

# UURKA BAAKADA CUNTADA



## Caanaha



- 4 ½ baaldi, caano aan dufan lahayn, ama 1% caano ah
- 1 lb (8 oz ama 16 oz) oo ah farmaajo
- 1 quart (32 oz) caano fadhi (aan dufan lahayn ama subag yar)

Haddii aadan dooran caano garoorta iyo/ ama farmaajada, waxaad heli doontaa caano badan oo dheeraad ah.

## Waxyaabaha Badelka u ah Caanaha:

Caano laktoos aan lahayn, cabitaanka sooyada (soy), caanaha riyaha, tofu



## Ukunta



- 1 darsin

## Hadhuudhka Oo Dhan



- Hal xirmo oo 1 lb (16 oz) ah

## Badarka



- Wadarta 36 oz/Dhammaan 36 oz

## Subagga Lawska ama Digirta



Labo **kasoo qaado** dukaanka:

- Afar qasacadood oo digir ah oo 15-16 oz ah **ama**
- 1 lb oo digir qallalan ah **ama**
- Weel 16-18 oz oo ah subaga lawska

## Casiir



- Sadex qasac oo 11.5-12 oz ah oo miro la barafeeyay ah (144 oz) **ama**
- Laba qasac oo 64 oz ah (128 oz)

## Miraha & Khudaarta



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# PREGNANCY FOOD PACKAGE



## Milk



- 4 ½ gallons, skim fat free or 1% milk
- 1 lb (8 oz or 16 oz) cheese
- 1 quart (32 oz) yogurt (nonfat or lowfat)

If you do not choose yogurt and/or cheese, you will receive more milk.

### Dairy Alternatives:

Lactose-free milk, soy beverage, goat milk, tofu



## Eggs



- 1 dozen

## Whole Grains



- One 1 lb (16 oz) package

## Cereal



- 36 oz total

## Peanut Butter or Beans



Pick **two** in store:

- Four 15-16 oz cans of beans **or**
- 1 lb dry beans **or**
- 16-18 oz container of peanut butter

## Juice



- Three 11.5-12 oz containers of frozen juice (144 oz) **or**
- Two 64 oz containers (128 oz)

## Fruits & Vegetables



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