

**Kansarrku waa xanuunka dadka ugu badan ku dila gobolka** Minnesota Iyo dhamaan wadanka United States kaba. Daraasado badan oo la sameeyey ayaa waxay muujiyeen in cuntooyinka dufanka iyo kalastaroolku ku yar yahay ee u badan khudrada iyo caleenta laga yaabo in ay yareeyaan sababaha keeni kara qaar ka mid ah noocyada cudurka Kansarka. Cudurkani waa cudur waxyaabo badan oo kala duwani ay keenaan.

Daraasadahaasi waxa ay tibaaxaan in dadka 5 goor oo kala cuna khudrad iyo caleent maalintii aysan inta badan qaadin cudurka kansarka marka la barbardhigo dadku iyaga khudrada ama caleenta cuna hal ama labo goor maalintii. Intaa waxaa dheer, dad badan oo cudurka kansarka ku takhasusay waxay qabaan in hadii la kordhiyo cunida khudrada iyo caleenta la dhimi karo tirada dadka ah ee sanad walba u dhimata cudurka kansar wadanka United States ka.

Buugan yar ee gacan qabsiga ah waxaa loogu tala galay in uu adiga ku siiyo akhbaar ku saabsan khudrada iyo caleenta laga yaabo in naftaada ay ku liibaanto.



A Comprehensive Cancer  
Center Designated by the  
National Cancer Institute



Masonic Cancer Center

UNIVERSITY OF MINNESOTA

Comprehensive Cancer Center designated  
by the National Cancer Institute

**Masonic Cancer Center** waa rug daraasadaha cudurka kansarka lagu sameeyo oo ku salaysan is kaashi daraasahaas oo xooga saara sababaha, ka hor taga, helida, iyo daaweynta Cudurka kansarka la yiraa. Waxayna rugtu u adeegsataa Aqoonta ay daraasaha ku heshay bilida tayada nolosha bukaanka iyo dadka ka kacay xanuunka waxayna la wadaagtaa wixii aqoon ah ee ay ogaatay saynisyahanada ardayda, xirfedleyaasha iyo beeshaba. Rugtan kansarka waxaa la aasaasay sanadkii 1991 dii waxayna rugtu noqotay rug ay hay'ada Cancer Instituite u aqoonsatay in ay tahay rug si tafa tiran u daaweyn karta cudurka kansarka sannadkii 1997 dii. Waxayna ka mid tahay 41 xarumood oo hay'adu U aqoonsatay heerkaa wadanka oo dhan. Labo ka mid ah Rugahaasina la aqoosnadayna waxay ku yaaliin gobolkan Minnesota.

Waxyaabaha ay rugtan Masonic Cancer Center oo ka tirsan Jaamacada Minnesota Ay qabatay waxaa ka mid ah in ay rugatani ahayd xaruntii Tacliinta sare ah ee wadanka oo dhan ugu horeeysay eecilmi baaris ku Sameeysa sida hiddaha, cuntada, qaab nololeedka, taariikhda qoyska Iyo arimo kaleba ay u saameeyaan khatar u ahaanta cudurka. Si aad U ogaato akhbaar dheeraad ah oo ku saabsan arintan fadlan booqo Bartayada kulanka ee (web site): [www.cancer.umn.edu](http://www.cancer.umn.edu), ama naga soo Wac khadka 1-888-226-2376- ama 612 -624-2620.

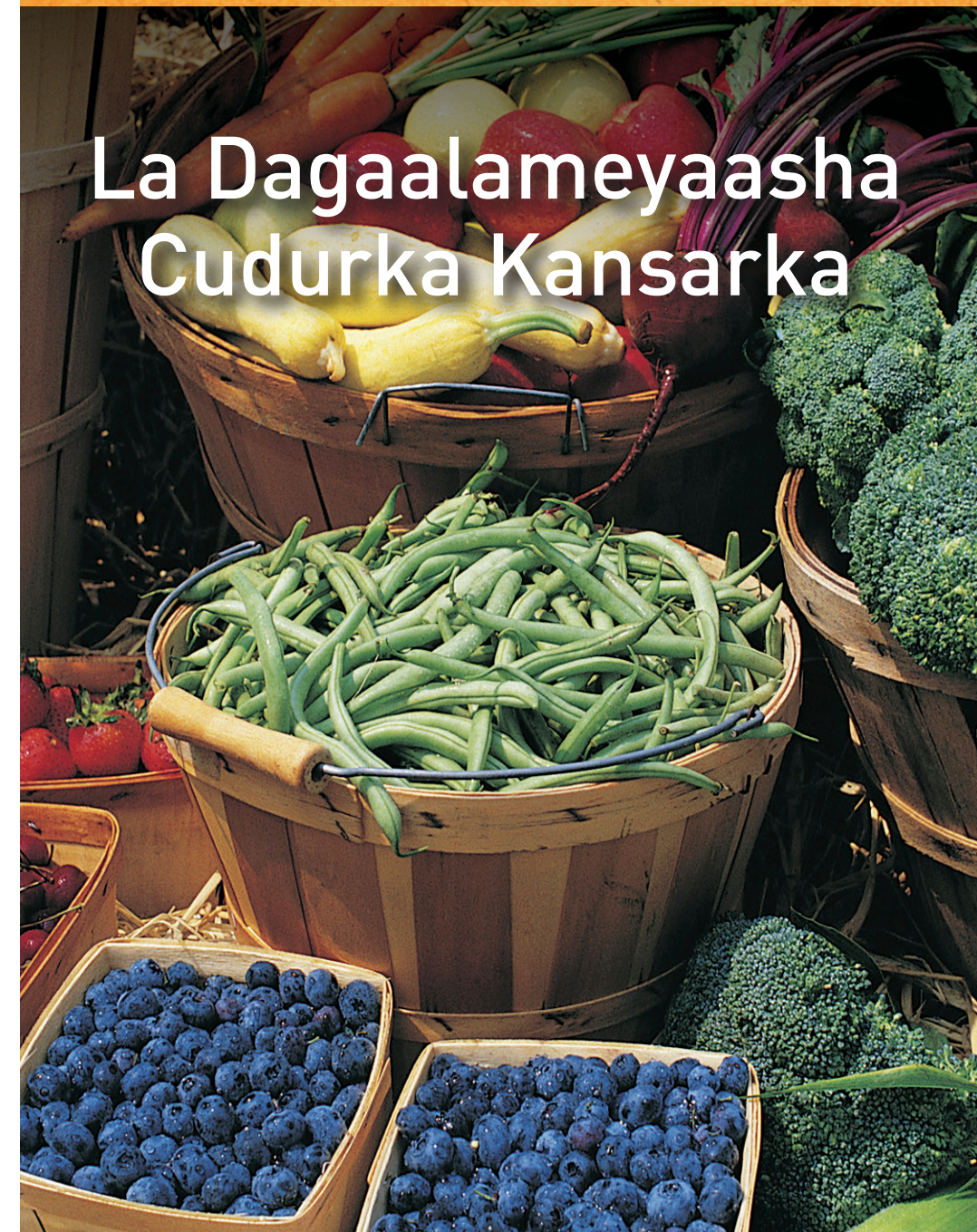


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# La Dagaalameyaasha Cudurka Kansarka





**Mashruuca la yiraa Maalintii 5 Goor iyo Sida uu u shaqeeyo (5 A Day Program nad How it Works)** • 5 A Day for Better Health Program

Ujeedadiisu waa in uu ku Dhiiri geliyo dadka kordinta Cunida khudrada iyo caleenta Ay cunayaan 5 ilaa iyo 9 goor Maalintii. Cunida 5 goor khudrada Iyo caleenta cagaaran ee kala duwani Maalin walba waxaa laga yaabaa in ay Kaa yareeyso kugu dhicida uu kugu dhici Kari lahaa noocyo ka mid ah kansarka iyo Cuduro kale sida ay sheegtay Hay'adaha la yiraa (National Canser Institute and Produce for Better Health Foundation).

Khudrada iyo caleenta waxaa ku jira nafaqo La yiraa phytochemicals. Cilmi baarisyo la sameeyeyna Waxay sheegeen in phytochemicals ay yihiin.

- Kuwa jirka qarasta ku jirta yareeya
- Siidaaya dheecaano jirka qashinka iyo wasaqda Ka saara
- Dheecaano jira si wacan u saacida
- Kuwo Jirka kala dagaalma bakteeriya iyo jeermis kale
- Xoojiya jirka difaaciisa uu cudurada kula dagaalamo

**Markiiba intee in le'eg oo khudrad ah ayaa la rabaa in la cuno?**

Mid kasta oo kuwaan soo socda ka mid waxaa loo tix galiyaa in uu yahay mid ka soo baxa inta la iska rabo in la cuno.

- Xabad khudrad ah oo miisaankeedu uu dhex-dhexaad yahay
- ¾ koobkii (16 oz) oo ah cabitaanka khudrada ama caleenta laga sameeyey oo saafi 100% ah.
- ½ koob khudrad ama caleen la kariyey ama gasacaysan ah
- Hal koob oo caleen ceeriin oo balbalaaran ah
- ½ Koob barkii oo lows qalalan ama digir ah
- ¼ kii oo khudrad la qalajiyey ah

**Khudrada iyo caleenta nafaqadu ka buuxdo waxaa laga yaabaa** in ay kaa yareeyaan kkatarta kansarka ku dhaca sambabka, afka, jidiinka, dhu-unta, caloosha Iyo kaadi haysta. Food, Nutrition and Prevention of Cancer: A Global Prospective Hay'ad

la yiraado ayaa muraajaco ku sameysay Kumanaan kun oo daraasado ah oo cilmi baarayaal aduunka oo dhan ka kala socdaa ay sameeyeen. Daraasadahaas muraajacada lagu sameeyey waxaa in lagu ogaaday in tirada dadka ah ee sannad walba uu ku dhacaa cudurka kansarka la yareyn karo boqolkiiba 20% hadii dadku ay 5 goor maalin walba cunaan khudrad Iyo caleen. In kastoo cunida khudradu ay wax weyn oo si bedel ah ay keento, fadlan haddana ogow:

- Ma jiro hal nooc oo khudrad ah ama caleen ah oo khatarta kansarka yareeyaa, kaliya cunida khudrada badani waa ay yareeyaan qaadida cudurkan
- Kaliya khudrada iyo caleenta ayaa leh nafaqooyinkaa fiicfiican. Kaniiniyada afka laga qaataa ma laha nafadaa la yiraa phytochemi Pg.2 of 4
- Cunida cunto saxa

leh oo ay wehelisa la tacaalida caafimaadka ayaa keenta caafimaad wanaagsan. Cunada khudrad iyo caleen badan waxaa dheer in aadan sigaar cabin, miisaankaaga ka taxadirtid, jimicsi sameeysid, ogaa-to waxyaabaha khatarta ku galin kara raacdana hab-raaca kansara la isaga baaro iyo wixii kale ee talo ah ee dhaqaatiirtaadu kuu soo jeediyo.



**Khudradaha iyo caleenta kaa caawin kara in aad nolol caafimaad qabta ku noolaato**

isticmaal hab raacan si aad u xulato shanta waxyaabood ee khudrada iyo caleenta ah ee la rabo in aad maalin walba cunto. Hubso in aad doorato khudrado iyo caleen midabyo badan oo kala duwan leh si aad u hesho nooca ugu fiican ee ka hortaga yareeyana khatarta cudurada.



**Jaadka:** Buluug/giirgiir

**Tusaale ahaan**

**Khudradaha:** Buluu beeriga, dhafaruurta, canabka iyo sisinta  
**Caleenta:** asparagus geen geeran, cabsare caleenta, Iyo Belgium ka endive

**Nafaqada ku jirta eedabiic ah**

**waxaa ka mid ah:** Phenolic acids, fiber, indoles, coumarins iyo anthocyanins



**Jaadka:** Doog

**Tusaale ahaan**

**Khudradaha:** Tufaaxa dooga ah, canabka dooga ah, qaraxa macaan, askaaxda, liinta dhanaanta iyo burcoodka dooga ah  
**Caleenta:** Artichokes, Arugula, asparagus, broccoli, brussel Sprouts, digirta dooga ah, kab sara caleenka dooga ah, celery, endive, caleenta dooga ah, ansalaatada, jallabaanka, spinach ka, watercress, iyo zucchini

**Nafaqada ku jirta eedabiic ah**

**waxaa ka mid ah:** Flavonoids, Phenolic, aashito, Vitamin C, Glucarates, indoles, Isothiocyanates



**Jaadka:** Cadaan

**Tusaale ahaan**

**Khudradaha:** Moos, Nectarine ka cad, Iyo durraaqa cad cad  
**Caleenta:** Cauliflower, toonta, Kohlrabi, baarbaanista, basasha, Bataattiga [white fleshed] or turnips

**Nafaqada ku jirta eedabiic ah:**

Fiber, Flavonoids, Phenolic, aashito indoles. Selenium, allicin, and Isothiocyanates



**Jaadka:**

**Tusaale ahaan**

**Khudradaha:** Tufaaxa jaallaha ah, apicots, cantaloupe, canabka khudrada ah, liin, maango, nectarines, oronjaatada, durraaqa, tufaaxa qasan iyo tanerines ka  
**Khudradaha:** subbaga lows ka sameysan, kaaarooto, basbaaska Jaalle ah, bataatiga jaallaha ah Askaaxda, bocorka jaallaha ah ee qaboobaha Soo go'a iyo kan kulalaha soo go'a, bataatiga macaan sabuulka macaan, iyo yaanyada jaallaha ah.

**Nafaqada ku jirta eedabiic ah:**

isku dhis, Flavonoids, Phenolic ah carotenoids, Vitamin C iyo fiber



**Jaadka:** Jaalle/arangaato

**Tusaale ahaan**

**Khudradaha:** Tufaaxa guduudan, dhafaruur, canabka guduudan, canab giir giiran, respberries, askaaxda, iyo qare.  
**Caleenta:** burcoodka iyo basbaaska gudguduudan, Quwaaxa cad cad, basashada guduudan, hohonta, iyo yaanyada.

**Nafaqada ku jirta eedabiic ah:**

isku dhis, Phenolic ah, Flavonoids, fiber, carotenoids, anthocyanins

**Wixii akhbaar oo dheeraad** ah iyo ilaha laga soo xigtay akhbaarta buugan yar ee gacanta ee la yiraa 4-5 Days Program ka eeg barta kulanka ee, www.5aday.gov. Hadii aad wax su'aal ah aad qabto oo ku saabsan cudurka kansar fadlan la soo xiriir khadka akhbaarta kansarka. Khadkaas oo bixiya adeegyo bilaash ah, waxaana wixii su'aal ah oo aad qabto kaaga jawaabaha akhbaar siyaado ah oo xanuunka ku saabsan ku siin doona kallaalisooyin loo carbiyey daryeelka kansarka. Ka wac kallaalisooyinkaa khadka 612- 624-2620 ama ka wac khadka bilaashka ah ee 1-888-CANCER MN kallaalisooyinkaa hadii aad joogto Minnesota, Iowa, Wisconsin iyo Dakota. Ama email ugu dir ciwaanka ah ccinfo@umn.edu. Waxaan kaloo kuugu baaqaynaa in aad booqato bartayada kulanka ee www.cancer.umn.edu.