

Joojinta qaar kamid ah cuntada ee la xariirta Cudurka nooca kamidka ah unugyada dhiiga cad ee guriga saameeya (Elimination Diet for Eosinophilic Esophagitis)

Cudurka Dabadheeraada oo ku dhaca Hunguriga (Eosinophilic Esophagitis, EOE)?

EOE waa cudur keena xasaasiyad ku dhacda hunguriga. Waa nooc kamid ah unugyada dhiiga cad (unugyada dhiiga cad) oo isku taxa hunguriga, sababaha inuu cariiri noqdo. Dadka qaba cudurka EOE waxaa ku adkaan kara inay wax laqaan sababo la xariira inuu cariiro noqday hunguriga.

Calaamadaha cudurka EOE

- Wax laqista oo qofku ku adkaata ama xanuun
- Cuntada oo mari waysa hunguriga
- Gaas
- Lallabo
- Mataq

Doorka cuntada ku leedahay EOE

EOE falcelinta xasaasiyada oo gaar ah oo aan lagu oggaan karin baaritaanka dhiiga ama maqaarka. Joojinta qaar kamid ah cuntada ayaa gacan ka geysan karta in la oggaato cuntooyinka sababaya EOE. Cuntada noocaan ah waxay u badan tahay inay meesha ka saaraan qabitaanka cuntada si ay usoo hagaagaan astaamuhu. Markaas kadib, waxyaabaha kiciya ayaa lagu daraa ayagoo la kala hormarinaayo si loo oggaado cuntada sababta EOE.

Joojinta qaar kamid ah cuntada ee la xariirta EOE

- Hab cunistaan waxay kaa ilaalinaysaa inaad cunto cuntada ugu xasaasiyada badan— waxyaabaha caanaha leh, ukunta, sooyga, gluten-ka, miraha qalalan/miraha geedaha, iyo kaluunka/kaluun qalfoofeedka muddo lix asbuuc ah.
- Kadib lix asbuuc ah, waxaad mari doontaa baaritaanka tuubada afka bukaanka laga geliyo (esophagogastroduodenoscopy, EGD) si loosoo qaado unug yar oo baaritaan lagu sameeyo.
- Joojinta qaar kamid ah cuntada waqti ayay qaadataa, waxayna qaadan kartaa celcelis ahaan 3-4 EGDs, waxaana ka dhalan kara isbadel cunto oo muddo dheer.
- Boggagaan soo socda waxaa ku qoran macluumaad ku saabsan cuntooyinka lagu daro lagana saaro liiska marka la iska joojinaayo qaar kamid ah cuntooyinka iyo fikrado la xariira noocyada cuntada iyo meelaha laga soo adeegto. Waxaa lagu talinayaa inaad qorto xasuus qor la xariira cuntada inta aad kujirto cunto joojinta si aad ula socoto astaamahaaga iyto jawaab celintaada maalin kasta.
- Kadib marka laga gudbo wajiga joojinta qaar kamid ah cuntada, baaritaan tuubo afka lagaa gelinaayo ayaa la sameynayaan, waxaana gudaha laga soo qaadayaa unug yar si loo qiimeeyo falcelinta cuntada.
- Baaritaanka tuubada afka waxaa la sameeyaa mar walba oo dib u aasaas la sameeyo. Dhammaan noocyada cuntada ayaa la adeegsan doonaa maadaama laga yaabo cuntada kicinaysa cilada inay hal xabo ka badan tahay.

Cuntooyinka ay tahay in LAGU DARO qaar kamid ah cuntooyinka la iska joojinaayo

Noocyada Cuntada	Cuntooyinka ay tahay in la iska Ilaaliyo
Khudrada	<ul style="list-style-type: none"> – Khudaarta rasmiga ah (la macaaneeyay, la qalaljiyay, ama biyo baakad kujira)
Isbadelka Caanaha	<ul style="list-style-type: none"> – Caanaha bariiska leh – Caanaha Hemp – Caanaha Qumbaha – Yooqadka Qumbaha
Borotiin:	<ul style="list-style-type: none"> – Digaag – Hilibka Turkey – Hilibka Laxaha – Hilibka Qaansiirka – Hilibka Lo'da – Hilibka loo yaqaan Veal – Hilibka Fireeshka ah – Khudaarta (Digirta, digirta dhaadheer, dhigirta cagaaran, ama badarka)
Khudaarta	<ul style="list-style-type: none"> – Dhammaan khudaarta (cayriinka ah, la kululeeyay, la dubay (aan lagu darin dufan), juuska leh, ama la shiilay)
Saliido	<ul style="list-style-type: none"> – Saliid-saytuun ka gacanta lagu hagaajiyay – Saliida qumbaha – Dufanka Ghee (badelka u ah dufanka)
Cabitaanada	<ul style="list-style-type: none"> – Biyo – Kafee – Shaaxa geedaha – Biyaha Saafida ah – Biyaha Feetamiinada leh
Sonkorta macmalka ah	<ul style="list-style-type: none"> – Geedka Stevia – Maraqa bariiska baroonka ah – Malab – Maraqa Agave nectar (Sida yar loo isticmaalo)
Waxyaabaha dheeraadka ah ee cuntada	<ul style="list-style-type: none"> – Khal – Basbaas: <ul style="list-style-type: none"> ○ Cusbo, basbaas, baasil, qorfe, dill, toon, sinjibiil, mastaad, oregano, dhir, rosemary, tarragon, milix, ama huruud.
kaarboohaydareyt	<ul style="list-style-type: none"> – Bariis – Baradho (casaanka ah, gaduudan, iyo baradho macaan) – Quinoa – Mileet – Buckwheat – Boorash aan lahayn gulatiin

Cuntooyinka la ISKA ILAALI ee kujira cuntooyinka hadba qayb la iska daayo

Noocyada Cuntada	Cuntada ay tahay in la iska Ilaaliyo
Badar	<ul style="list-style-type: none"> - Rooti - Xubmada rootiga - Bulgur - Seeriyool - Buskutyo - Couscous - Farina - Farro - Rootiga la dubo ee burka ah - Kamut - Baasto balbalaar - Einkorn
Waxyaabaha caanaha leh/Caano	<ul style="list-style-type: none"> - Bur (dhammaan burarka, rootiga, keega, la balaariyay, - Sarreen borotiin leh oo leh Hydrolyzed - Seitan - Semolina - Spelt - Pizza crust - Qamadiga la qalajiyay - Qamadiga la qamiiriyay - Triticale - Gulatiinka qamadiga ee muhiimka ah - Qamadi (buunshe, beeris, qamadiga adag, qaybta qamadiga ee baxda, - gulatiin, garaas, malt, sprouts, istaaj)
	<ul style="list-style-type: none"> - Shukulaato macaanka meel dhexaadka ah leh - Kiriimka qaraar - Caanaha la fariisiiyay ee macaan - Yooqad leh dhadhanka dufanka - Leh dhadhanka caramel - Casein - Casein haydhoralayt - Caseinates (dhammaan noocyada) - Diacetyl - Lactalbumin - Lactalbumin phosphate - Lagtoferrin - Lactose - Lactulose - Caano borotiin oo leh Hydrolyzed - Tagatose - Whey (dhammaan noocyada kaladuwan) - Borotiinka Whey ee haydhoralayt leh

Sooy iyo waxyaabaha sooygu kujiro	<ul style="list-style-type: none"> - Edamme - Miso - Natto - Soya - Waxyaabaha sooyga lagu daro (jiis, ays kiriim, caano, iyo yooqad) - Digirta sooyga - Miraha sooyga - Maraqa Sooyga 	<ul style="list-style-type: none"> - Tamari - Tempeh - Duban - Quorn sooy - Sooy fiber-ka - Burka sooyga - Borotiinka sooyga (isku dhafka ah, haydhoralayt leh, kelida ah) - Borotiinka khudrada jilicsan (TVP)
Ukumo	<ul style="list-style-type: none"> - Ukumo (qalalan, bowdharka ah, isku dhan) - Qaybta cad ukunta/badelka - Eggnog - Maraqa ukunta (maraqa Bearnaise/Hollandaise) - Moyoniis - Meringue 	
Miro/miraha geedka	<ul style="list-style-type: none"> - Dhammaan noocyada miraha - Dhammaan noocyada miraha caanaha - Dhammaan noocyada miraha wax ka marsado - Miraha macmalka ah - Lychee - Pesto - Dufanka Marzipan/almond - Waxyaabaha miraha laga sameeyo (almoonka) - Burka miraha (almond, laws) - Dufanka miraha - Miraha khudrada - Borotiinka laws ee haydhoralayt 	<ul style="list-style-type: none"> - Saliida lawska (gacanta lagu sameeyay, la miiray) - la miiray, ama saliida lawska laga miiray) - Borotiinka laws ee haydhoralayt - Dufanka Marzipan/almond - Waxyaabaha miraha laga sameeyo (almoonka) - Burka miraha (almond, laws) - Dufanka miraha - Miraha khudrada - Saliida lawska -
Kaluun/kaluunka qalfoofka leh	<ul style="list-style-type: none"> - Dhammaan noocyada kaluunka - Barnacle - Caviar - Clams, mussels - Karaabka bada - Crawfish - Krill - Aargoosatada - Oktopus - Oysters - Scallops 	<ul style="list-style-type: none"> - Shirimbis, prawns - Snail Bouillabaisse - Maraqa salaadka - Saliida kaluunka/kaalmaatiga saliida kaluunka - Maraqa kaluunka - Saamiga/maraqa kaluunka - Leh dhadhanka cuntada bada - Surimi - Maraqa Worcestershire s (escargot)
Maadada loo adeegsado iskudarka/maadada xasilinta	<ul style="list-style-type: none"> - Saliida geedka timirta - Saliida Rapeseed - Saliida digirta sooyga - Saliida sunflower - Caanaha fariistay ee doofaarka - Caanaha fariistay ee lo'da 	

Fikrado cunto oo la xariira cuntooyinka meesha laga saaraayo

Cuntada	Tusaale
Quraac	<ul style="list-style-type: none"> - Cabitaanka sheega quraacda: <ul style="list-style-type: none"> o 1 koob oo khudaar ah (miro barafaysan ama cusub), 1 koob oo caanaha qumbaha ah, ½ koob caano fadhiyada ee qumbaha, iyo 1 qaado oo ah budada borotiinka bariiska. - Boorash: <ul style="list-style-type: none"> o ¾ koob oo galley ah oo la dubay, ½ koob oo biyo ah, oo la geliyay mikroweef 1 daqiiqo iyo 15 sikin, ku dar kaad rabto ½ koob oo caano ah iyo ¼ koob oo beeri ah. - 3-4 jeex oo ah hilibka qaansiirta oo la xulaafiyay. - 1 koob oo khudrad cusub ah oo leh 2 T oo ah iniinaha sunflower-ka. - 4 sooseej digaag ah oo la dubay lana xulaafiyay 1 t saliid saytuun ah iyo 1 koob oo maraqa tufaaxa ah. - 1 koob oo bariis Chex ah iyo 1 koob oo caanaha qumbaha ah.
Qadada/Cashada	<ul style="list-style-type: none"> - 3 xabo oo hilib turkey ah oo macaan ah, ¼ afakaadho oo gudaha loo gelinaayo 1 rootiga tortilla oo lagu daray bariis bunnii ah laguma diiriyay mikroweef ayna wehliyaan 1 koob oo khudrad cusub ah ama 1 koob oo salad cagaaran ah oo la isku qasay. - Salad wayn oo lagu daray hilib digaag oo la dubay. - 1 xabbo oo rooti ah oo aan qamadi lahayn ama nus baradho macaan ah.

Tilmaamo kaa caawinaya cuntooyinka aad iska dhaafeyso

- 2-3 maalmood ee ugu horreeya waa kuwa ugu adag.
- Waa muhiim inaad soo adeegato oo aad kaydsato dhammaan cuntooyinka lagu oggol yahay inaad haysato.
- Qorshee cuntooyinkaaga oo diyaarso dheri bariis ah.
- Ku dadaal inaad gacanta ku diyaarsato cunto si aad si dhaqso wax ugu qabato.
- Samee digsi hilib digaag ah-khudrad-maraqa bariiska. Samee salad aad u badan.
- Waxaa laga yaabaa inay ku caawiso inaad kariso hilib digaag dheeraad ah, baradhada macaan, iyo bariis si aad cunto fudud ahaan ugu cunto ama u cunto xiliyada kale ee cuntada.
- Cun cuntooyinka caadiga ah iyo cuntooyinka fudud.
- Mar walba is diyaari oo qaado cunto markaad guriga ka baxayso.
- Haddii aadan cunin hilibka, cun digir badan, bariis, quinoa, salool, iyo buckwheat.
- Haddii aad si joogto ah u cabto kafee ama cabitaannada kale ee maadada kofiinta leh, waxa had iyo jeer ka wanaagsan inaad si tartiib ah u yarayso qaadashada kafiinta halkii aad si lama filaan ah u joojin lahayd; arrintaan waxay ka hortagi doontaa madax xanuunka maadada katiinka keento. Isku day inaad cabto kala bar iyo kala bar aad joogteyneyso dhowr maalmood oo si tartiib ah iskaga jar.
- Xasuusnoow inaad cabto ugu yaraan labo liitar oo biyo ah maalin walba.

Alaabaha u wanaagsan xasaasiyada

- 88 acres:
 - o Dufanka miraha, macmacaanka, granola aan lahayn 8 da xasaasiyadood ee ugu sareeya.

- Arrowhead Mills:
 - Ka dooro alaabo qaybta alaabaha aan gulatiinka lahayn
- Bob's Red Mill:
 - ALaabaha aan gulatiinka lahayn, alaabaha lagu daro waxyaabaha la qasaayo, badarka, iyo miraha.
- Daiya:
 - Jiis, yooqad, iyo alaabaha kale ee aan lahayn 8 da xasaasiyadood ee ugu sareeya.
- Earth Balance:
 - Khudaar, moyoniiska aan lahayn gulatiinka, iyo margarine.
- Food for Life:
 - Ka dooro alaabo qaybta alaabaha aan gulatiinka lahayn

Su'aalo

Haddii aad qabto wax su'aalo ah ama walaacyo ah, fadlan la xariir Dhakhtarka Dheefshiidka ee CentraCare ood ka wici karto (320) 229-4916.