

Talo bixin ku saabsan tirinta kaarboohaydratka:

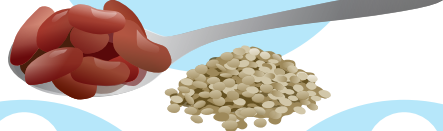
1

1 qaado oo bariis la kariyey, quinoa, bulgur, kuskus ama midho hadhuudh ah
5 g oo karboohaydrayt ah



2

1 qaado oo weyn oo diggir la diyaariyey ah tusaale. Xumus, digirta yaryar ama cadaska **5 g oo karboohaydrayt ah**



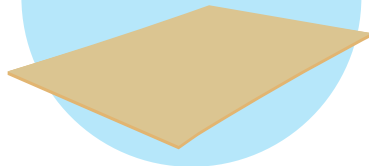
3

Baasto la kariyey, bariis la kariyey ama baradhada foornada lagu dubay $\frac{1}{4}$ miisaanka = g ee karboohaydrayt ah



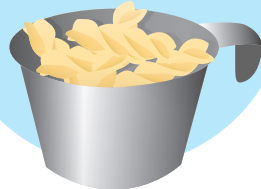
4

1 saxan lasaanyo
15 g oo karboohaydrayt ah



5

1 dl yar oo baasto la kariyey
10 g oo karboohaydrayt ah



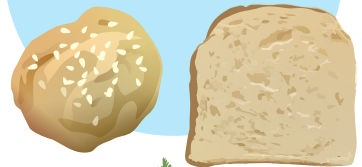
6

1 baradho la kariyey oo le'eg ukunta
10 g oo karboohaydrayt ah



7

Miisaanka kala badh rooti madow iyo mid cad = g karboohaydrayt ah



8

1 gacan muggeed oo lowss ah ama Almonds ah
5 g oo karboohaydrayt ah



9

Maraq khudradda la isku daray baradho la'aan ama wax kale istaartiga qalalan
5-7 g oo karboohaydrayt ah halkii dlama 100 g



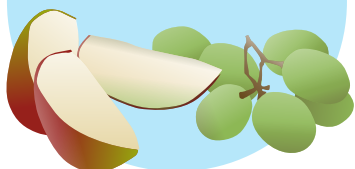
10

Maraq khudradda la isku daray baradho, cadas ama istartiyi qalaln
7-10 g oo karboohaydrayt ah halkii dlama 100 g



11

1 cantoobo yar oo miro ah
10 g oo karboohaydrayt ah



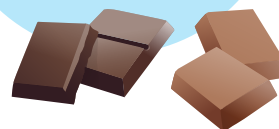
12

1 qaado oo sabiib ah ama xirmo caruureed
10 g oo karboohaydrayt ah



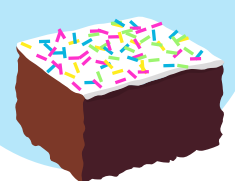
13

70% shukulaato:
 $\frac{1}{3}$ ee miisaanka = g karboohaydrayt ah
Shukulaatada caanaha:
 $\frac{1}{2}$ miisaanka = g karboohaydrayt ah



14

Miisaanka kala badh keega = g karboohaydrayt ah



15

Nacnac sida xabagta khamriga ama lakariis: $\frac{3}{4}$ ee miisaanka = g karboohaydrayt ah ama 2-4 nacnac:
10 g oo karboohaydrayt ah



16

Jalaatada la yiraa:
1 qaado: **10 g oo karboohaydrayt ah**
1 waffle: **10 g oo karboohaydrayt ah**
1 bunni kareem: **10 g karboohaydrayt ah**
Kareemka dufanka leh:
0 g karboohaydrayt ah
Guf: **10 g karboohaydrayt ah**



17

Barafka soodhada
10-15 g oo karboohaydrayt ah

