

Muhiimadda ay Folate-ka/Folic Acid ku leedahay cuntada

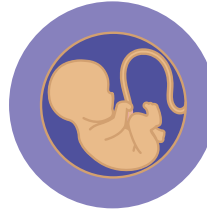


Cunto caafimaad leh oo waqtigeeda ah ayaa kaa caawin karta kor u qaadida caafimaadkaaga maanta iyo, sanadaha soo socda.

Folic acid-ka waa nafaqo muhiim ah oo ka caawisa ka hortagga qaar ka mid ah waxyeelada waaweyn ee waqtiga uurka ee samaysanka maskaxda uurjiifta (anencephaly) iyo laf dhabarta (spina bifida).



Folic acid-ka, oo sidoo kale loo yaqaano fitamiin B-9, waa nooc ka mid ah folate-ka lagu daro cuntooyinka inta lagu jiro warashadaynta iyo kaabisyada.



Kala hadal bixiyahaaga xanaanada caafimaadka fiitamiinada dhalmada ka hor ama kaabis kale oo aad la qaadato cunto caafimaad leh oo ay ku jiraan folate.



Dhammaan shakhsiyaadka qorsheynaya inay uur qaadaan ama awood u leh inay uur qaadaan waa inay qaataan kabitaan maalinle ah oo ka kooban 400 ilaa 800 micrograms (mcg) oo ah folic acid.



KAHEL NAFQADAADA CUNNOOYINKA WIC*!

Heedda quraacda la kaabiyay, miraha masagta oo dhan (baasto, iyo bur masaxa galleyda ah [oo lagu kabay folic acid-ka]), digir (digirta madowda, killi), digir cagaarta, isbinaajka, asbaraguska, miraha isbarootiska, caleenta sallaarka, avokado, brokoli, iyo cagaarka khardalka.

*Barnaamijka Nafaqada Kaabista ee u Gaarka ah Haweenka, Dhallaanka, iyo Carruurta



Ka eeg cuntooyinka kale ee ay ku jirto Folate-ka/Folic Acid-ka
<https://ods.od.nih.gov/factsheets/Folate-Consumer/>.