

PATIENT EDUCATION

Cuntooyinka Guud ahaan Dareeraha ah (Full Liquid Diet)

Xogta cuntooyinka guud ahaan dareeraha ah

- Cuntooyinka guud ahaan dareeraha ah waxaa kamid ah cuntooyinka loo oggol yahay cuntada dareeraha ah ee cad oo lagu daray caano iyo cadad yar oo ah fiber.
- Cuntooyinka guud ahaan dareeraha ah waxaa ka buuxa tamar, borotiin, iyo dufan, laakiin waxaa ku yaraan kara feetamiinada, macdanta jirka, iyo fiber-ka.
- Bukaannadu waxay u baahnaa karaan cuntooyinka guud ahaan dareeraha ah haddii ay dhibaato ku qabaan wax laqista, wax ruugista, af/dhuun xanuun, haddii ay isku diyaarinayaan ama raacayaan qalliin/baaritaan.
- Cuntooyinka guud ahaan dareeraha ah waxaa loogu talagalay in cunto yar la isticmaalo loona adeegsado sida tallaabo ku meel gaar ah oo u dhaxeysa cabitaanka fudud iyo cuntooyinka jilicsan. Sababo la xariira inuu ku yar yahay feetamiinka iyo macdanta jirka, laguma taliyo in muddo dheer la isticmaalo.

| Noocyada Cuntada: | Cuntooyinka Lagu taliyo: | Cuntooyinka AAN lagu Talin: |
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| Cabitaannada | <ul style="list-style-type: none"> • Biyo, baraf, soodho, shaax, kafee, kaalmooyinka nafaqada ama cabitaanka sheekiska | <ul style="list-style-type: none"> • Dhammaan Kuwo kale |
| Badar | <ul style="list-style-type: none"> • Seeriyoolka khafiifka ah ee kulul sida Qamadi la Tumay ama kareemka bariiska ee khafiifka ah | <ul style="list-style-type: none"> • Badarka baalka leh, baasto, bariis, seeriyaal qaboow, rooti, macmacaanka laga sameeyo burka sida keegaga iyo buskutka |
| Waxyaabaha caanaha leh | <ul style="list-style-type: none"> • Caano, caanaha sooyga, caanaha almond-ka, caanaha bariiska, caanaha qumbaha, caanaha cashew-ka • Cabitaanka adag ee barafka leh • Yooqad • Labo-niyad • Burka Macmacaanka | <ul style="list-style-type: none"> • Jiis adag • Yooqad leh khudaar jarjaran |
| Khudaar iyo khudrado | <ul style="list-style-type: none"> • Juuska khudaarta • Maraq khafiif ah, oo ka sameysan khudaar • Juus khafiif ah oo aan lahayn diir | <ul style="list-style-type: none"> • Khudaarta iyo khudrada qasacadaha, fireshka ah, la qalajiyay oo isku dhan |
| Saliido | <ul style="list-style-type: none"> • Almond-ka, afakaadho, canola, cashew-ka, salool, miraha canabka, saliid zeytuun, saliid safflower, sisin, digirta sooyga, iyo saliida sunflower • Dufan • Margarine aan dufanka xun lahayn | <ul style="list-style-type: none"> • Saliida qumbaha, saliida geedka timirta, saliida laga miiro dufanka |

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| Kuwo kale | <ul style="list-style-type: none"> • Leh dhadhanka gelatiinka • Maraqa kariinka la kariyay • Maraqa digaaga, hilibka lo'ada, ama khudaarta • Jalaato qori | <ul style="list-style-type: none"> • Ha cunin Cuntooyinka Adag • Haku cunin cuntada adag wax dareere ah sida maraq marka aad cuneysa baasto, hilib ama khudrad ama haku cunin yoqadka khudaar la jarjaray. |
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Tusmada meenuga dareeraha buuxa

Quraac

- Juuska oranjiga (aan lahayn diir)
- Qamadi la Tumay
- Caanaha khafiifka ah
- Yoqadka aan dufanka lahayn
- Kafee ama shaah

Qado

- Juuska Tufaax
- Maraqa yaanyada
- Macmacaanka shukulaatada
- Cabitaanka adag ee jakuleetka oo leh borotiinka badan
- Shaax

Cuntada fiidkii

- Juuska canabka
- Caanaha khafiifka ah
- Cabitaanka adag ee faniilada ee leh borotiinka badan
- Maraqa kariimka, labeenta borokooliga oo la shiiday
- Labo-niyad

Cuntooyinka fudud

- Cabitaanka adag ee istarowberiga ee leh borotiinka badan (aan lahayn miro)