# FOORMULADA DHALLAANKA: WAXA AY TAHAY INAAD OGAATO

Growing a Baby-Friendly Ontario!

Provincial Council for Maternal and Child Health
building a brighter future

MICHAEL GARRON HOSPITAL
TORONTO EAST HEALTH NETWORK

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Ontario

# DHALLAANKA U FIICAN
## XEELADDA HIRGALINEED
# ONTARIO

# ISTICMAALKA BUUG-YARAHA

Qoysasku waxay ku quudiyaan foormula sababo caafimaad ama shaqsiyeed dartood, si khaas ah ama kabid ahaan. Khayraadkan wuxuu ka caawin waalidiinta, qoysaska, daryeelayaasha, iyo bixiyayaasha daryeelka ilmaha inay u diyaariyaan, quudiyaan oo u kaydiyaan foormulada si badbaado leh. Macluumaadka waxa loola jeedaa dhallaanka caafimaadka qaba ee waqtigoodii ku dhashay. Buug-yarahan waxa ku qoran macluumaad kusaabsan halisaha iyo kharashka quudinta foormulada si looga caawiyo qoysasku inay qaataan go'aan xogogaal ah.

Qaadato go'aan xogogaal ah.

- U diyaariso saddex nooc oo foormula ah si badbaado leh.
- U quudiso ilmahaaga adiga oo raacaya baaqyada quudinta ilmahaaga.
- U kaydiso oo u qaaddo foormulada si badbaado leh.

Buug-yarahan, erayga "foormula" ayaa la isticmaalaa. Magacyada kale ee foormula waa:

- Caanaha macmalka ah ee dhallaanka.
- Beddelka caanaha naaska.
- Foormulada dhallaanka ee ganacsiga loogu talogalay.
- Caanaha dhallaanka ee warshadaysan.
- Caanaha hooyada ee warshadaysan.
- Caanaha aan aadanaha ka iman.

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# KA FEKERISTA QUUDINTA FOORMULADA

Ururka Caafimaadka Adduunka, Health Canada, Dhakhaatiirta Cuntada Kanada, iyo Ururka Caafimaadka Carruurta Kanada waxay ku taliyaan naasnuujinta dhallaanka iyo socod-baradyada, gaar ahaan lixda bilood ee u horreeya, iyo in la sii wado ilaa laba sano ama ka badan quudin habboon oo dhammaystir ah.

Waalidiinta waxa laga yaabaa inay u siiyaan dhallaankooda foormulada dhallanka sababo kala duwan. Waalidiintu waxa laga yaabaa inay siiyaan ilmahooda foormula kaliya, ama siiyaan xoogaa foormula ah iyo xoogaa caanaha naaska ah. Siinta foormulada waxa laga yaabaa inayna ahayn doorashadooda koowaad. Haddii aad u baahato inaad wax ugu kabto naasnuujinta ilmahaaga, fiiri bogga 4.

Waalidiintu waxa laga yaabaa inay dareemaan xanuun ama inay dambi galeen marka la eego siinta ilmahooga ee foormula. Haddii aad dareento sidan, waxa laga yaabaa inaad ka faa'iddo inaad la hadasho bixiye daryeelka caafimaadka.

Haddii siinta foormulada ay  tahay go'aanka saxda ah marka la eego adiga iyo ilmahaaga, waxa muhiim ah inaad haysato macluumaadka aad u baahan tahay si aad ugu dareento degganaan qorshahaaga. Haddii aad rajaynayso inaad ku laabato naasnuujinta, la xiriir bixiyahaaga daryeelka caafiamadka ama la-taliyaha caano soosaarka si uu kaaga caawiyo inaad diyaarsato qorshayaal iyo taageerooyin si aad arrintan u gaarto.

Waxa muhiim ah in qoysaska oo dhan, kuwaasi oo ka fekeraya siinta ilmahooga foormulada, ay haystaan macluumaadka soo socda si ay u qaataan go'aan xogogaal ah.

## Saamaynta Caafimaad

- Siinta foormulada ilmaha naasnuugaya waxay yarayn kartaa caanaha naaska hooyada waxayna saamayn ku yeelan kartaa qorshaheeda naasnuujinta.
- Carruurta aan naaska jaqin waxay halis badan ugu jiraan bukoodka dhegaha, dhibaatooyinka sambabka iyo neefsiga, shuban, iyo Xaaladda Dhimashada Lama-filaanka ee Degdegga ah ee Ilmaha (SIDS). Noloshooda dambe waxa jri kara haliso caafimaad oo sii kordahaya sida cayilka, buuri xad dhaaf ah iyo xanuunada jiitama sida sonkorowga.
- Hooyooyinka aan naasnuujinta samayn waxay halis badan ugu jiraan dhibaatooyin caafimaad sida dhiigbaxa dhalmada kadib, sonkorowga nooca 2, kansarka naasaha iyo kansarka ukun sameeyaha.

Maalmaha hore kadib bilaabista foormulada, hooyooyinku waxa laga yaabaa inay dareemaan naasaha oo caano ka buuxaan iyo xanuun. Waxa jira tallaabooyin badan oo fiican oo aad kala hadli karto bixiyahaaga daryeelka caafimaadka, oo ay kujiraan cadaadisyada qabow, lisidda dabacsan iyo isticmaalka daawooyinka xanuun-baabi'iya ah.

## Kharashka Dhaqaale

Shaxdu waxay muujinaysaa celceliska kharashka quudinta ilmaha ee foormulada aasaasiga ah muddo hal sano ah. Tan kuma jiraan kharashka dhalooyinka, ibta dhalada, iyo qalabka kale ee quudinta, ama kharashka diyaarinta iyo kaydinta foormulada.

| | |
|---|---|
| U Diyaar ah Quudin | $3,360 sannadkii |
| Adkeeyaha Dareeraha | $1,100 sannadkii |
| Budada | $ 900 sannadkii |

Kani waa kharash qiyaas ah ee foormulada laga bilaabo dhalashada ilaa hal sano. Kharashku waa kala duwanaan karaa wakhtiyada wuxuuna ku xirnaan karaa meesha aad ku nooshahay. Lambarradu waxay kusalaysan yihiin qiyaasaha saddex qaybo oo Ontario ah, 2014 iyo 2015.

## Tayada foormulada

Mararka qaar wax ayaa qaldami kara marka foormulada lagu samaynayo warshadda. Tusaale ahaan, waxa laga yaabaa in bakteeriya soo gaarto, ama waxa laga yaabaa inay jiraan kujirayaal maqan ama qaldan. Websaytka Healthy Canadian wuxuu taxayaa tabashooyinka badbaadada waxaanu xasuusiyaa akhristaha digniino. Isbarbardhig lambarrada aqoonsiga daasadda foormuladaada iyo lambarrada aqoonsiga ee websaytkan. Si aad u aragto websaytkan iskuna diiwaangaliso digniinaha, booqo: http://healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php.

Haddii aad go'aansato ilmahaaga inaad siiso foormula, buug-yarahan ayaa ku siinaya macluumaadka aad u baahan tahay si aad u diyaariso, u kaydiso oo u qaaddo foormulada, iyo inaad si badbaado leh u quudiso ilmahaaga.

Fadlan dib-u-eeg buug-yarahan oo kala xaajoo wixii tabashooyin ah bixiyahaaga daryeelka caafimaadka, kalkaalisada, kalkaalisada daryeelka dadwaynaha, la-taliyaha caano soo saarka, dhakhtar cunto oo diiwaangashan, ama xirfadle kale.

# KABISTA NAASNUUJINTA ILMAHA

Haddii aad naasnuujiso oo ilmahaagu u baahan yahay tamar dheeraad ah, waxaad u baahan doontaa inaad siiso kab (dheeraad). Doorashada ugu fiican waa caanaha naaska. Kan waxa lagu lisi karaa gacanta iyo/ama bam. Siinta foormulada ee ilmaha naaska nuuga waxay yarayn kartaa caanaha naasku soosaaro. Ku kabista foormula waxa laga yaabaa inay keento soo afjaris naasnuujinta ka hor wakhtigii aad qorshaysatay inaad joojiso. Waa adkaan kartaa in dib loo bilaabo naasnuujinta kadib joojinta.

Halkan waxa ah liis kabidyada oo is-daba taxan sidii aad u isticmaali lahayd bilowga had-dii ay jiraan:

1. Caanaha naaskaaga ee dheyda ah, kuwa gacanta iyo/ama bam lagu lisay.
2. Caanahaaga naaska ee la qaboojiyey ka dibna la dhalaaliyey kahor isticmaalkooda.
3. Caanaha aadanaha ee la kariyey (caanaha naaska) ee bangiga caanaha aadanaha. Bangiyada caanaha qaarkood waxa laga yaabaa inay kaliya hayaan caano loogu talogalay carruurta baa-hiyaha gaarka ah leh sida carruurta xilligooda ka hor dhashay.
4. Foormulada ganacsiga taasi oo caanaha lo'da ka samaysan.

Inta badan carruurta cabba foormulada waxa u fiican foormulada caanaha lo'da. Foormulooyinka khaaska ah waa la isticmaalo keliya haddii bixiyahaaga daryeelka caafimaadku ku taliyo.

Waalidiin badan waxay isticmaalaan dhalo si ay u siiyaan kab, laakiin tani had iyo jeer ma aha habka u fiican ee siinta kab ilmaha. Carruurta wax lagu siiyo dhalada waxa laga yaa-baa inay ku adkaato naasnuugiddu.

Waxaad uu siin kartaa ilmahaaga kabka mid ama in kabadan hababka soo socda. Adiga oo kaashanaya xirfadle aqoon leh ku talagal a:

Ku quudinta koob aan dabool lahayn

- Koob (koob furan, aan ahayn koobka furka leh) ama qaaddo.
- Kaalmada caano soo saarka kaasi oo isticmaala tuumbo naasahaaga.
- Quudiyaha farta oo leh tuumbo ku xiran fartaada nadiifta ah.
- Aalado quudin oo aad u khaas ah.

Buug-yarahan waxa ku qoran macluumaad kusaabsan keydka dhalo ku-quudinta bogga 9, iyo sida dhalo loogu quudiyo bogga 17.

Haddii aad ka fekerayso isticmaalka foormulada, ama u baahan tahay inaad siiso foormulada, ka feker:

- Helitaanka caawimo aqoon ku dhisan si aad u joogtayso soosaarista caanaha naasahaaga una horumariso naasnuujinta.
- Naasnuujinta IYO siinta foormulada kab ahaan.
- Siinta caanaha naaska ee la lisay iyo foormulada.

Khayraadyada taageeridda naasnuujinta:

- Adeegyada bulshadaada dhexdeeda sida rugta naasnuujinta ama taageerada hooyooyinka dhexdooda. Waxaad ka heli kartaa kuwan halkan: www.ontariobreastfeeds.ca.
- La Leche League: www.llc.ca.
- Qaybta Caafimaadka Dadwaynaha deegaankaaga: www.health.gov.on.ca/en/common/system/services/phu/locations.aspx.
- Ka raadi la-taliye caano soo saarka agagaarkaaga: www.ilca.org/why-ibclc/falc.
- Telehealth Ontario 24/7 breastfeeding support at: 1-866-797-0000.

# SIDA LOO DOORTO FOORMULADA

## Talobixinaha doorashada foormulada:

- Foormulada caanaha lo'da ah ayaa lagula taliyaa inta badan carruurta foormulada la siiyo. Foormulada badankoodu waa caano lo'aad oo nafaqooyin kale lagu daray.
- Foormulada sooyada ka samaysan LAGUMA taliyo marka laga reebo carruurta xaaladda caafimaad oo gaar ah leh. Mararka qaar waalidiinta ayaa u go'aansada isticmaalka sooyada sababo shaqsi, dhaqan ama diimeed.
- HA isticmaalin foormulada guriga lagu diyaariyo oo HA isticmaalin caanaha lo'da ee caadiga ah ama caanaha xoolaha kale. Kuwani ma laha xaddiga saxda ah ee nafaqooyinka waxaana laga yaabaa inay waxyeelo u keenaan ilmahaaga.
- Raac tilmaamaha saxda ah ee baakadaha ee xaddiyada biyaha iyo foormulada. Ku darista biyo dheeraad ah foormulada si aad u jilciso, ama biyo yar si aad u adkayso, waxay caafimaaddaro iyo khatar ku noqon kartaa ilmahaaga.
- Foormulada loo gado orgaanik ahaan, laga sameeyey biribaayootigis, borobaayootigis, lagu daray dufanka DHA, ama laga sameeyey borotiinada "qayb ahaan la burburiyey" LOOMA baahna. Ma jirto cilmibaaris caddaysay faa'idada kuwan.
- Carruurta foormulada la siiyo waa inay ku ekaadaan foormula ganacsi ilaa 9-12 bilood jirka. Foormulada "la-socoshada" LOOMA baahna.

Waxa jira saddex nooc oo foormula ah:

- Midda diyaarsan - biyo looma baahna.
- Dareere dhafaag ah - u baahan in lagu qaso biyo nadiif ah.
- Budo - u baahan in lagu qaso biyo nadiif ah

Foormulada diyaarsan iyo midda dareeraha dhafaagga ah waa foormulooyin nadiif ah ilaa daasadda la furo. Foormulada budada ah ma aha nadiif waxaana laga yaabaa inay kujirto bakteeriya khatar ah oo ilmahaaga jirro u keeni karta.

Carruurta ay aad u sarrayso fursadda inay jirro qaadaan waa inay qaataan foormulada dareeraha ee nadiifta ah sida tan diyaarsan ama dareeraha dhafaagga ah.

Carruurta halista ugu badan kujirta inay jirro ka qaadaan foormulada budada ah ee dhallaanka waa kuwa:

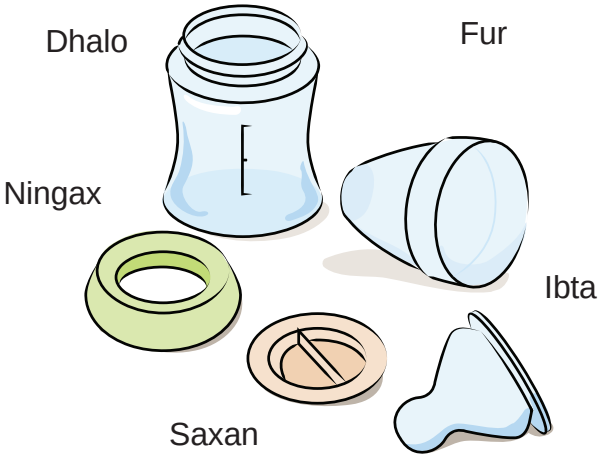
- xilligooda ka hor dhashay.
- Culayska ay ku dhasheen u yaraa da'dooduna ka yartahay laba bilood jir.
- Habdhiskooda difaacu u hooseeyo.

Ka akhri bogagga soo socda tafaasiil kusaabsan sida loo diyaariyo loona siiyo foormulada.

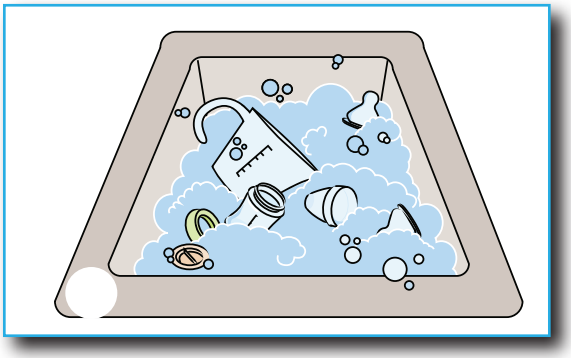
# NADIIFINTA DHALOOYINKA IYO QALABKA

Had iyo jeer nadiifi dhalooyinka iyo qalabka quudinta dhammaantii kuwaasi oo loogu talogalay carruurta da' kasta ah oo lagu quudiyo foormula. Tani waxay tirtirtaa foormulada yaryar ee ku haray ee aan muuqan ama baraha wasakhda ah kahor nadiifinta.

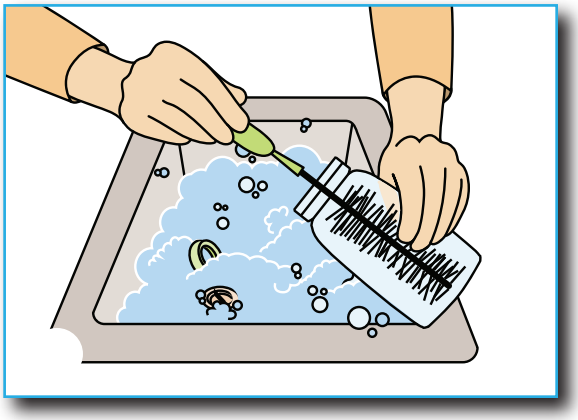
Isticmaal dhalooyinka quraaradda ah ama dhalooyinka caagga ah ee aan lahayn Bisphenol-A (BPA) Hubi in qaybaha oo dhami ayna lahayn dillaacyo, aanay midab doorsoomin oo ayna lahayn qaybo dabacsan oo jabi kara.



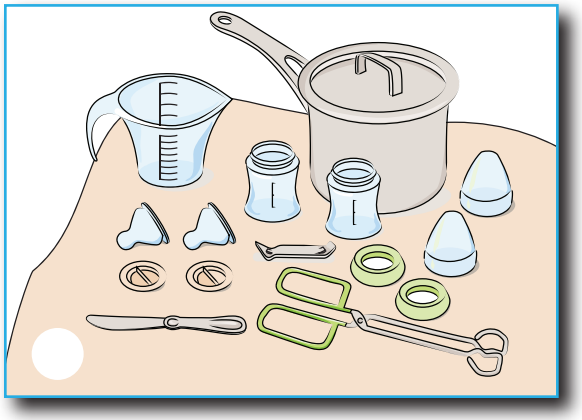
Ku dhaq gacmahaaha saabuun iyo biyo diiran. Ku dhaq saxankaaga iyo goobta shaqada dhar nadiif ah, saabuun iyo biyo diiran. Kadib, waa fikrad fiican inaad nadiifiso miiska adiga oo ku dhaaqaya 5 ml (1 qaaddada shaaha ah) oo warekiilo guriga ah 750 ml (3 koob) oo biyo ah. Milankan ku shub dhalada buufinta oo calaamadee dhalada. Ku buufi miiska oo ku tirtir shukumaan nadiif ah.



Ku dhaq dhammaan dhalooyinka, ibabka, ningaxyada, furarka, saxanada, koobabka cabbirka, furaha daasadda haddii loo baahdo, weelasha qasitaanka, birqaabyada biyo kulul oo saabuun leh. Haddii loo baahdo sidoo kale dhaq weelka lagu kaydiyo biyaha nadiifta ah.



Isticmaal burushka dhalooyinka kaasi oo loo isticmaalo kaliya qalabka quudinta dhallaanka. Ku xoq gudaha dhalooyinka iyo ibaha si aad u hubiso inayna wax foormula ah ku harin.

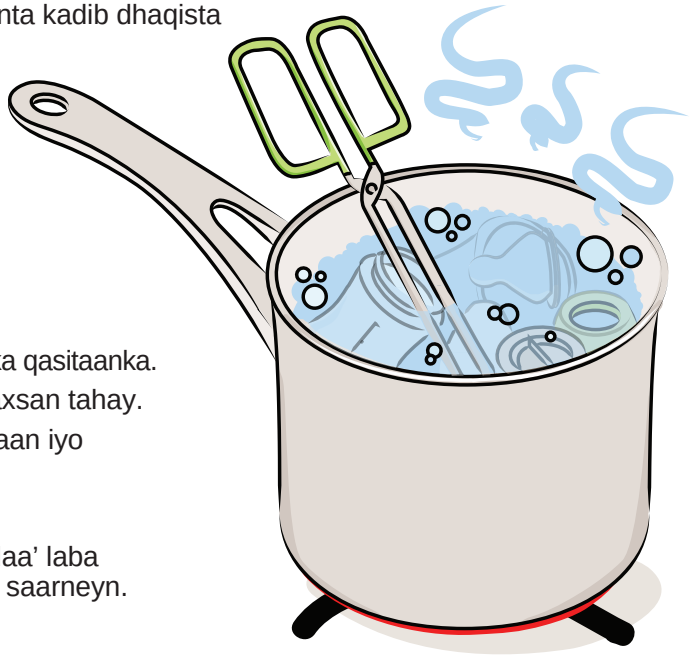


Si fiican ugu biyo raaci biyo kulul. U dhig dhalooyinka  iyo qalabka quudinta hawada si ay u qallalaan iyagoo saaran shukumaan nadiif ah oo isna saaran meel nadiif ah. Hadda waxaad diyaar u tahay inaad nadiifiso qalabkan.

# NADIIFINTA DHALOOYINKA IYO QALABKA

Nadiifi dhammaan  dhalooyinka, qalabka quudinta, iyo biyaha si loogu sameeyo foormulada carruurta da' kasta. Ma jirto cilmibaaris sheegaysa goorta ay tahay in si badbaado leh loo joojiyo nadiifinta. Taasi waxay ka dhigan tahay waxa ugu badbaado badan in la nadiifiyo biyaha iyo keydka quudinta dhalada ilaa iyo inta ilmahaagu uu cabbayo foormula.

Si aad u nadiifiso dhalooyinka  iyo qalabka quudinta kadib dhaqista

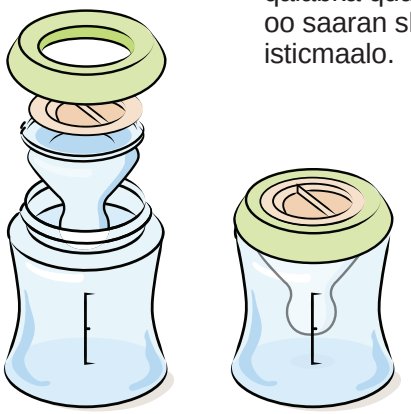


1. Ka buuxi xeero wayn ee biyo ah. Ku rid:
   - Dhalooyinka.
   - Ibaha.
   - Ningaxyada.
   - Furarka.
   - Saxanada.
   - Koobka cabbirka iyo mindida.
   - Daasad furaha (haddii loo baahdo), iyo weelka qasitaanka.
   - Birqaabyada meesha la qabanayaa soo baxsan tahay.

   Hubi in qalabkaaga oo dhan ay biyuhu qariyaan iyo inayna jirin hawo biyaha ka soo baxaysaa.

   Gaarsii biyaha xeerada inay karkaraan. Ku daa' laba daqiiqo inay karkaraan, iyada oo aan dabool saarneyn.

Isticmaal birqaabyada la nadiifiyey si aad uga soosaarto dhalooyinka iyo qalabka quudinta biyaha. Biyaha saaran ka lux. Qalabka hawada u dhig iyaga oo saaran shukumaan nadiif ah. Qalabku hadda wuxuu diyaar u yahay in la isticmaalo.



Haddii alaabta aan hadda la isticmaalin, ha qallalsanaadan, oo dhig meel nadiif ah. Waxa lagu hayn karaa dusha shukumaan nadiif ah oo qallalan miiska dushiisa iyada oo shukumaan kale oo nadiif korka laga saarayo.. Waxa lagu ridi karaa kiish bac ah oo cusub. Ha taaban gudaha qalabka ee foormuladu gaari doonto. Isku wada xir  ibaha, furarka, iyo  ningaxyada. Ku rid ibta gudaha dhalada si ay  nadiif  u ahaato ilaa aad u diyaar noqoto inaad isticmaasho.

Waa badbaado in la isticmaalo nadiifiyaasha guriga oo aad ka soo gadan karto tukaanka. Tan waxa kamid ah nadiifiyaasha mikroweyfka. Hubso inaad isticmaasho tilmaamaha soosaaraha si aad u hubiso caagagga iyo biruhuba inay badbaado leeyihiin. Xeero  dabka  saaran ayaa iyaduna ku anfacaysa. Dhaqayaasha weelku sida caadiga ah ma nadiifiyaan qalabka foormulada.

Haddii aad isticmaalayso nidaamka dhalada halka mar la isticmaalo, dhaq dhammaan qaybaha aan halka mar la isticmaalin sida  ibaha iyo furarka kadibna nadiifi. Raacyada cusub waa nadiif waxayna diyaar u yihiin in la isticmaalo halmar kaliya.

Mishiinada is-haga ah ee diyaarinta foormula ee guriga lagu isticmaalo LAGUMA taliyo. Biyaha la isticmaalo waxa laga yaabaa inay  muddo dheer fadhiyaan. Bakteeriya badan ayaa laga yaabaa inay ku dhalato biyahan dhexdooda. Marka biyahaas la kululeeyo, ma aha qaar kulaylkoodu ku filan yahay inuu dilo bakteeriyada laga yaabo inay kujirto foormulada budada ah. Mishiinadan sidoo kale si joogto ah oo fiican uguma qasanto foormulada budada ah.

# DOORASHADA BIYO SI AAD U SAMAYSO FOORMULADA

Foormulada dareeraha dhafaagga ah iyo budada, waxa badbaado leh in la isticmaalo biyahan kadib marka aad nadiifiso (fiiri bogga 9):

- Biyaha qasabadda ee tuulada ama magaalada.
- Biyaha dhalooyinka  oo aad gadan karto.
- Biyo ceel oo si joogto ah loo tijaabiyo. Biyahan waa inay leeyihiin heerar bakteeriya oo badbaado leh iyo heerar naytareyt oo sax ah. Hubi heerka naytareytka ee ceelka biyuhu inay ka hoosayso 45 mg/L (ama 10 mg/L oo loo cabbiray naytareyt-naytarojiin). Haddii biyaha naytareytku ku badan yihiin, karkarintoodu waxay kordhin doontaa xaddiga naytareytka ee kujira. Heerar sare oo naytareyt ah aad ayey ugu khatar badan yihiin carruurta ka yar 6 bilood jirka. Wac ama iimeyl u dir qaybta caafimaadka deegaankaaga adiga oo ka warsanaya isticmaalka ceelka biyaha si aad u diyaariso foormulada, ama, haddii aad su'aalo qabto kusaaban biyahaaga.

Haddii ay jirto la-talinta karkarinta biyaha bulshadaada, gado biyo oo nadiifi (fiiri bogga 9). Meelaha qaar waxa dhib ku haya aljiga buluu-cagaarka ah. Haddii deegaankaagu u leeyahay heerar alji oo sarreeya, isticmaal biyaha dhalooyinka ee aad nadiifisay si aad ugu qasto foormulada. biyaha qasabadda ee la karkariyey MA AHA badbaado. U diyaarsanow xaalad gurmad ah sida koronta oo muddo dheer maqnaata. U diyaarsanow adiga oo haysanaya foormula ku filan in ilmaha lagu quudiyo 72 saacadood.

Fadlan ogow:

- Qalabka daawaynta biyaha gurigu beddeli maayo baahida loo qabo in loo nadiifiyo biyaha carruurta.
- Isticmaal qasabadda biyaha qabow. Si aad u badbaado, marka hore fur oo daadi biyaha qabow 2 daqiiqo si aad meesha uga saarto sunta. Biyaha qasabadda ee kulul waxa kujira sunta biraha, sida curiyaha naxaasta oo qasabadaha ka yimaada. Si aad si badbaado leh ugu diyaariso, biyaha waa in la karkariyo. Haddii biyaha curiyaha naxaastu ku badan yahay, karkarintoodu waxay kordhisaa dhafaagnimada naxaasta oo  sii korodha. Si aad wax badan uga ogaato qasabadaha naxaasta leh leh, ama shaandhada guryaha qasabadaha naxaasta ah leh, halkan fiiri: www.hc-sc.gc.ca/ewh-semt/pubs/water-eau/lead-plomb-eng.php.

HA u isticmaalin biyahan foormulada:

- Biyaha la jilciyey ee soodhiyaamtu ku badan tahay.
- Biyaha macdanta ee soodhiyaamta iyo macdanaha kale ku badan yihiin.
- Biyaha soodhaha leh: Soodhaha u yeelista iyo ku darista carafyo uma habboona carruurta. Biyaha soodhaha leh waxa sidoo kale laga yaabaa inay leeyihiin cusbo.
- Biyaha meelaha caadi ahaan foloraydhtu ku badan tahay (ka badan tahay tilmaamaha 1.5 mg/L).

Badbaadada noocyada soo socda ee biyaha marka loo rabo foormulada lama yaqaan ee HA isticmaalin:

- Biyaha la sifeeyey.
- Biyaha lagu daaweeyey osmoosiska beddelen.
- Biyaha Macdanta laga saaray.
- Biyaha la xareedeeyey.
- Biyaha ayoodiinka laga saaray.
- Biyaha takhasuska xannaanaynta ama carruurta.

Ogow: Haddii aanad haysan biyo badbaado leh, isticmaal foormulada diyaarsan.

# SIDA LOO NADIIFIYO BIYAHA, LOO DOORTO FOORMULADA IYO QALABKA QUUDINTA DHALADA

Nadiifi dhammaan biyaha loo isticmaalo foormulada carruurta da'da kasta.

Ma jirto cilmibaaris sheegaysa goorta ay tahay in si badbaado leh loo joojiyo nadiifinta. Taasi waxay ka dhigan tahay waxa ugu badbaado badan in la nadiifiyo biyaha iyo qalabka ku quudinta dhalada ilaa iyo inta ilmahaagu uu isticmaalayo foormulada.

## Si aad biyo ugu diyaariso foormulada:

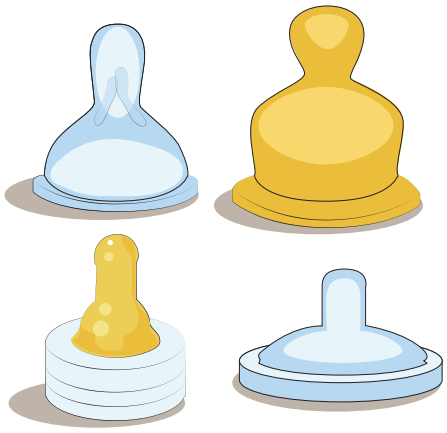
- Gaarsii biyaha karkaris is-laba-rogaya, adiga oo dheri makiinadda kariska ku saaraya. Daa ha karkaraane muddo 2 daqiiqo ah. Ha isticmaalin kirliyada is xira kahor inta biyuhu ayna karkarin 2 daqiiqo.
- Haddii aad isticmaalayso foormulada dareeraha dhafaagga ah:
  - Karkari biyaha laba daqiiqo oo qabooji kahor intaanad ku qasin foormulada.
  - Biyaha waxa sidoo kale laga yaabaa in lagu nadiifiyo iyada oo la karkarinayo laba daqiiqo kadibna la dhigayo. Biyaha la nadiifiyo waxa laga yaabaa in lagu hayo weel nadiif ah, oo si adagna u xiran muddo 24 saacadood ah oo heerkulka qolka ah ama muddo 2-3 maalmood ah lagu hayo tallaagad. Sii ilmahaaga foormula heerkulkeedu u dhaw yahay ka jirka.
- Haddii aad isticmaalayso foormulada budada ah:
  - Gaarsii biyahaaga heer ay karkaraan muddo laba daqiiqo ah. Kadibna ku qas foormulada marka biyuhu ugu yaraan yihiin 70°C (1 litir oo biyo ah wuxuu marka uu qaboobayo 70°C gaadhaa qiyaastii ilaa 30 daqiiqo kadib, laakiin noocyada dheryaha iyo caddadka biyaha ayaa kala duwa). Marka biyuhu ka yar yihiin heerkul ahaan 70°C kulayl ku filan ma leh oo ay bakteeriyada kaga disho foormulada. Qabooji foormulda qasan ilaa heerkulka jirka kahor intaanad ilmahaaga siin.
  - Marka la eego carruurta aan "halis kujirin" sida ku qoran bogagga 5 iyo 12, waxaad ku qasi kartaa foormulada budada ah biyo la nadiifiyey, qaboojiyey, oo lagu kaydiyey weel la nadiifiyey oo si adag loo xiray sida sare lagu sheegay. Tan waa in la siiyo ilmahaaga isla markaaba.

## Doorashada daasadaha foormulada:

- Hubi in weelka foormuladu aanu diismin ama foocmin sababtoo ah kuwani waxay calaamad u yihiin in foormuladu xumaatay.
- Hubi taariikhda dhicitaanka ee daasadda ku qoran. Ha isticmaalin foormula kadib taariikhda dhicitaanka.

## Doorashada qalabka nuujinta-dhalada:

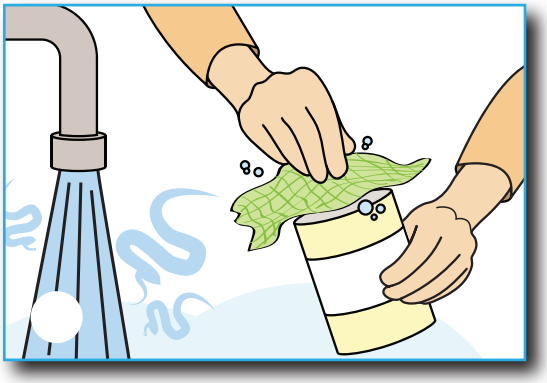
- La soco ilmahaaga oo isticmaal ib ka caawiya ilmahaaga inuu u quuto qaab aan dhib lahayn oo deggan. Macluumaad dheeraad ah oo kusaabsan calaamadaha quudinta iyo calaamadaha cadaadiska fiiri bogga 18.
- Ibabka dhalooyinku waxay yeelan karaan qaababiyo xajmiyo kala duwan.
- Heerka socodka ee ibtu waa dhakhsaha caanaha ama foormuladu ay ku soo baxayso. Heerka socodka iyo xajmiga godka ibta waxa laga yaabaa inay ibuhu ku kala duwan yihiin, xiitaa ibaha bushqad ku wada jira.
- Ibaha kala duwan qaarba wakhti ayey wanaagsan yihiin. Gado hal bushqad oo la soco sida ilmahaagu u deggan yahay inta u quudanayo. Haddii ilmahaagu dhibaato qabo, isku-day nooc kale.
- Ibaha dhalooyinka waxa laga samayn karaa waxyaalo kala duwan.
- Si joogto ah u hubi ibaha dhalooyinka. Beddelka marka ay dillaacaan, dhegdheg yeeshaan, rifmaan, midab-doorsoomaan ama haddii daloolku ballaarto oo ay foormuladu ka soo daadanayso.



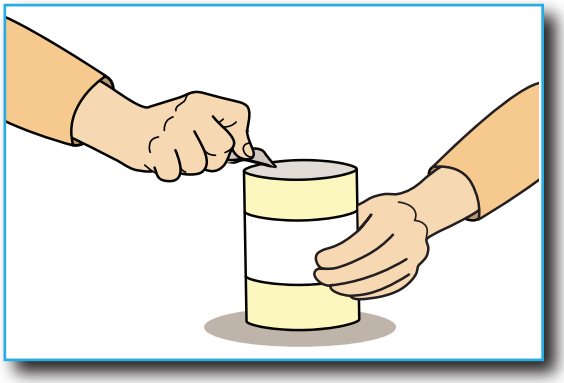
# DIYAARINTA FOORMULADA DAREERAHA AH EE DIYAARSAN

Foormulada dareeraha ah ee diyaarsan waa foormulada ugu badbaado badan gaar ahaan dhallaanka waqtigoodii ka hor dhashay, dhallaanka miisaan yar ku dhalashay, carruurta xanuusan, ama carruurta habdhiska difaacoogu laga yaabo inuu daciif yahay. Noocan foormulada ah waa nadiif.

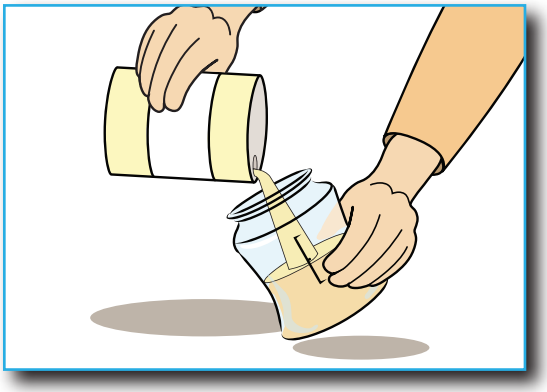
- Ku dhaq gacmahaaga saabuun iyo biyo diiran, oo nadiifi meesha mafrishka adiga oo raacaya tilmaamaha bogga 6.
- Diyaar ha kuu ahaadaan qalabka nadiifintu (fiiri bogagga 6 iyo 7).).



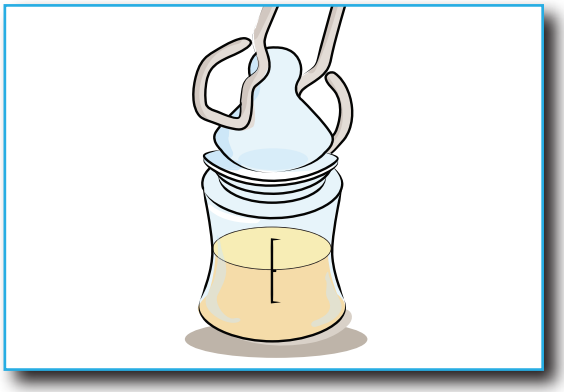
Dhaq dusha daasadda adiga oo isticmaalaya biyo kulul iyo saabuun, adiga oo isticmaalaya a dharka saxanka oo nadiif ah.



Si fiican u rux daasadda ama dhalada kuna fur daasad-fure nadiif ah haddii loo baahdo.



Si toos ah ugu shub foormulada dhalo nadiif ah. Biyo ha ku darin.



Isticmaal birqaabyo nadiif ah si aad u qaaddo ibabka, furarka iyo ningaxyada uguna xirto kuwan dhalada.

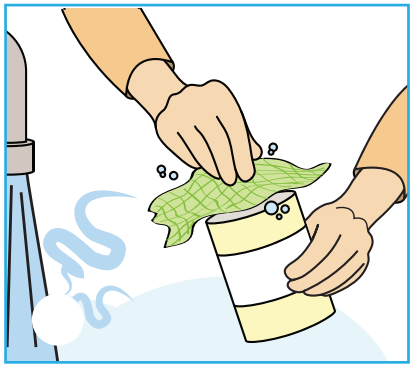
Ku giiji ningaxa gacantaada. Iska ilaali inaad taabato ibta.

Ka akhri tilmaamaha kusaabsan sida iyo goorta la quudiyo ilmahaaga dhinaca dambe ee buug-yarahan.

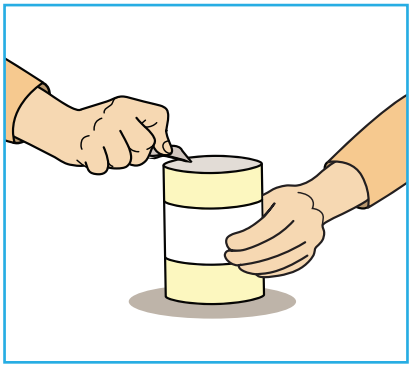
# DIYAARINTA FOORMULA DAREERE AH OO DHAFAAG AH

Foormulada dareeraha ah ee dhafaaggu waa nadiif. Foormulada dareeraha ah ee dhafaagga ah oo lagu qasay biyo iyada oo la raacayo tilmaamaha, waa nooca xiga ee ugu badbaado badan ee foormulada si aad u quudiso ilmahaaga.

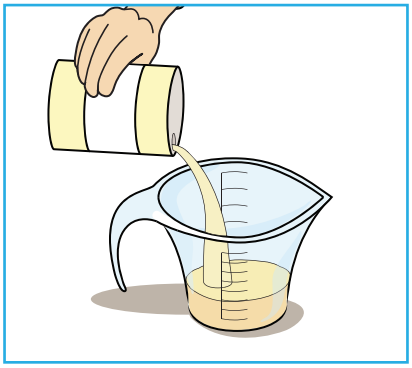
- Ku dhaq gacmahaaga saabuun iyo biyo diiran, oo nadiifi meelaha mafriska adiga oo raacaya tilmaamaha bogga 6.
- Diyaar ha kuu ahaadaan qalabka nadiifintu (fiiri bogagga 6 iyo 7).



Dhaq dusha daasadda adiga oo isticmaalaya biyo kulul iyo saabuun, adiga oo isticmaalaya dharka saxuunta lagu tirtiro oo nadiif ah.

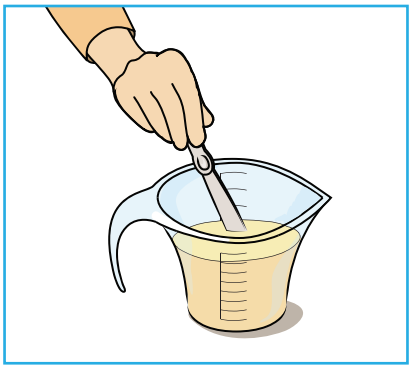


Si fiican u rux daasadda kuna fur daasad-fure nadiif ah haddii loo baahdo.



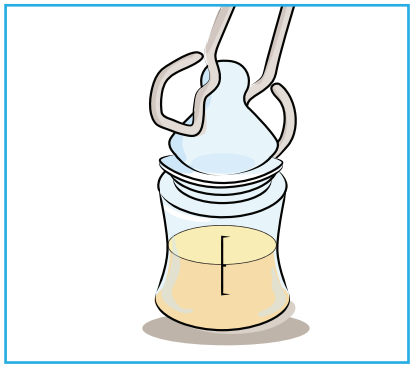
Ku cabbir foormulada koob cabbir oo nadiif ah. Akhri tusmada si aad u aragto inta foormula iyo biyo la isticmaalayo.

Ku dar biyo la nadiifiyey kuwaas oo la qaboojiyey lana gaarsiiyey heerkulka qolka.

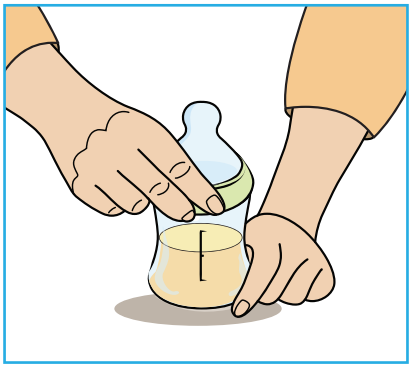


Si fiican ugu qas weel nadiif ah.

Ku shub foormulada dhalo nadiif ah.



Isticmaal birqaabyo nadiif ah si aad u qaaddo ibaha, ningaxyada iyo furarka.



Ku giiji nlingaxa gacmahaaga. Iska ilaali inaad taabato ibta

Ka akhri tilmaamaha kusaabsan sida iyo goorta la quudiyo ilmahaaga dhinaca dambe ee buug-yarahan.