Talooyinka sida Badbaadada leh Lagu diyaarinayo Caanaha Budada ah ee Dhalaanka

FDA U.S. FOOD & DRUG ADMINISTRATION

Waa muhiim in jeermisku aanu gelin caanaha dhallaanka sababtoo ah dhallaanku si buuxda uma yeelanin hab-dhisyada difaaca jirka taaso iyaga u galinayso khatar sare oo caabuq ah.

Caanada budada ee dhalaanka waxay guriga keeni karaan jeermisyo gaar sida *Salmonella* iyo *Jeermis gala caanaha budada ah*.

Caabuqyada *Salmonella* waxay halis ku noqon karaan dhallaanka. *Jeermiska gala caanada budada ah* ayaa suurtagal ah inuu sababo caabuq dila dhalaanka.

Mar kasta qaadada caanada dhalaanka ha ahaato mid qalalan.

Ka fagoow inaad isku qasto walxaha. Jeermisyadan yaa gala caanaha dhalaanka ee budada ah marka weelka la furo. Waxa laga heli karaa cuntooyinka kale oo waxay ku nool yihiin sagxadaha sida miiska jikada ama sinkiga, iyo biyaha.

Caanaha budada ah ha ahaadaan kuwo qalalan si looga fogaado inuu jeermis gaaro. Si aad u nadiifiso weelka caanaha ah ee budada ah ee aan la furin, isticmaal tixaha jeermiska dilaha ama shukumaan warqad ah oo lagu buufiyay jeermis dile. Nadiifi bannaanka weelka iyo daboolka ka hor inta aadan furin markii ugu horeysay. Ha dhex gelinin weelka ama haku dhaqin biyo socda.

Mar kasta qaadada caanada dhalaanka ha ahaato mid qalalan. Ha furin weelka ilaa dhammaan sagxadaha ay si buuxda u engegaan. Weligaa ha nadiifin gudaha weelka. Haddii qaadku ku dhaco sinkiga, miiska jikada, ama dhulka, ama si kale ay wasakh u gaarto, u nadiifi sida aad u nadiifin lahayd masaasada ilmaha. Hawada haku angagto kahor intaadan isticmaalin.

Had iyo jeer isticmaal biyo ka yimid il ammaan ah si aad ugu qasto caanaha dhallaanka ee budada ah.

Marka ugu horeysa intaan la isticmaalin, nadiifi walxaha lagu siiyo ilmaha caanah:

- Karkari ilaa 5 daqiiqo, ku soo saar qabatp nadiif ah, ku angaji hawada adigoo isticmaalayo tuwaal warqad ah saxan nadiifka ah.
- Ama, dhex mari mashiinka lagu dhaqo weelasha adigoo isticmaalaya biyo kulul iyo wareegga kulaylka lagu qalajiyo.

Sida Loo diyaarinta Caanaha dhalaanka ee budada ah

*Wixii tilmaamaha gaarka ah, raac tilmaamaha ay bixiso cida caanaha samaysay.

Si aad u nadiifiso masaasadaha iyo walxaha kale ee ilmaha lagu siiyo caanaha marka la isticmaalo kadib, ku dhaq biyo saabuun ah dhexdii weelka la isticmaalay oo keliya qaybaha quudinta caanaha, ka raaci oo hawo ku qallaji tuwaal warqad ah ama tuwaal saxan nadiif ah.

Wixii macluumaad dheeraad ah oo ku saabsan sida badbaadada leh ee looga shaqeeyo caanaha dhallaanka ee budada ah ka fiiri:

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.