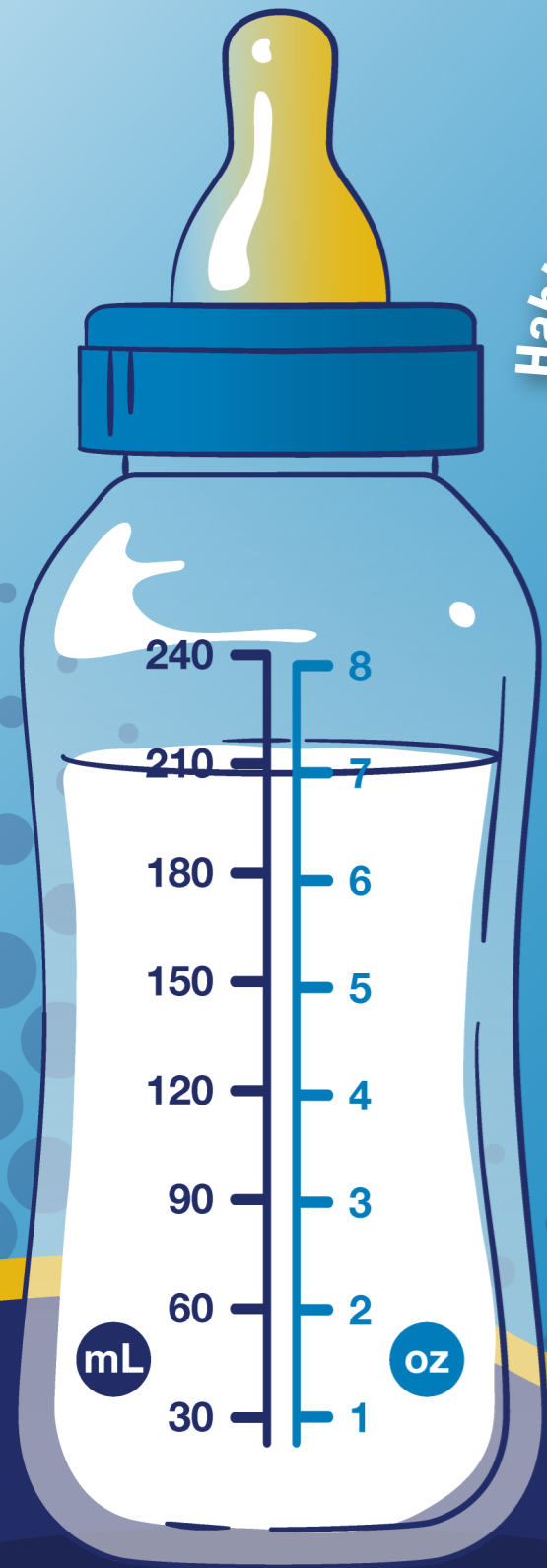
Kuwa leh difaaca jirka oo liita



Ku dhashay ayagoon shinkoodi dhamaanin



Caruurta qaadanaya daaweynta caafimaad, sida kiimoterabiga kansarka



Habka ugu nabdoon



Naasnuujinta



U diyaarsan in lagu quudiyo



Dareere xoogan



Budo ah

Haddii ilmahaagu halis sare ugu jiro cudurrada cuntada ka dhasha, tixgeli kuwa soo socda:



Naasnuujinta ayaa ah habka ugu badbaadada badan nafaqada dhallaanka, laakiin haddii aadan awoodin, tixgeli inaad isticmaasho dareeraha naaska ee diyaarka u ah in la siiyo dhallaanka, maadaama tani ay tahay ikhtiyaarka ugu badqabsan ee caanaha la siiyo dhallaanka. Mida xigta ee ugu badbaadada badan waa caanaha dareeraha ah ee xooggan.

Haddii dareere diyaar u ah in lagu quudiyo iyo caanaha nafaqaynta dareeraha aan la heli karin, isticmaal caanaha ilmaha budada ah beddel ahaan.



Caanaha dhallaanka iyo qaadada lagu qaso caanaha ha ahaadaan kuwo angagan si aad u yarayso khatarta caabuqa.



Markaad qasayso caanaha budada, biyo kululee, u ogolow inay qaboobaan ilaa 5 daqiiqo, kadibna ku shub dhalada. Ku dar caanaha budada, rux si aad iskugu qasto, kadibna u ogolow inay qaboobaan ilaa ay ka gaaraan heer-kulka jirka. Karkari biyaha marka aad isticmaalayso caanaha dareeraha ah ee xoogan haddii aadan hubin badqabka isha biyahaaga. Qaybaha dheef-shiid kiimikaadka iyo kuwa khaaska ah waxaa ka mid ah calaamadaha ka digaya in lagu kululeeyo wax ka sarreeya 100F taas oo keeni karta inay lumiyaan fiitamiinnada iyo nafaqooyinka. Raac tilmaamaha calaamadda ee hababka dheef-shiid kiimikaadka gaarka ah.

Macluumaad dheeraad ah oo ku saabsan diyaarinta iyo u maaraynta caanaha dhallaanka si badbaado leh ayaa laga heli karaa barta:

<https://www.fda.gov/food/buy-store-serve-safe-food/handling-infant-formula-safely-what-you-need-know>

*Haddii aad wax su'aalo ah qabtid, la hadal bixiyaha xanaanada caafimaadka ilmahaaga.

