

# Siyaabaha Loo Maareeyo Miisaankaaga

## Ways to Manage Your Weight

Being overweight puts you at greater risk for health problems, such as high blood pressure, diabetes, and heart disease. Make healthy choices each day instead of going on and off diets. A slow loss of ½ to 2 pounds per week is best. If you lose too much too fast, you often gain the weight back. The key is finding healthy lifestyle changes that you can maintain long term.

- **Do not skip meals.** Start the day with a healthy breakfast. Eat at least 3 meals and 1 or 2 snacks each day to help your body have the energy it needs and to prevent hunger.
- **Control your portion size.** Use a small plate and take small amounts of a variety of foods. Do not go back for seconds.
- **Eat when you are hungry.** Avoid eating to relax, or because you are bored or depressed. Take a walk or do something you enjoy instead.
- **Write down all the food you eat.** Include the type of food, the amount, and the time you ate. This helps you become more aware so that you can better manage your eating.

Yeelashada miisaanka xad dhaafka ahi wuxuu ku gelinayaa khatar aad u weyn oo dhibaatooyin caafimaad ah, sida dhiig karka, sonkorowga, iyo cudurka wadnaha. Samee doorashooyin caafimaad qaba maalin kasta halkii aad uun mid cunta ah iska cuni lahayd midkalena ka tegi lahayd. U luminta si tartiib ah ½ ilaa 2 rodol todobaadkii ayaa ugu fiican. Haddii aad si dhakhso ah u lumiso in badan, inta badan miisaanka ayaad dib u helaysaa. Muhiimada ayaa ah in aad hesho isbeddello ku aadan qaab nololeedka caafimaadka leh oo aadna isku ilaalin karto muddada dheer.

- **Haka boodin cunista cuntooyinka waqtiyadooda.** Ku bilow maalinta quraac caafimaad leh. Cun ugu yaraan 3 cunto iyo 1 ama 2 cunto fudud ah maalin kasta si aad jidhkaaga uga caawiso in uu helo tamar uu u baahan yahay oo uuna uga hortago gaajada.
- **Xakamee cadadka cuntada aad cunayso.** Isticmaal saxan yar oo qaado xaddi yar oo cuntooyin kala duwan ah. Dib ha u noqonin ilbiriqsiyo.
- **Cunto cun markaad gaajaysan tahay.** Iska ilaali inaad cunto u cunto si aad u nasato, ama sababtoo ah waad caajistay ama niyad jabsan tahay. Lugo baxsi aad ama samee wax aad ku raaxaysato taa beddelkeeda.
- **Qor dhammaan cuntada aad cunto.** Ku dar nooca cuntada, qaddarka, iyo wakhtiga aad cuntay. Tani waxay kaa caawinaysaa inaad ka warqabto si aad si fiican ugu maareyso cunto cunistaada.

- **Exercise.** Check with your doctor before starting a new exercise routine. Be more active by taking the stairs or parking your car farther away. Do at least 150 minutes of moderate physical activity each week. Examples of moderate activity are brisk walking, bike riding, swimming, running, and hiking. It is also recommended to stretch and strengthen your muscles 2 to 3 days a week. Lifting weights in a supervised program is one way to strengthen muscles. Exercise classes may also be helpful.
- **Limit sugar and sweets.** Limit food that contains added sugars such as desserts, doughnuts, cookies, and candies. These have many calories, few nutrients, and leave you wanting more.
- **Drink water.** People who drink plenty of water are more likely to lose weight. Drink at least 6 to 8 glasses of water each day. If you are overweight, you may need to drink more water to stay hydrated. Drinking water helps to control your appetite and rid your body of waste.
- **Be careful when eating out.** When you eat out, preview the menu ahead of time. Choose soup and salad or smaller dishes that are low in fat and sodium. Ask for sauces and dressings on the side. If portions are large, share a plate or take half home. Ask about healthy menu choices.
- **Jimicsi samee.** Ka soo xaqiiqso dhakhtarkaaga ka hor inta aanad bilaabin jimicsi joogto ah oo cusub. Ku firfircoonow inaad jaranjarada isticmaasho ama aad gaarigaaga ku baarkin gareysato meel fog. Samee ugu yaraan 150 daqiiqo oo dhaqdhaqaaq jireed dhexdhexaad ah toddobaad kasta. Tusaalooyinka dhaqdhaqaaqa dhexdhexaadka ah waa socodka dhakhsada ah, baaskiil wadista, dabaalashada, orodka, iyo meel fog u lugeynta. Waxa kale oo lagu talinayaa inaad kala bixiso oo aad xoojiso murqahaaga 2 ilaa 3 maalmood toddobaadkii. Kor u qaadida miisaanadu waa barnaamijka la kormeero waa hal siyaabo oo lagu xoojiyo murqaha. Fasallada jimicsiga ayaa sidoo kale laga yaabaa inay ku caawiyaan.
- **Xaddid cunista sonkorta iyo macmacaanka.** Xaddid cuntada ay ku jirto sonkorta lagu soo daray sida macmacaanka, bur shiilshiilka, buskudka, iyo nacnacyada. Kuwani waxay leeyihiin kalooriyo badan, nafaqooyin yar, waxayna kaaga tagayaan adigoo in badan oo ayaga ah rabo.
- **Cab biyo.** Dadka cabba biyo badan ayeey aad ugu badan tahay inay lumiyaan miisaan. Cab ugu yaraan 6 ilaa 8 koob oo biyo ah maalin kasta. Haddii uu miisaankaagu culus yahay, waxaa laga yaabaa inaad u baahato inaad cabto biyo badan si aad u sii ahaatid mid jidhkiisu ay biyo badan ku jiraan. Cabbida biyuhu waxay kaa caawinayaan inaad xakamayso rabitaankaada ku aadan cunista cuntada iyo wasaq ka soo saarista jidhkaaga.
- **Taxadar muuji markaad dibadda wax ka soo cunayso.** Markaad dibadda wax ka soo cunayso, hore u sii eeg liiska tasmada ee cuntada. Xullo maraq iyo saladh ama cuntooyin ka yar oo ay ku yar yihiin dufanka iyo sodium-ka. Weydiiso in dhinaca laguu saaro suugo iyo cunto kormarisyada. Haddii qaybuhu ay badan yihiin, wadaag saxan ama guriga u qaado kala bar. Weydii wax ku saabsan xulashooyinka gudaha liiska tasmada ee caafimaad leh.

- **Snack for better health.** If you are hungry between meals, eat 1 or 2, 100 to 200 calorie snacks. Enjoy fresh fruit, vegetables, or fat free light yogurt instead of packaged snacks. Whole wheat crackers, whole grain cereals, and oatmeal also make great snacks. They are good sources of fiber that keep you feeling full longer.
- **Use less fat when cooking.** Bake, broil, grill, roast, or steam food instead of frying. Trim fat and skin from meat. Drain fat.
- **Be a smart shopper.** Plan your meals. Use a list and avoid shopping when you are hungry. Buy fruit, whole grains, vegetables, seafood, chicken, and lean cuts of meat. If you eat dairy products, buy fat free or low fat versions.
- **Cun cunto fudud si aad u hesho caafimaad wanaagsan.** Haddii aad gaajooto inta u dhaxaysa waqtiyada cuntada, cun 1 ama 2, 100 ilaa 200 oo kaloori oo cuntada fudud ah. Ku riyaaq cunista miraha fareeshka ah, khudaarta, ama caanaha garoorta ah ee khafiifka ah oo aan dufan lahayn halkii aad ka cuni lahayd cunto fudud oo baakadaysan. Buskudyada laga sameeyay sarreenka dhan, badarka hadhuudhka ee dhan(aanan wax qeyb ah ka maqneyn), iyo boorashku sidoo kale waxay noqon karaan cuntooyin fudud oo cajiib ah. Waa ilo wanaagsan oo faybar ah oo kaa dhigaya inaad dareento inaad dharegsan tahay waqti dheer.
- **Isticmaal dufan yar markaad wax karinayso.** Dub, shiil, solay, foornee, ama uumi cuntada halkii aad saliid ku dhex shiili lahayd. Ka jar baruurta iyo maqaarka hilibka. Miir dufanka.
- **Noqo dukaameyste caqli miiran.** Qorshee cuntooyinkaada. Isticmaal liis oo iska ilaali inaad wax soo iibsato markaad gaajaysan tahay. Soo iibso miro, badarka dhan(aanan wax qeyb ah ka maqneyn), khudaar, cunno badeed, digaag, iyo hilibka loo jarjaray dhinac dhinaca dhuuban. Haddii aad cuntid waxyaabaha caanaha laga sameeyo, iibso noocyada dufanka aan lahayn ama leh dufanka yar.

Small changes can lead to good results. Talk to your doctor, nurse, or dietitian if you have any questions or concerns.

Isbeddellada yaryari waxay keeni karaan natiijooyin wanaagsan. La hadal dhaqtarkaaga, kalkaalisadaada ama dhakhtarkaada cuntada haddii aad qabtid wax su'aalo ah ama walaacyo.