

HORDDHAC

Bismillaah,

Waxaan mahad iska Allah SWT Allahii na abuuray anagoon jirin, waxay Nabad galyo iyo Naxariis Korkiisa ahaatay Nabigeena Muxammed scw wasalam.



Intaas kadib,

Buugaan waa buug aan ka qoray fahamkeyga dhanka aqoonta ku saleysan, waana buug ka tarjumaayo aqoonta aan bartay ee dhanka maadiga ah. Waa buug xambaarsan waxtarka ay leedahay qudaarta aan cuno ee uu Allah noogu nimceeyay ee kala duwan iyo waxtarka caafimaad ay u leeyihiin jirka bani aadamka.

Waxaan u mahadcelinaaya shaqsiyaadka iga caawiyay iguna dhiiri galiyay soo saarista buugaan oo kala ah:

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Yasin Cabdulaahi Cali.
Abdirisak Mohamed saaqeey
Shiiqeey maxamed baa muqtaar.

Hordhac

Bismillaah.

Waxaan mahad iska Allah SWT. Allahii na abuuray anagoon jirin, waxay Nabad galyo iyo Naxariis Korkiisa ahaatay Nabigeena Muxammed NNKH . Intaas kadib buugaan waa bug aan ka qoray fahamkeyga dhanka aqoonta ku saleysan, waana buug ka tarjumaayo aqoonta aan bartay ee dhanka maadiga ah waa buug xambaarsan waxtarka ay leedahay qudaarta aan cuno ee uu Allah noogu nimceeyay ee kala duwan iyo waxtarka caafimaad ay u leeyihiin jirka bani aadamka.

ILAALINTA CAAFIMAADKA IYO QUUDINTA waa buug ka hadlaayo faa'idooyinka ay leeyihiin qudaarta kala duwan ee quudano, hadaba buugaan wuxuu ka kooban yahay qeybo badan oo qudaarta kamida iyo inta Vitamino iyo Mineralo ee ay hodanka ku yihiin.

Buugaan waxaa idin soo diyaariyay HAADI HASSAN oo ah arday kamida ardayda Soomaaliyeed ee ku nool wadanka Sweden, Göteborg

HAADI HASSAN

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Tufaaxa Ama Apple.

Waxaan ku bilaawi doona Tufaaxa ama (Appleka)

Tufaaxa Ama (Appleka) Vitamino badan ayaa ku jiraan waxayna kala yihiin:

- 1- Vitamin A- 98 IU.
- 2- Vitamin B1 (Thiamine) -0.031 mg.
- 3- Vitamin B2 (reboflavin) -0.047 mg.
- 4- Vitamin B3 (niacin) -0.166 mg.
- 5- Folate -5 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) 0.111 mg.
- 7- Vitamin B6 0.075 mg.
- 8- Vitamin C 8.4 mg.
- 9- Vitamin E 0.33 mg.
- 10- Vitamin K 4 mcg.

Tufaaxa ama Appleka intaan oo Vitamins ah ayuu hodan ku yahay ku dadaal inaad u cuntid si daily ah, hadii aad sidaas sameysid caafimadkada wuxuu noqonaaya mid taam ah.

Vitamin A

Hadaba Vitamin A aan ku bilawne wuxuu leeyahay Faa'idooyin dhowra waxana kamida.

1- Aragtida ayuu kor u qaada.

2- Wuxuu caafimad u yahay maqaarka Jirka, Timaha, Ilkaha, iyo Ciridka.

3- Wuxuu xoojiyaa xuubka ama duufka dahaarka kore.

4- Wuxuu kor u qaada shaqada xubinta Taranka.

5- Wuxuu kor u qaada hab dhiska jirka wuxuuna ka ilaaliya infakshanada soo weerari karo.

6- Wuxuu ka koobma nafaqooyin badan oo ay hodan ka yihiin qudaar aad u badan.

7- Shahwada(Biyaha) ayuu badiyaa wuuna hor mariyaa galmada.

8- Lafaha ayuu adkeeya.

Vitamin A waxaa kaloo laga helaa:

Caanaha, Ukunta, iyo Malayga.



Avocado.

Avocada waxay kamid tahay cunooyinka aadka u nafaqada badan jirka bani aadamkana u baahanyahay. Bal hadaba aynu eegno inta Vitamin ee ku jirto:

- 1- Vitamin A- 293 IU.
- 2- Vitamin B1 (Thiamine) - 0.135 mg.
- 3- Vitamin B2 (reboflavin) - 0.261 mg.
- 4- Vitamin B3 (niacin) - 3.493 mg.
- 5- Folate - 163 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 2.792 mg.
- 7- Vitamin B6 517 mg.
- 8- Vitamin C 20.1 mg.
- 9- Vitamin E 4.16 mg.
- 10- Vitamin K 42.2 mcg.

Vitamin B1(Thiamine).

Vitamin B1 waxtarkiisa waxaa kamida:

- 1- Wuxuu shiida(burburiyaa) Carbohydrateska, Protainka, iyo waxyaabaha Fats ah oo dufanta leh.
- 2- Wuxuu sahlaa oo uu gacan ka geestaa iney si caafimad leh u shaqeeyaan Nervous Systemka, Brain(maskaxda).
- 3- Wuxuu kor u qaada healthy skin(caafimadka maqaarka), hair(timaha), eyes(indhaha) and function of the liver(iyo shaqada beerka).
- 4- Wuxuu yareeya Stresska badan.
- 5- Wuxuu caawiyaa dheef shiidka.

Vitamin B1 waxaa sidoo kale laga helaa cuntooyinka kala:

Qaraha, digirta cagaaran, iyo yaayada.



Banana(Muuska ama mooska).

Muuska wuxuu kamid yahay qudaarta uu caanka ku yahay wadankeena Soomaalia waana qudaarta waxtarka caafimaad u leh jirka bani aadamka.

Hadaba Muuska aan eegno inta Vitamin ee uu hodanka ku yahay.

- 1- Vitamin A- 76 IU.
- 2- Vitamin B1 (Thiamine) - 0.037 mg.
- 3- Vitamin B2 (reboflavin) - 0.086 mg.
- 4- Vitamin B3 (niacin) - 0.785 mg.
- 5- Folate - 24 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.394 mg.
- 7- Vitamin B6 - 0.433 mg.
- 8- Vitamin C -10.3 mg.
- 9- Vitamin E - 0.12 mg.
- 10- Vitamin K - 0.6 mcg.

Hadaba aan eegno

Vitamin B2 (reboflavin).

Vitamin B2 waxtarkiisa aan eegno.

1- Wuxuu shiida(burburiyaa) Carbohydrateska, Protainka, iyo waxyaabaha Fats ah oo dufanta leh.

2- Wuxuu kor u qaada healthy skin(caafimadka maqaarka), hair(timaha), eyes(indhaha) and function of the liver(iyo shaqada beerka).

3- Wuxuu xoojiya xuubka ama Duufka kore.

4- Wuxuu badiyaa oo uu soo saara unugyada dhiiga casaanka ah.

Vitamin B2 waxaa laga helaa:

Beerka xoolaha(ariga, lo'da iyo geela), Kilida xoolaha, Caanaha xoolaha, iyo Malayga.



Blackberry

Blackberry wuxuu kamid yahay qudaarta aadka u macaan una nafaqada badan, waa mid kamida qudaarta hodanka ku ah Vitamino badan, Vitaminadaas waxaa kamida:

- 1- Vitamin A- 308 IU.
- 2- Vitamin B1 (Thiamine) - 0.029 mg.
- 3- Vitamin B2 (reboflavin) - 0.037 mg.
- 4- Vitamin B3 (niacin) - 0.93 mg.
- 5- Folate - 36 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.397 mg.
- 7- Vitamin B6 - 0.043 mg.
- 8- Vitamin C -30.2 mg.
- 9- Vitamin E - 1.68 mg.
- 10- Vitamin K - 28.5 mcg.

Habada intaas hadii aan uga gudubno Blackberryga iyo Vitaminada uu hodanka ku yahay, aan eegno waxtarka

Vitamin B3(niacin).

Vitamin B3 waxtarkiisa waxaa kamida:

- 1- Wuxuu sahlaa oo uu gacan ka geestaa iney si caafimad leh u shaqeeyaan Nervous Systemka, Brain(maskaxda).
- 2- Wuxuu kontoroola inta level uu gaaro kolistaroolka. cholesterol waxaa la dhahaa shay buuran oo laga helo unugyada jirka oo dhan.
- 3- Wuxuu kiciyaa korna u qaada sex hormoneska(dareenka rabitaanka isu taga rag iyo haweenka ayuu badiya).
- 4- Wuxuu shiida(burburiyaa) Carbohydrateska, Protainka, iyo waxyaabaha Fats ah oo dufanta leh.
- 5- Wuxuu sahlaa gacana ka geestaa si normal ah iney u shaqeeyso caloosha xiliga dheefshiidka.
- 6- Wuxuu kor u qaada healthy skin(caafimadka maqaarka), hair(timaha), eyes(indhaha) and function of the liver(iyo shaqada beerka).

Hadaba Vitamin B3 waxaa kaloo laga helaa:

Bataatiga, Malayga Toonada ah, Ukunta, iyo Caanaha xoolaha.



Blackcurrent

Blackcurrent asna wuxuu kamid yahay qudaarta nafaqada badan oo jirka bani aadamka waxtarka u leh. Hadaba aan eegno inta Vitamin uu hodanka ku yahay.

- 1- Vitamin A- 258 IU.
- 2- Vitamin B1 (Thiamine) - 0.056 mg.
- 3- Vitamin B2 (reboflavin) - 0.056 mg.
- 4- Vitamin B3 (niacin) - 0.336 mg.
- 5- Pantothenic Acid(Bantoosenik Asid) - 0.446 mg.
- 6- Vitamin B6 - 0.074 mg.
- 7- Vitamin C -202.7 mg.
- 8- Vitamin E - 1.12 mg.

Hadaba waxaan eegi doona Pantothenic Acid iyo waxtarka uu leeyahay.

Pantothenic Acid.

- 1- Pantothenic Acid waxaa loo yaqaana anti-stress Vitamin 5 wuxuu ka hortagaa stresska badan.
- 2- Wuxuu caawinaad siiya misna koriyaa Nerve Systemka jirka.
- 3- Wuxuu howl galiyaa qanjirada loo yaqaano (Adrenal Glands) oo kor kaga dahaaran kiliyaha.
- 4- Wuxuu dhisaa unugyaha jirka.
- 5- Wuxuu badiyaa difaaca jirka wuxuuna ka hortaga ineey jirka soo weeraraan sun ama Virus banaanka kaga yimaado.

Pantothenic Acid ama Vitamin 5 waxaa kaloo laga helaa:

Bariiska, Kilida xoolaha, Daangada, iyo Looska.



Blue berry

Blue berry wuxuu hodan ku yahay Vitaminada soo socda:

- 1- Vitamin A- 217 IU.
- 2- Vitamin B1 (Thiamine) - 0.055 mg.
- 3- Vitamin B2 (reboflavin) - 0.061 mg.
- 4- Vitamin B3 (niacin) - 0.08 mg.
- 5- Folate - 9 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.184 mg.
- 7- Vitamin B6 - 0.077 mg.
- 8- Vitamin C - 14.4 mg.
- 9- Vitamin E - 2.29 mg.
- 10- Vitamin K - 28.6 mcg.

Hadaba intaas hadii aan uga baxno waxtarka Blue berry, aan eegno waxtarka uu leeyahay:

Vitamin B6.

Vitamin B6 waxaa kaloo loo yaqaana Pyrioxide waxtarkiisa waxaa kamid ah:

1- Wuxuu sahlaa in jirka uu helo energy badan wuxuuna caawiyaa nerve systemka.

2- Wuxuu caafimaad u yahay hablaha uurka leh.

3- Wuxuu waxtar u leeyahay oo inta badan ka maarmin Timaha, Indhaha, iyo Maqaarka jirka.

4- Wuxuu caawiya(gacan ka geestaa) in Beerka uu si caadiya u shaqeeyo(Function of the Liver).

Vitamin B6 waxaa laga helaa cunooyinka soo socdo:

Karootada, Bataatiga macaan, iyo Beerka xoolaha(Ariga, Lo'da, iyo Geela).



Boysenberry

Boysenberry wuxuu kamid yahay qudaarta aadka u nafaqada badan wuxuuna hodan ku yahay Vitaminada soo socda:

- 1- Vitamin A- 88 IU.
- 2- Vitamin B1 (Thiamine) - 0.07 mg.
- 3- Vitamin B2 (reboflavin) - 0.049 mg.
- 4- Vitamin B3 (niacin) - 1.012 mg.
- 5- Folate - 83 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.33 mg.
- 7- Vitamin B6 - 0.074 mg.
- 8- Vitamin C - 4.1 mg.
- 9- Vitamin E - 1.15 mg.
- 10- Vitamin K - 10.3 mcg.

Hadii aan intaas uga baxno waxtarka Boysenberry, hadaba aan eegno waxtarka uu leeyahay:

Vitamin C.

Vitamin C waxtarkiisa waxaa kamida:

- 1- Wuxuu hormariyaa difaaca jirka wuxuuna ka ilaaliya inuu jirka soo weeraro infakshan.
- 2- Wuxuu bogsiiya boogta jirka soo gaarta xiliga uu qofka dhaawacmo.
- 3- Wuxuu caabiyaa ka hortagaa inuu kordho stresska badan.
- 4- Wuxuu ka kontoroola jirka baruurta badan iney ku siyaado.
- 5- Wuxuu caafimad u yahay Ciridka iyo Ilkaha.

Vitamin C waxaa laga helaa:

Orangega(liinta bambeelmada iyo liin dhananta), Bataatiga macaan, iyo Karootada.



Breadfruit

Breadfruit waa mid kamida qudaarta jirka bani aadamka waxtarka u leh waana mid kamida qudaarta hodanka ku ah Vitaminadan soo socda:

- 1- Vitamin B1 (Thiamine) - 0.242 mg.
- 2- Vitamin B2 (reboflavin) - 0.066 mg.
- 3- Vitamin B3 (niacin) - 1.98 mg.
- 4- Folate - 31 mcg.
- 5- Pantothenic Acid(Bantoosenik Asid) - 1.05 mg.
- 6- Vitamin B6 - 0.22 mg.
- 7- Vitamin C - 63.8 mg.
- 8- Vitamin E - 0.22 mg.
- 9- Vitamin K - 1.1 mcg.

Hadaba hadii aan intaas uga baxno waxtarka uu leeyahay Breadfruitka, hadaba aan eegno waxtarka uu leeyahay:

Vitamin E.

Vitamin E waxtarkiisa waxaa kamid ah:

1- Wuxuu hormariyaa difaaca jirka wuxuuna ka ilaaliya inuu jirka soo weeraro infakshanka.

2- Wuxuu caawiyaa xididada jirka qaabka ay u shaqeeyaan.

3- Wuxuu ku milmaa xinjirta dhiiga.

4- Wuxuu difaaca unugyada iyo qaabka xubnaha jirka u shaqeeyaan sunta iyo jirooyinka bakteeriyada wato ee soo weerari karo.

Vitamin E waxaa kalo laga helaa cunooyinka kala ah:

Hilibka, Saliida Qudaarta laga sameeyo, Ukunta, iyo Avocadata.



Cantaloupe

Cantaloupe wuxuu kamid yahay qudaarta aadka u nafaqada badan wuxuuna hodan ku yahay Vitaminada soo socdo:

- 1- Vitamin A- 2334 IU.
- 2- Vitamin B1 (Thiamine) - 0.028 mg.
- 3- Vitamin B2 (reboflavin) - 0.013 mg.
- 4- Vitamin B3 (niacin) - 0.506 mg.
- 5- Folate - 14 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.072 mg.
- 7- Vitamin B6 - 0.05 mg.
- 8- Vitamin C - 25.3 mg.
- 9- Vitamin E -0.03 mg.
- 10- Vitamin K - 1.7 mcg.

Hadaan intaas uga baxno qaxtarka Cantaloupe, hadaba aan eegno waxtarka uu leeyahay:

Vitamin K.

Vitamin K waxtarkiisa waxaa kamid ah:

1- Dhiiga ayuu xinjir badan u sameeya si hadhow qofka markii uu dhaawacmo uusan dhiigbax ugu dhimanin.

2- Caafimaadka lafaha ayuu ilaaliyaa wuxuuna siiya Kalshum.

3- Wuxuu jirka ka difaaca misna yareeya waxyaabaha dhaawaca ku keeni karo xubnaha u sahlaayo qofka inuu Oxygenka si caadi ah u qaato.

4- Wuxuu ka hortagaa inuu barar ku yimaado jirka.

5- Wuxuu ka qeeb qaata in maskaxda qofka ay si caadi ah u shaqeeyso.

Hadaba Vitamin K waxaa laga helaa cunooyinka soo socdo:

Digirta cagaaran, Yaayada, iyo Kabajka.



Cherimoya

Cherimoya ama Canuuniga waa qudaarta uu caanka ku yahay wadankeena Soomaaliya, wuxuu kamid yahay qudaarta aadka u nafaqada badan waxtarkana u leh jirka bani aadamka.

Cherimoya ama Canuuniga waxaa laga helaa Vitaminada soo socda.

- 1- Vitamin B1 (Thiamine) - 0.162 mg.
- 2- Vitamin B2 (reboflavin) - 0.21 mg.
- 3- Vitamin B3 (niacin) - 1.03 mg.
- 4- Folate - 37 mcg.
- 5- Pantothenic Acid(Bantoosenik Asid) - 0.552 mg.
- 6- Vitamin B6 - 0.411 mg.
- 7- Vitamin C - 20.2 mg.
- 8- Vitamin E -0.43 mg.
- 9- Vitamin A - 8 IU.

Hadaba hadaan intaas uga baxno waxtarka Cherimoya ama canuuniga, hadaba aynu eegno waxtarka uu leeyahay:

Vitamin B4.

Vitamin B4 waxtarkiisa waxaa kamida:

1- Wuxuu yareeya daalka ku yimaado kor u kaca iney sameysmaan unugyada jirka uu u baahanyahay.

2- Wuxuu hoos u dhigaa baruurta badan.

3- Wuxuu kordhiyaa soo saarista unugyada ka hortaga infakshanada soo weeraro jirka, wuxuuna caawiya iskuna dheelitiraa sokorta dhiiga(Blood Sugars), wuxuuna kordhiyaa hab difaaca jirka.

Vitamin B4 waxaa laga helaa:

Kilida xoolaha iyo qudaarta.



Cherries

Cherries wuxuu hodan ku yahay Vitaminada soo socdo:

- 1- Vitamin A- 88 IU.
- 2- Vitamin B1 (Thiamine) - 0.037 mg.
- 3- Vitamin B2 (reboflavin) - 0.046 mg.
- 4- Vitamin B3 (niacin) - 0.213 mg.
- 5- Folate - 6 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.275 mg.
- 7- Vitamin B6 - 0.068 mg.
- 8- Vitamin C - 9.7 mg.
- 9- Vitamin E -0.1 mg.
- 10- Vitamin K - 2.9 mcg.

Hadaba waxtarka Cherries hadaan intaas aan uga gudubno.

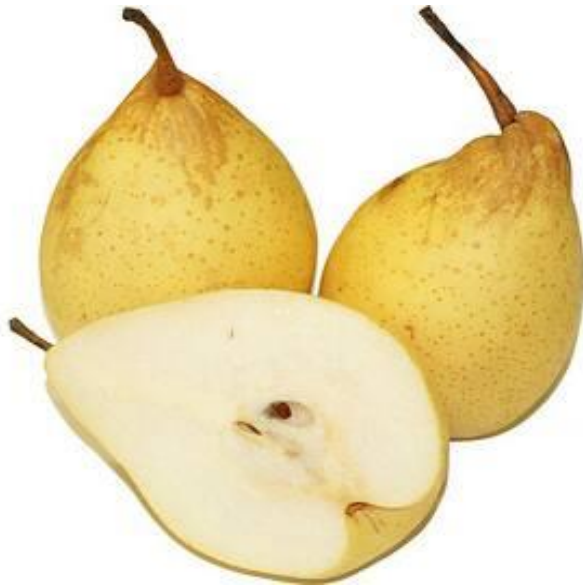
Hadaba markaan aan eegno Vitamin B7 oo loo yaqaano Biotin.
Vitamin B7 waxtarkiisa waxaa kamida:

Vitamin B7

- 1- Wuxuu caawiyaa misna dayactiraa caafimadka wanaagsan iney helaan Maqaarka iyo Timaha.
- 2- Wuxuu faa'idooyin caafimad u leeyahay xubnaha gaar ahaan Murqaha wuxuuna siiya caafimad.
- 3- Wuxuu ka hortagaa in uu yimaado Weight loss(ama in miisaanka uu hoos u dhaco) wuxuu kor u qaada shaqada xubnaha jirka.
- 4- Wuxuu caafimaad ka geestaa hubinta sida saxda ah ee uu u shaqeynaayo wadnaha.
- 5- Wuxuu caawimaad siiya dayactirka heerka uu marayo sokorta dhiiga(Blood Sugar).

Vitamin B7 waxaa laga helaa cunooyinka kala ah:

Looska, Saliida Malayga, Ukunta, Rootig, iyo Baastada.



Chinese Pear

Chinese Pear waa mid kamida qudaarta waxtarka u leh jirka bani aadamka. Waa mid kamida qudaarta nafaqada leh ee hodanka ku ah Vitaminadan soo socda:

- 1- Vitamin B1 (Thiamine) - 0.025 mg.
- 2- Vitamin B2 (reboflavin) - 0.028 mg.
- 3- Vitamin B3 (niacin) - 0.603 mg.
- 4- Folate - 22 mcg.
- 5- Pantothenic Acid(Bantoosenik Asid) - 0.193 mg.
- 6- Vitamin B6 - 0.06 mg.
- 7- Vitamin C - 10.4 mg.
- 8- Vitamin E -0.33 mg.
- 10- Vitamin K - 12.4 mcg.

Hadaba intaas aan uga gudubno waxtarka Chinese Pear. Markaana aan eegno Vitamin B9 oo loo yaqaano Folic Acid.

Vitamin B9 waxtarkiisa waxaa kamida:

Vitamin B9(Folic Acid).

1- Wuxuu waxtar u leeyahay misna uu caawiyaa maskaxda iney si sax ah u shaqeyso.

2- Wuxuu siiya maskaxda dareen xoogan.

3- Wuxuu gacan ka geestaa usoo saarista unugyada DNA iyo RNA dhalaanka yaryar ee markaas caloosha hooyada ku jira, si canuga u yeesho adkeysii inta uu uurka hooyadiis ku jiro.

Vitamin B9 waxaa laga helaa cuntooyinkaan soo socda:

Caanaha, Orange Juiceka, iyo Avocadaha.



Cranberries

Cranberries loo yaqaano. Qudaartaan waxay kamid tahay qudaarta aadka u nafaqada badan misna hodanka ku ah Vitaminada soo socdo:

- 1- Vitamin A- 60 IU.
- 2- Vitamin B1 (Thiamine) - 0.012 mg.
- 3- Vitamin B2 (reboflavin) - 0.02 mg.
- 4- Vitamin B3 (niacin) - 0.101 mg.
- 5- Folate - 1 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.295 mg.
- 7- Vitamin B6 - 0.057 mg.
- 8- Vitamin C - 13.3 mg.
- 9- Vitamin E -1.2 mg.
- 10- Vitamin K - 5.1 mcg.

Hadaba hadii aan intaas uga gudubno waxtarka Cranberrieska uu leeyahay bal markaana aan fiirino:

Vitamin B12.

Vitamin B12 waxtarkiisa waxaa kamida:

- 1- Wuxuu caawimaad joogteyn ah siiya Nerve Systemka.
- 2- Wuxuu caawimaad joogta ah siiya wadnaha inuu si sax ah u shaqeeyo.
- 3- Wuxuu jirka ka ilaaliya kansarka ku dhaco naasaha(gaar ahaan haweenka).
- 4- Wuxuu jirka ka ilaaliyaa daalka faraha badan iyo awood yarida soo wajahdo.

Vitamin B12 cunooyinka laga helo waxaa kamida:

Malayga jirta ah, hilibka gaduudan, iyo Caanaha.



Dates ama Timirta.

Qudaartaan waxay kamid tahay qudaarta aadka u nafaqada badan hodanka ku ah Vitaminada soo socdo:

- 1- Vitamin A- 15 IU.
- 2- Vitamin B1 (Thiamine) - 0.076 mg.
- 3- Vitamin B2 (reboflavin) - 0.097 mg.
- 4- Vitamin B3 (niacin) - 1.873 mg.
- 5- Folate - 28 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.866 mg.
- 7- Vitamin B6 - 0.246 mg.
- 8- Vitamin C - 0.6 mg.
- 9- Vitamin E -0.07 mg.
- 10- Vitamin K - 4 mcg.

Hadaba waxtarka Dates ama timirta hadaan intaas uga gudubno, bal markaana aan fiirino Mineralka:

Calcium(ca).

Mineralkaan Calciumka waxtarkiisa waxaa kamida.

- 1- Wuxuu taageera Timaha iyo Ilkaha in uu caafimadkoodu hormaro.
- 2- Wuxuu caawimaad siiya Nervaha iyo Murqada jirka iney si caadi ah u shaqeeyan.

Macdanta loo yaqaano Calciumka waxaa laga helaa Cunooyinka kala ah:

Caanaha, Buurada, iyo Qudaarta.



Figs.

Figska wuxuu kamid yahay qudaarta aadka u nafaqada badan wuxuu hodan ku yahay Vitaminada soo socdo:

- 1- Vitamin A- 91 IU.
- 2- Vitamin B1 (Thiamine) - 0.038 mg.
- 3- Vitamin B2 (reboflavin) - 0.032 mg.
- 4- Vitamin B3 (niacin) - 0.256 mg.
- 5- Folate - 4 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.192 mg.
- 7- Vitamin B6 - 0.072 mg.
- 8- Vitamin C - 1.3 mg.
- 9- Vitamin E -0.07 mg.
- 10- Vitamin K - 3 mcg.

Hadaba hadaan intaas uga gudubno Figs iyo Vitaminada uu caanka ku yahay, hadaba aan fiirino Mineralka ama macdanta loo yaqaano:

Copper(Cu).

Copper waxtarkiisa waxaa kamida:

- 1- Wuxuu unugyada jirka ka ilaaliya dhaawac ku yimaado.
- 2- Lafaha Jirka ayuu dhisaa wuxuuna sameeya (Red Blood Cellska) unugyada dhiiga casaanka ah.

Copper waxaa laga helaa cunooyinka soo socdo:

Looska, Digirta, iyo Buurada(farmaajada).



Gooseberry.

Gooseberry waa mid kamida qudaarta waxtarka leh ee aadka u nafaqada badan. Qudaartan waxay hodan ku tahay vitamino badan oo ay kamid yihiin:

- 1- Vitamin A- 435 IU.
- 2- Vitamin B1 (Thiamine) - 0.06 mg.
- 3- Vitamin B2 (reboflavin) - 0.045 mg.
- 4- Vitamin B3 (niacin) - 0.45 mg.
- 5- Folate - 9 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.429 mg.
- 7- Vitamin B6 - 0.12 mg.
- 8- Vitamin C - 41.5 mg.
- 9- Vitamin E -0.56 mg.

Hadaba hadii aan intaas uga gudibno waxtarka uu leeyahay Gooseberry, bal markaana aan eegno Mineralka loo yaqaano:

Flouride(F).

Flouride waxtarkiisa waxaa kamida:

- 1- Wuxuu muhiimad caafimad u leeyahay Ilkaha iyo Lafaha jirka.
- 2- Wuxuu Ilkaha ka ilaaliya Suuska wuxuuna xoojiya Lafaha jirka.

Flouride cunooyinka laga helo waxaa kamida:

Malayga loo yaqaano Salamon, saltwater(Biyaha cusbada leh), iyo Shaaxa.



Grapefruitka.

Grapefruitka wuxuu ka midyahay qudaarta aadka u nafaqada badan wuxuu waxtar u leeyahay jirka bani aadanka sidoo kale Grapefruitka waxaa Somalia looga yaqaano (Liin bambeelmo) waxay sidoo kale kamid tahay qudaarta laga sameeyo cabitaanka(isbarbuutada) loo yaqaano. Grapefruit wuxuu hodan ku yahay Vitaminada soo socdo:

- 1- Vitamin A- 2132 IU.
- 2- Vitamin B1 (Thiamine) - 0.086 mg.
- 3- Vitamin B2 (reboflavin) - 0.046 mg.
- 4- Vitamin B3 (niacin) - 0.575 mg.
- 5- Folate - 23 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.651 mg.
- 7- Vitamin B6 - 0.097 mg.
- 8- Vitamin C - 79.1 mg.
- 9- Vitamin E -0.3 mg.

Hadii aan intaas uga gudubno Grapefruitka iyo waxtarkiisa bal markaana aan eego Mineralka loo yaqaano:

Iron(Fe).

Macdanta Iron waxtarkeeda waxaa kamida:

- 1- Wuxuu qaada Oxygenka iyo dhiiga si jirka intiisa kale ugu gudbiyo.
- 2- Murqaha ayuu ku keydiyaa Oxygen.
- 3- Wuxuu koriyaa bixitaanka Tinta wuxuu qeeb ka qaata hooyada iney Nuujiso caruurta yaryar ee umusha lagula jiro.
- 4- Wuxuu dhisaa hab difaaca unugyada jirka.

Iron waxaa kaloo laga helaa cunooyinka kale sida:

Hilibka casaanka ah(gaduudan), Qudaarta, iyo Kilida xoolaha.



Grapes ama Cinabka.

Grapes wuxuu kamid yahay qudaarta waxtarka u leh jirka bani aadamka waana qudaarta ugu nafaqada badan ee hodanka ku ah Vitaminada soo socdo:

- 1- Vitamin A- 100 IU.
- 2- Vitamin B1 (Thiamine) - 0.104 mg.
- 3- Vitamin B2 (reboflavin) - 0.106 mg.
- 4- Vitamin B3 (niacin) - 0.284 mg.
- 5- Folate - 3 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.076 mg.
- 7- Vitamin B6 - 0.13 mg.
- 8- Vitamin C - 16.3 mg.
- 9- Vitamin E -0.29 mg.
- 10- Vitamin K - 22 mcg.

Hadii aan intaas uga gudubno waxtarka Grapes ama Canabka, markaana aan eegno Mineralka loo yaqaano:

Iodine(I) .

Iodine waxtarkiisa waxaa kamida:

1- Wuxuu soo saara oo uu nidaamiya Hormonada jirka firfircoonida iyo dareenka siiyo.

2- Wuxuu xoojiya ee uu dayactiraa unugyada jirka noolaha iyo falgalada Chemicalka ay ka sameeyan jirka.

Iodine waxaa laga helaa cunooyinka soo socda:

Cusbada, Biyaha Cusbada leh, Malayga, iyo Cuntooyinka loo yaqaano Seafoodka.



Guava ama Zeytuunka.

Guava waxay kamid tahay qudaarta aadka u nafaqada badan. Waxayna hodan ku tahay Vitaminada soo socdo:

- 1- Vitamin A- 1030 IU.
- 2- Vitamin B1 (Thiamine) - 0.111 mg.
- 3- Vitamin B2 (reboflavin) - 0.066 mg.
- 4- Vitamin B3 (niacin) - 1.789 mg.
- 5- Folate - 81 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.744 mg.
- 7- Vitamin B6 - 0.181 mg.
- 8- Vitamin C - 376.7 mg.
- 9- Vitamin E -1.2 mg.
- 10- Vitamin K - 4.3 mcg.

Hadii aan intaas uga gudubno Guava iyo waxtarkiisa, bal markaana aan eegno Mineralka loo yaqaano:

Potassium (K).

Hadaba Potassium waxtarkiisa waxaa kamida:

- 1- Wuxuu caawimaad siiya Nerve Systemka iyo Murqaha iney si wanaagsan u shaqeeyan.
- 2- Waxa uu dajiya biyaha wuxuuna qeybiyaa qeybaha jirka.

Potassium waxaa laga helaa cunooyinka soo socdo:

Mooska ama Muuska, Yaayada, Bataatiga aanan qobkiisa laga fiiqin.



Kiwi

Kiwi wuxuu kamid yahay qudaarta aadka u macaan misna nafaqada badan wuxuu hodan ku yahay Vitaminada soo socdo:

- 1- Vitamin A- 60 IU.
- 2- Vitamin B1 (Thiamine) - 0.019 mg.
- 3- Vitamin B2 (reboflavin) - 0.017 mg.
- 4- Vitamin B3 (niacin) - 0.235 mg.
- 5- Folate - 17 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.126 mg.
- 7- Vitamin B6 - 0.043 mg.
- 8- Vitamin C - 64 mg.
- 9- Vitamin E -1.01 mg.
- 10- Vitamin K - 27.8 mcg.

Hadii aan intaas uga gudubno Kiwi iyo waxtarkiisa bal markaana aan eegno Mineralka ama Macdanta loo yaqaano:

Magnesium(Mg).

Magnesium waxtarkiisa waxaa kamida:

- 1- Wuxuu caawinaad siiya Lafaha si ay u koraan una xoogestaan.
- 2- Wuxuu Taageera Murqaha iyo shaqada Nervaha.

Magnesium waxaa kaloo laga helaa cunoyinka kala ah:

Qudaarta cagaaran, Looska, Caanaha, Farmaajada, iyo Cuntooyinka Seafoodka loo yaqaano.



Lemon

Lemon waa qudaar aad waxtarka u leh waxaana mararka qaar loo adeegsadaa in laga sameeyo cabitaan. Lemon waxaa waxtarkeeda kamida dhiig cas ayay badisaa waxayna ka hortagtaa dhiig yarida qofka soo food saarto. Lemon waxay hodan ku tahay Vitaminada soo socdo:

- 1- Vitamin A- 18 IU.
- 2- Vitamin B1 (Thiamine) - 0.034 mg.
- 3- Vitamin B2 (reboflavin) - 0.017 mg.
- 4- Vitamin B3 (niacin) - 0.084 mg.
- 5- Folate - 9 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.16 mg.
- 7- Vitamin B6 - 0.067 mg.
- 8- Vitamin C - 44.5 mg.
- 9- Vitamin E -0.13 mg.

Hadii aan intaas uga gudubno waxtarka ay leedahay Lemon ama liinta, bal markaana aan eegno Mineralka loo yaqaano:

Sodium(Na).

Sodium waxtarkiisa waxaa kamid ah:

1- Wuxuu habeen ku sameeya heer kulka dhiiga iyo qulqulka dhiiga mug ahaan kala duwnaashahooda si normal ah.

2- Wuxuu ka ilaaliya dhiiga inuu dhago aya xinjiroobo.

3- Wuxuu siiya nafaqooyin unugyada kala duwan ee jirka.

Sodium waxaa kaloo laga helaa cunooyinka soo socdo:

Cusbooyinka kala duwan, Caanaha iyo Farmaajada.



Loganbarries

Loganbarries qudaarta loo yaqaano waxay hodan ku tahay Vitamino badan:

- 1- Vitamin A- 51 IU.
- 2- Vitamin B1 (Thiamine) - 0.074 mg.
- 3- Vitamin B2 (reboflavin) - 0.05 mg.
- 4- Vitamin B3 (niacin) - 1.135 mg.
- 5- Folate - 38 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.359 mg.
- 7- Vitamin B6 - 0.096 mg.
- 8- Vitamin C - 22.5 mg.
- 9- Vitamin E - 1.28 mg.
- 10- Vitamin K - 11.5 mcg.

Hadii aan intaas uga gudubno waxtarka Loganbarries, bal markaana aan eegno Mineralka ama macdanta:

Selenium(Se).

Selenium waxtarkeeda waxaa kamida:

1- Wuxuu dhisaa unugyada jirka wuxuuna caawinaad ka geestaa soo saarista hormonada dhuunta.

Selenium waxaa laga helaa cunooyinka soo soda:

Hilibka intiisa badan, iyo Malayga.



Lychee.

Lychee wuxuu kamid yahay qudaarta waxtarka leh waxayna hodan ku tahay Vitamino dhowra oo ay kamid yihiin.

- 1- Vitamin B1 (Thiamine) - 0.021 mg.
- 2- Vitamin B2 (reboflavin) - 0.123 mg.
- 3- Vitamin B3 (niacin) - 1.146 mg.
- 4- Folate - 27 mcg.
- 5- Pantothenic Acid(Bantoosenik Asid) - 0.19 mg.
- 6- Vitamin B6 - 135.8 mg.
- 7- Vitamin C - 22.5 mg.
- 8- Vitamin E - 0.13 mg.
- 9- Vitamin K - 0.08 mcg.

Hadii aan intaas uga gudubno waxtarka uu leeyahay Lychee, hadaba aan fiirino Mineralka loo yaqaano:

Zinc(Zn).

Zinc waxaa waxtarkiisa kamid ah:

- 1- Wuxuu enery siiya jirka wuxuuna badiyaa difaaca jirka.
- 2- Wuxuu caawinaad siiya unugyada jirka iney koraan isla markaana wuu cusbooneysiya.
- 3- Waxay door muhiim ah ka dheesha inuu kordho DNA ga.
- 4- Wuxuu caawiyaa Maqaarka inuu caafimadkiisu taam ahaado.

Zinc waxaa kaloo laga helaa cuntooyin dhowra oo kala ah:

Hilibka gaduudan iyo Digirta noocyadeeda kala duwan.



Mango.

Mango ama Cambaha waa qudaar aad iyo u nafaqo badan, sidoo kale waxaa laga sameeya cabitaanka. Mango wuxuu hodan ku yahay Vitaminada soo socdo:

- 1- Vitamin A- 1584 IU.
- 2- Vitamin B1 (Thiamine) - 0.12 mg.
- 3- Vitamin B2 (reboflavin) - 0.118 mg.
- 4- Vitamin B3 (niacin) - 1.209 mg.
- 5- Folate - 29 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.331 mg.
- 7- Vitamin B6 - 0.227 mg.
- 8- Vitamin C - 57.3 mg.
- 9- Vitamin E - 2.32 mg.
- 10- Vitamin K - 8.7 mcg.

Hadii aan intaas uga gudubno waxtarka uu leeyahay Mangaha, bal markaana aan eegno:

Vitamin A cudurada uu ka hortago.

Vitamin A wuxuu ka hortagaa cuduro dhowr ah oo ay kamid yihiin:

- 1- Wuxuu ka hortagaa cudurka loo yaqaano Night blindness(waa cudur uusan qofka waxba arkeyn habeenkii ama hamaamisowga).
- 2- Wuxuu ka hortagaa cudurka loo yaqaano Hyperkeratosis oo ah cudur qofka maqaarkiisa ku dhaco iyo guud ahaan jirka oo dhan oo finan yaryara kasoo saaro oo midab ahaana jaalo ah.
- 3- Wuxuu ka hortagaa cudurka Acne loo yaqaano asna ah finan kaso muuqdo maqaarka gaar ahan Wajiga, Dhabarka, Garbaha, iyo Xabadka.
- 4- Wuxuu ka hortagaa cudurka loo yaqaano Hair loss oo ah iney qofka Timahiisa bidaan oo ay bidaar kaso baxdo.
- 5- Wuxuu ka hortagaa Growth Impairment cudurka loo yaqaano oo ah(indho la'aan aad u baahsan).
- 6- Wuxuu ka hortagaa cudurka Fatigue oo ah (daalka faraha badan).
- 7- Wuxuu ka hortagaa cudurka Insomnia cudurka loo yaqaano oo ah (hurdo la'aanta habeenkii).



Mulberries.

Mulberries waa qudaar waxtar leh waxayna hodan ku tahay Vitamino dhowra oo ay kamid yihiin.

- 1- Vitamin A- 35 IU.
- 2- Vitamin B1 (Thiamine) - 0.041 mg.
- 3- Vitamin B2 (reboflavin) - 0.141 mg.
- 4- Vitamin B3 (niacin) - 0.868 mg.
- 5- Folate - 8 mcg.
- 6- Vitamin B6 - 0.07 mg.
- 7- Vitamin C - 51mg.
- 8- Vitamin E - 1.22 mg.
- 9- Vitamin K - 10.9 mcg.

Hadaba hadii aan intaas uga gudubno waxtarka Mulberries, markaana aan fiirino:

Vitamin B1 iyo cudurada uu jirka ka difaaco.

Vitamin B1 wuxuu jirka ka difaaca cudurada soo socdo:

1- Iney waxyeelo gaarta xasuusta qofka iyo dagananta Maskaxda.

2- Cudurka Tabardarida ee jir ahaan qofka soo wajahdo.

3- Heerka garaacista wadnaha oo aan joogto ahayn.

4- Cudurada ku yimaado dhanka shucuurta iyo daganida(Sas inuu qofka qaado).



Nectarine.

Nectarine waa mid kamida qudaarta nafaqada badan wuxuu hodan ku yahay Vitaminada soo socdo:

- 1- Vitamin A- 475 IU.
- 2- Vitamin B1 (Thiamine) - 0.049 mg.
- 3- Vitamin B2 (reboflavin) - 0.039 mg.
- 4- Vitamin B3 (niacin) - 1.609 mg.
- 5- Folate - 7 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.265 mg.
- 7- Vitamin B6 - 0.036 mg.
- 8- Vitamin C - 7.7 mg.
- 9- Vitamin E - 1.1 mg.
- 10- Vitamin K - 3.1 mcg.

Hadii aan intaas uga gudubno waxtarka uu leeyahay Nectarine, hadaba aan eegno markaan:

Vitamin B2 iyo cudurada uu difaaco. Vitamin B2 cudurada uu jirka ka difaaco waxaa kamida:

- 1- Wuxuu ka hortagaa Cudurka loo yaqaano Dizziness(oo ah Madax wareerka).
- 2- Wuxuu ka hortagaa Hair loss oo ah iney qofka Timaha ka bidaan.
- 3- Wuxuu ka hortaga Cudurka Insomnia oo ah(Hurdo la'aanta).
- 4- Wuxuu ka hortaga Cudurka xasaasiyada indhaha qofka aragti ahaan uu ka dareemo markii uu soo galo meel iftiinkeedu aad u sareeyo.
- 5- Wuxuu ka hortaga Cudurka loo yaqaano Pure Digestion oo ah(dheef shiidka oo hoos u dhac ku yimaado).



Olives.

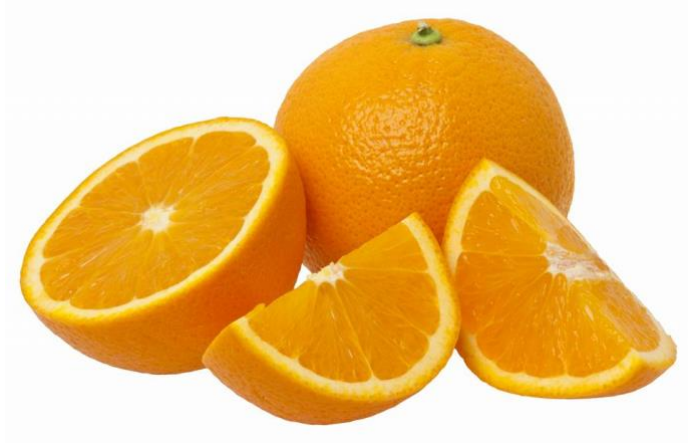
Olives waxay kamid tahay qudaarta waxtarka badan waxayna hodan ku tahay Vitaminada soo socdo:

- 1- Vitamin A- 34 IU.
- 2- Vitamin B3 (niacin) - 0.003 mg.
- 3- Pantothenic Acid(Bantootsenik Asid) - 0.001 mg.
- 4- Vitamin B6 - 0.001 mg.
- 5- Vitamin C - 0.1 mg.
- 6- Vitamin E - 1.14 mg.
- 7- Vitamin K - 0.1 mcg.

Hadii aan intaas uga gudubna faaidooyinka waxtarka leh ee Olives, bal markaana aan eegno:

Vitamin B3 iyo cudurada uu difaaco. Vitamin B3 cudurada uu difaaco waxay kala yihiin:

- 1- Wuxuu difaaca kana hortaga Diarrhea oo ah(cudurka Shubanka).
- 2- Wuxuu difaaca kana hortaga Depression(oo ah cudurka niyad jabka).
- 3- Wuxuu difaaca kana hortaga Weakening of Muscles oo ah(tabar darri ku timaado murqaha jirka).



Orange.

Orange ama orangada waxay hodan ku tahay Vitamino dhowra waxayna kala yihiin:

- 1- Vitamin A- 295 IU.
- 2- Vitamin B1 (Thiamine) - 0.114 mg.
- 3- Vitamin B2 (reboflavin) - 0.052 mg.
- 4- Vitamin B3 (Niacin) - 0.369 mcg.
- 5- Folate - 39 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.328 mg.
- 7- Vitamin B6 - 0.079 mg.
- 8- Vitamin C - 69.7 mg.
- 9- Vitamin E - 0.24 mg.

Hadii aan intaas uga gudubno waxtarka Orange uu leeyahay, bal markaana aan fiirino:

Vitamin B5 iyo cudurada uu ka difaaco jirka. Vitamin B5 wuxuu jirkaka difaaca cuduro badan oo kala ah:

- 1- Hurdo la'aanta.
- 2- Timaha qofka oo bidan.
- 3- Heer kulka dhiiga oo hoos u dhaco.
- 4- Daalka faraha badan.
- 5- Niyad Jabka.
- 6- Mataga badan.
- 7- Calool xanuunka badan.

Iyo kuwo kale oo cuduro ah ayuu ka hortagaa.



Papaya.

Papaya wuxuu hodan ku yahay Vitamino badan oo kala ah:

- 1- Vitamin A- 1532 IU.
- 2- Vitamin B1 (Thiamine) - 0.038 mg.
- 3- Vitamin B2 (reboflavin) - 0.045 mg.
- 4- Vitamin B3 (niacin) - 0.473 mg.
- 5- Folate - 53 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.305 mg.
- 7- Vitamin B6 - 0.027 mg.
- 8- Vitamin C - 86.5 mg.
- 9- Vitamin E - 1.02 mg.
- 10- Vitamin K - 3.6 mcg.

Hadii aan intaas uga gudubno waxtarka Papaya markana aan eegno:

Vitamin B6.

Vitamin B6 wuxuu difaaca cudurada kala ah:

- 1- Murqaha oo daciifo.
- 2- Narvooso inuu qofka noqdo.
- 3- Niyad jabka badan.



Passion.

Passion waa qudaarta waxtarka leh waxayna hodan ku tahay Vitaminada soo socdo:

- 1- Vitamin A- 3002 IU.
- 2- Vitamin B2 (reboflavin) - 0.307 mg.
- 3- Vitamin B3 (niacin) - 3.57 mg.
- 4- Folate - 33 mcg.
- 5- Vitamin B6 - 0.236 mg.
- 6- Vitamin C - 70.8 mg.
- 7- Vitamin E - 0.05 mg.
- 8- Vitamin K - 1.7 mcg.

Hadii aan intaas uga gudubno waxtarka qudaarta Passionka, markana aan fiirino:

Vitamin B7 iyo cudurada uu jirka ka difaaco.

1- Timaha oo bida(bidaarta).

2- Niyad jabka.

3- Daalka faraha badan.

4- Lalabada.

5- Murqo xanuunka.

6- Anemiada.



Peach.

Peach wuxuu ka mid yahay qudaarta aadka u nafaqada badan wuxuuna hodan ku yahay Vitamino badan oo kala ah:

- 1- Vitamin A- 489 IU.
- 2- Vitamin B1 (Thiamine) - 0.036 mg.
- 3- Vitamin B2 (reboflavin) - 0.047 mg.
- 4- Vitamin B3 (niacin) - 1.209 mg.
- 5- Folate - 6 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.229 mg.
- 7- Vitamin B6 - 0.037 mg.
- 8- Vitamin C - 9.9 mg.
- 9- Vitamin E - 1.09 mg.
- 10- Vitamin K - 3.9 mcg.

Hadaan intaas uga gudubno waxtarka qudaarta Peachka, bal markaana aan fiirino waxtarka:

Vitamin 9 iyo Cudurada uu jirka ka difaaco.

1- Koriimo xumada.

2- Caabuqda uu yeesho carabka.

3- Yiridka.

4- Abitaatka oo laciifo ama wax cunid la'aanta.

5- Neefsasho la'aanta.

6- Shubanka.

7- Xanaaga joogtada ah.

8- Ilowshaha badan.

9- Maskax yarida(shaqada maskaxda oo hoos u dhacdo).



Pear.

Pear wuxuu kamid yahay qudaarta waxtarka badan wuxuuna hodan ku yahay Vitaminada soo socdo:

- 1- Vitamin A- 41 IU.
- 2- Vitamin B1 (Thiamine) - 0.021 mg.
- 3- Vitamin B2 (reboflavin) - 0.045 mg.
- 4- Vitamin B3 (niacin) - 0.279 mg.
- 5- Folate - 12 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.085 mg.
- 7- Vitamin B6 - 0.05 mg.
- 8- Vitamin C - 7.5 mg.
- 9- Vitamin E - 0.21 mg.
- 10- Vitamin K - 8 mcg.

Hadii aan intaas uga gudubno waxtarka Pearka bal markaana aan fiirino:

Vitamin B12 iyo cudurada uu jirka ka difaaco.

1- Nervaha oo si joogta ah u xanuunsado iyo dhaawac maskaxda soo gaaro.

2- Daalka faraha badan.

3- Qofka oo u neefsan waayo sidii normalka ahayd.



Persimmon.

Persimmon waxay hodan ka tahay 1 Vitamin:

Vitamin C- 16.5 mg.

Hadii aan intaas uga gudubno Persimmon bal markaana aan eegno Vitamin C iyo cudurada uu jirka ka difaaco.

Vitamin C wuxuu jirka ka difaaca cuduro badan oo kala ah:

- 1- Anemia
- 2- Neesashadii normalka ahayd oo nusqaanta iyo qofka oo si normal ah u neefsan waayo.
- 3- Lafo xanuunka badan.
- 4- Maqaarka oo is badal ku yimaado.
- 5- Nabro maqaarka si fudud uugaga soo muuqdaan.
- 6- Nabarada soo si fudud u bogsan waayan.

- 7- Ciridka oo si joogta ah u dhiigo.
- 8- Ilkaha oo laciifan misna liqliqdaan.
- 9- Calool xanuunka faraha badan.
- 10- Shubanka joogtada ah.



Pineapple.

Pineapple wuxuu kamid yahay qudaarta aadka u nafaqada badan wuxuuna hodan ku yahay Vitamino badan oo kala ah:

- 1- Vitamin A- 96 IU.
- 2- Vitamin B1 (Thiamine) - 0.13 mg.
- 3- Vitamin B2 (reboflavin) - 0.053 mg.
- 4- Vitamin B3 (niacin) - 0.825 mg.
- 5- Folate - 30 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.351 mg.
- 7- Vitamin B6 - 0.185 mg.
- 8- Vitamin C - 78.9 mg.
- 9- Vitamin E - 0.03 mg.
- 10- Vitamin K - 1.2 mcg.

Hadaba hadaan intaas uga gudubno Pineapple iyo waxtarkiisa bal markaana aan fiirino:

Vitamin D iyo cudurada uu ka hortago.

- 1- Hurdo la'aanta.
- 2- Dhidid xad-dhaafka ah.
- 3- Shubanka.



Plum.

Plum waxay kamid tahay qudaarta aadka u nafaqada badan waxayna hodan ku tahay Vitamino dhowr ah.

- 1- Vitamin A- 569 IU.
- 2- Vitamin B1 (Thiamine) - 0.046 mg.
- 3- Vitamin B2 (reboflavin) - 0.043 mg.
- 4- Vitamin B3 (niacin) - 0.688 mg.
- 5- Folate - 8 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.223 mg.
- 7- Vitamin B6 - 0.048 mg.
- 8- Vitamin C - 15.7 mg.
- 9- Vitamin E - 0.43 mg.
- 10- Vitamin K - 10.6 mcg.

Hadii aan intaas uga gudubno waxtarka Plum bal markaana aan fiirino:

Vitamin E iyo cudurada uu jirka ka difaaco.

- 1- Murqaha oo jiriraco laga dareemo.
- 2- Caajis iyo qalalnaan ku yimaado maqaarka iyo bixida timaha.
- 3- Cudurka Anemiada.



Pomegranate.

Pomegranate ama Rumaanka, wuxuu hodan ku yahay Vitaminada soo socdaan:

- 1- Vitamin B1 (Thiamine) - 0.189 mg.
- 2- Vitamin B2 (reboflavin) - 0.149 mg.
- 3- Vitamin B3 (niacin) - 0.829 mg.
- 4- Folate - 107 mcg.
- 5- Pantothenic Acid(Bantoosenik Asid) - 1.063 mg.
- 6- Vitamin B6 - 0.211 mg.
- 7- Vitamin C - 28.8 mg.
- 8- Vitamin E - 1.69 mg.
- 9- Vitamin K - 46.2 mcg.

Hadii aan intaas uga gudubno Pomegranate ama rumaanka bal markaana aan fiirino:

Vitamin K iyo cudurada uu jirka ka difaaco.

- 1- Dhibaatooyinka dhiig baxa badan.
- 2- Anemiada.
- 3- Dhibaatooyinka ku yimaada xididada wadnaha.



Prickly Pear.

Prickly Pear ama tiitiinka, wuxuu hodan kuyahay Vitamino dhowr ah.

- 1- Vitamin A - 64 IU
- 2- Vitamin B1 (Thiamine) - 0.021 mg.
- 3- Vitamin B2 (reboflavin) - 0.089 mg.
- 4- Vitamin B3 (niacin) - 0.685 mg.
- 5- Folate - 9 mcg.
- 6- Vitamin B6 - 0.089 mg.
- 7- Vitamin C - 20.9 mg.

Hadii aan intaas uga gudubno qudaarta Prickly Pear markaana aan fiirino:

Calcium(Ca) iyo cudurada uu jirka ka difaaco.

- 1- Murqo xanuunka.
- 2- Kabaabyada iyo jiriricada lugaha iyo gacmaha.
- 3- Cidiyo xanuunka.
- 4- Timaha oo bido.
- 5- Dhabar xanuun.



Raisins ama sabiibka.

Raisins waxay hodan ku tahay Vitamino badan oo kala ah.

- 1- Vitamin B1 (Thiamine) - 0.046 mg.
- 2- Vitamin B2 (reboflavin) - 0.054 mg.
- 3- Vitamin B3 (niacin) - 0.329 mg.
- 4- Folate - 2 mcg.
- 5- Pantothenic Acid(Bantoosenik Asid) - 0.041 mg.
- 6- Vitamin B6 - 0.075mg.
- 7- Vitamin C - 1 mg.
- 8- Vitamin E - 0.05 mg.
- 9- Vitamin K - 1.5 mcg.

Hadii aan intaas uga gudubno faa'idoyinka Raisins ama sabiibka, bal markaana aan fiirino macdanta loo yaqaano:

Copper(Cu) iyo cudurada uu jirka ka difaaco.

- 1- Timo yaraanta.
- 2- Unugyada jirka oo yaraado.
- 3- Cudurka Anemiada.



Raspberry.

Raspberry wuxuu hodan ku yahay Vitamino dhowr ah waxay kala yihiin:

- 1- Vitamin A- 41 IU.
- 2- Vitamin B1 (Thiamine) - 0.039 mg.
- 3- Vitamin B2 (reboflavin) - 0.047 mg.
- 4- Vitamin B3 (niacin) - 0.736 mg.
- 5- Folate - 26 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.405 mg.
- 7- Vitamin B6 - 0.068 mg.
- 8- Vitamin C - 32.2 mg.
- 9- Vitamin E - 1.07 mg.
- 10- Vitamin K - 9.6 mcg.

Hadii aan intaas uga gudubno faa'idooyinka uu leeyahay Rasperry, bal markaana aan fiirino:

Fluoride(F) iyo cudurada uu jirka ka difaaco.

- 1- Suuska ilkaha galo.
- 2- Ilkaha oo liqliqdo(laciif iney noqdaan).
- 3- Lafaha oo laciifaan.



Starfruit.

Starfruit waxay hodan ku tahay Vitamino dhowr ah oo kala ah:

- 1- Vitamin A- 81 IU.
- 2- Vitamin B1 (Thiamine) - 0.018 mg.
- 3- Vitamin B2 (reboflavin) - 0.021 mg.
- 4- Vitamin B3 (niacin) - 0.484 mg.
- 5- Folate - 16 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.516 mg.
- 7- Vitamin B6 - 0.022 mg.
- 8- Vitamin C - 45.4 mg.
- 9- Vitamin E - 0.2 mg.

Intaas hadaan uga gudubno qudarta starfruitka markana aan fiirino:

Iron(Fe) iyo cudurada uu jirka ka difaaco:

- 1- Daalka faraha badan.
- 2- Timaha oo aad u daata.
- 3- Unugyada jirka oo yaraado.



Strawberry.

Strawberry wuxuu hodan ku yahay Vitamino kala duwan waxayna kala yihiin.

- 1- Vitamin A- 17 IU.
- 2- Vitamin B1 (Thiamine) - 0.035 mg.
- 3- Vitamin B2 (reboflavin) - 0.032 mg.
- 4- Vitamin B3 (niacin) - 0.556 mg.
- 5- Folate - 35 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.18 mg.
- 7- Vitamin B6 - 0.068 mg.
- 8- Vitamin C - 84.7 mg.
- 9- Vitamin E -0.42 mg.
- 10- Vitamin K - 3.2 mcg.

Hadii aan intaas uga gudbo Strawberry bal markaana aan fiirino:

Iodine(I) iyo cudurada uu jirka ka difaaco.

- 1- Laciifnimada qofka ku timaado jir ahaan.
- 2- Miisaanka qofka oo sidii normalka ahayd kasii siyaado.
- 3- Daalka badan.



Watermelon ama qaraha(xabxabka).

Watermelon wuxuu ka baxaa dhulkeena Soomaalia wuxuuna hodan ku yahay Vitamino kala duwan oo kala ah:

- 1- Vitamin A- 1025 IU.
- 2- Vitamin B1 (Thiamine) - 0.046 mg.
- 3- Vitamin B2 (reboflavin) - 0.023 mg.
- 4- Vitamin B3 (niacin) - 0.731 mg.
- 5- Folate - 18 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.109 mg.
- 7- Vitamin B6 - 0.098 mg.
- 8- Vitamin C - 15.6 mg.
- 9- Vitamin E -0.66 mg.
- 10- Vitamin K - 9.7 mcg.

Hadaba hadaan intaas uga gudubno watermelon ama Qaraha bal markaana aan eegno:

Potassium(K) iyo cudurada uu jirka ka difaaco.

- 1- Shubanka.
- 2- Neef qaadashada oo laciif noqoto iyo dhaqdhaqqaqi wadnaha loo laciifa.
- 3- Kabaabyada.
- 4- Kiliyaha oo aanan si caadi ah u shaqeynin.



Artichoke.

Artichoke waxay hodan ku tahay Vitamino badan oo kala ah:

- 1- Vitamin B1 (Thiamine) - 0.06 mg.
- 2- Vitamin B2 (reboflavin) - 0.107 mg.
- 3- Vitamin B3 (niacin) - 1.332 mg.
- 4- Folate - 107 mcg.
- 5- Pantothenic Acid(Bantoosenik Asid) - 0.288 mg.
- 6- Vitamin B6 - 0.097 mg.
- 7- Vitamin A 16 - IU mg.
- 8- Vitamin E - 0.23 mg.
- 9- Vitamin K - 17.8 mcg.
- 10- Vitamin C - 8.9 mg.

Hadii aan intaas uga gudbo Artichoke bal markaana aan fiirino:

Magnesium(Mg) iyo cudurada uu jirka ka difaaco.

- 1- Qunfaca badan.
- 2- Murqo xanuunka.
- 3- Labo labada.
- 4- Abitarka oo lumo ama yaraado.



Aspragus.

Aspragus wuxuu hodan ku yahay Vitamino badan oo kala ah:

- 1- Vitamin A- 905 IU.
- 2- Vitamin B1 (Thiamine) - 0.146 mg.
- 3- Vitamin B2 (reboflavin) - 0.125 mg.
- 4- Vitamin B3 (niacin) - 0.976 mg.
- 5- Folate - 134 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.203 mg.
- 7- Vitamin B6 - 0.071 mg.
- 8- Vitamin C - 6.9 mg.
- 9- Vitamin E -1.35 mg.
- 10- Vitamin K - 45.5 mcg.

Hadii aan intaan uga gudbo Aspragus bal markaana aan fiirino:

Sodium(Na) iyo cudurada uu ka difaaco jirka.

- 1- Laciifnimada tabardarida.
- 2- Mataga.
- 3- Shubanka.
- 4- Dhibaatooyinka wadnaha asiibo.
- 5- Garaaca wadnaha aan joogtada ahayn.
- 6- Garaaca wadnaha oo aad u gaabto.



Avocada.

Avocada waxay kamid tahay cunooyinka aadka u nafaqada badan jirka bani aadamkana u baahanyahay. Bal hadaba aynu eegno inta Vitamin ee ku jirto:

- 1- Vitamin A- 293 IU.
- 2- Vitamin B1 (Thiamine) - 0.135 mg.
- 3- Vitamin B2 (reboflavin) - 0.261 mg.
- 4- Vitamin B3 (niacin) - 3.493 mg.
- 5- Folate - 163 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 2.792 mg.
- 7- Vitamin B6 517 mg.
- 8- Vitamin C 20.1 mg.
- 9- Vitamin E 4.16 mg.
- 10- Vitamin K 42.2 mcg.

Hadii aan intaas uga gudubno bal markaana aan fiirino:

Phosphouros(P) iyo cudurada uu jirka ka difaaco.

- 1- Shubanka badan.
- 2- Lafo xanuunka badan.
- 3- Maqaarka jirka oo xasaasiyad laga dareemo.
- 4- Xanaaga badan.
- 5- Stresska badan.
- 6- Liqliqad ku yimaado ilkaha.



Broccoli.

Broccoli wuxuu hodan ku yahay Vitamino badan waxay kala yihiin.

- 1- Vitamin A- 1207 IU.
- 2- Vitamin B1 (Thiamine) - 0.049 mg.
- 3- Vitamin B2 (reboflavin) - 0.096 mg.
- 4- Vitamin B3 (niacin) - 0.431 mg.
- 5- Folate - 84 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.48 mg.
- 7- Vitamin B6 0.156 mg.
- 8- Vitamin C 50.6 mg.
- 9- Vitamin E 1.13 mg.
- 10- Vitamin K 110 mcg.

Hadii aan intaas uga gudubno Broccoli bal markaana aan fiirino:

Selenium(Se) iyo cudurada uu jirka ka difaaco.

- 1- Unugyada jirka uu laciif noqda.
- 2- Tinta oo bido.
- 3- Mataga badan.
- 4- Shaqada beerka oo cilad ku timaado.
- 5- Jirka oo yeesho wasaq ureyso.



Brussels Sproutska.

Brussels Sproutska wuxuu hodan ku tahay Vitamino dhowr ah.

- 1- Vitamin A- 1209 IU.
- 2- Vitamin B1 (Thiamine) - 0.167 mg.
- 3- Vitamin B2 (reboflavin) - 0.125 mg.
- 4- Vitamin B3 (niacin) - 0.947 mg.
- 5- Folate - 94 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.393 mg.
- 7- Vitamin B6 0.278 mg.
- 8- Vitamin C 96.7 mg.
- 9- Vitamin E 0.67 mg.
- 10- Vitamin K 218.9 mcg.

Hadii aan intaas uga gudubno Brussels Spouts bal markaana aan fiirino:

Zinc(Zn) iyo cudurada uu jirka ka difaaco.

- 1- Daalka badan.
- 2- Timaha oo awood ahaan yaraan ku timaado.
- 3- Unugyada jirka oo laciifan.
- 4- Dheef shiidka oo shaqo ahaan laciif ku yimaado.
- 5- Cudurka Anemiada.



Gabbageka.

Gabbageka wuxuu hodan ku yahay Vitamino badan oo kala ah:

- 1- Vitamin A- 60 IU.
- 2- Vitamin B1 (Thiamine) - 0.046 mg.
- 3- Vitamin B2 (reboflavin) - 0.029 mg.
- 4- Vitamin B3 (niacin) - 0.186 mg.
- 5- Folate - 22 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.13 mg.
- 7- Vitamin B6 0.084 mg.
- 8- Vitamin C 28.1 mg.
- 9- Vitamin E 0.11 mg.
- 10- Vitamin K 81.5 mcg.



Carrot ama Karootada.

Carrot waxay hodan ku tahay Vitamino badan oo kala ah:

- 1- Vitamin A- 13286 IU.
- 2- Vitamin B1 (Thiamine) - 0.051 mg.
- 3- Vitamin B2 (reboflavin) - 0.034 mg.
- 4- Vitamin B3 (niacin) - 0.503 mg.
- 5- Folate - 11 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.181 mg.
- 7- Vitamin B6 0.119 mg.
- 8- Vitamin C 2.8 mg.
- 9- Vitamin E 0.8 mg.
- 10- Vitamin K 10.7 mcg.



Cauliflower.

Cauliflower waxay hodan ku tahay Vitamino badan oo kala ah:

- 1- Vitamin A- 7 IU.
- 2- Vitamin B1 (Thiamine) - 0.026 mg.
- 3- Vitamin B2 (reboflavin) - 0.032 mg.
- 4- Vitamin B3 (niacin) - 0.254 mg.
- 5- Folate - 27 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.315 mg.
- 7- Vitamin B6 0.107 mg.
- 8- Vitamin C 27.5 mg.
- 9- Vitamin E 0.04 mg.
- 10- Vitamin K 8.6 mcg.



Chicory.

Chicory wuxuu hodan ku yahay Vitamino badan oo kala ah:

- 1- Vitamin A- 782 IU.
- 2- Vitamin B1 (Thiamine) - 0.064 mg.
- 3- Vitamin B2 (reboflavin) - 0.07 mg.
- 4- Vitamin B3 (niacin) - 0.479 mg.
- 5- Folate - 33 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.292 mg.
- 7- Vitamin B6 0.129 mg.
- 8- Vitamin C 9.2 mg.
- 9- Vitamin E 0.53 mg.
- 10- Vitamin K 56.7 mcg.



Corn ama sabuulka(galeyda).

Corn waxay hodan ku tahay Vitamino badan oo kala ah.

- 1- Vitamin A- 782 IU.
- 2- Vitamin B1 (Thiamine) - 0.11 mg.
- 3- Vitamin B2 (reboflavin) - 0.067 mg.
- 4- Vitamin B3 (niacin) - 1.986 mg.
- 5- Folate - 27 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.935 mg.
- 7- Vitamin B6 0.164 mg.
- 8- Vitamin C 6.5 mg.
- 9- Vitamin E 0.11 mg.
- 10- Vitamin K 0.5 mcg.



Cucumber ama Qajaarka.

Cucumber wuxuu hodan ku yahay Vitamino badan oo kala ah.

- 1- Vitamin A- 55 IU.
- 2- Vitamin B1 (Thiamine) - 0.014 mg.
- 3- Vitamin B2 (reboflavin) - 0.017 mg.
- 4- Vitamin B3 (niacin) - 0.051 mg.
- 5- Folate - 4 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.135 mg.
- 7- Vitamin B6 0.021 mg.
- 8- Vitamin C 1.5 mg.
- 9- Vitamin E 0.02 mg.
- 10- Vitamin K 8.5 mcg.



Green Paprika ama barbarooniga.

Green Paprika wuxuu hodan ku yahay Vitamino kala ah:

- 1- Vitamin A- 274 IU.
- 2- Vitamin B1 (Thiamine) - 0.042 mg.
- 3- Vitamin B2 (reboflavin) - 0.021 mg.
- 4- Vitamin B3 (niacin) - 0.355 mg.
- 5- Folate - 7 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.073 mg.
- 7- Vitamin B6 0.166 mg.
- 8- Vitamin C 59.5 mg.
- 9- Vitamin E 0.27 mg.
- 10- Vitamin K 5.5 mcg.



Leek.

Leek wuxuu hodan ku yahay Vitamino badan oo kala ah:

- 1- Vitamin A- 1007 IU.
- 2- Vitamin B1 (Thiamine) - 0.032 mg.
- 3- Vitamin B2 (reboflavin) - 0.025 mg.
- 4- Vitamin B3 (niacin) - 0.248 mg.
- 5- Folate - 30 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.089 mg.
- 7- Vitamin B6 0.14 mg.
- 8- Vitamin C 5.2 mg.
- 9- Vitamin E 0.62 mg.
- 10- Vitamin K 31.5 mcg.



Mashroom.

Mashroom wuxuu hodan ku yahay Vitamino badan oo kala ah:

- 1- Vitamin D- 2 IU.
- 2- Vitamin B1 (Thiamine) - 0.028 mg.
- 3- Vitamin B2 - 0.141 mg.
- 4- Folate - 6 mcg.
- 5- Pantothenic Acid(Bantoosenik Asid) - 0.524 mg.
- 6- Vitamin B6 0.036 mg.
- 7- Vitamin C 0.7 mg.



Onion ama basal gaduuda.

Onion waxay hodan ku tahay Vitamino badan oo kala ah

- 1- Vitamin A- 1 IU.
- 2- Vitamin B1 (Thiamine) - 0.025 mg.
- 3- Vitamin B2 (reboflavin) - 0.014 mg.
- 4- Vitamin B3 (niacin) - 0.099 mg.
- 5- Folate - 9 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.068 mg.
- 7- Vitamin B6 0.077 mg.
- 8- Vitamin C 3.1 mg.
- 9- Vitamin E 0.01 mg.
- 10- Vitamin K 0.3 mcg.



Peas.

Peas waxay hodan ku tahay Vitamino badan oo kala ah.

- 1- Vitamin A- 1282 IU.
- 2- Vitamin B1 (Thiamine) - 0.414 mg.
- 3- Vitamin B2 (reboflavin) - 0.238 mg.
- 4- Vitamin B3 (niacin) - 3.234 mg.
- 5- Folate - 101 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.245 mg.
- 7- Vitamin B6 0.346 mg.
- 8- Vitamin C 22.7 mg.
- 9- Vitamin E 0.22 mg.
- 10- Vitamin K 41.4 mcg.



Pickels.

Pickels wuxuu hodan ku yahay Vitamino badan oo kala ah.

- 1- Vitamin A- 54 mg.
- 2- Vitamin B1 (Thiamine) - 0.028 mg.
- 3- Vitamin B2 (reboflavin) - 0.038 mg.
- 4- Vitamin B3 (niacin) - 0.669 mg.
- 5- Vitamin B5- 0.197 mg.
- 6- Vitamin B6 - 0.119 mg.
- 7- Vitamin B9 - 43 mg
- 8- Choline - 7.6 mg
- 9- Vitamin C - 36.4 mg.
- 10- Vitamin E - 0.9 mg.
- 11- Vitamin K 4.2 mcg.



Potatoes ama bataatiga.

Potatoes wuxuu hodan ku yahay Vitamino badan oo kala ah:

- 1- Vitamin A- 17 IU.
- 2- Vitamin B1 (Thiamine) - 0.111 mg.
- 3- Vitamin B2 (reboflavin) - 0.083 mg.
- 4- Vitamin B3 (niacin) - 2.439 mg.
- 5- Folate - 48 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.65 mg.
- 7- Vitamin B6 0.538 mg.
- 8- Vitamin C 16.6 mg.
- 9- Vitamin E 3.5 mg.
- 10- Vitamin K 0.07 mcg.



Radishes

Radishes waxay hodan ku tahay Vitamino dhowr ah oo kala ah:

- 1- Vitamin A- 4 IU.
- 2- Vitamin B1 (Thiamine) - 0.007 mg.
- 3- Vitamin B2 (reboflavin) - 0.023 mg.
- 4- Vitamin B3 (niacin) - 0.147 mg.
- 5- Pantothenic Acid(Bantoosenik Asid) - 0.096 mg.
- 6- Folate - 14 mcg.
- 7- Vitamin B6 0.041 mg.
- 8- Vitamin C 8.6 mg.
- 9- Vitamin K 0.8 mcg.



Red Paprika ama barbarooniga gaduudan.

Red Paprika wuxuu hodan ku yahay Vitamino badan oo kala ah:

- 1- Vitamin A- 274 IU.
- 2- Vitamin B1 (Thiamine) - 0.042 mg.
- 3- Vitamin B2 (reboflavin) - 0.021 mg.
- 4- Vitamin B3 (niacin) - 0.355 mg.
- 5- Folate - 7 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.073 mg.
- 7- Vitamin B6 0.166 mg.
- 8- Vitamin C 59.5 mg.
- 9- Vitamin E 0.27 mg.
- 10- Vitamin K 5.5 mcg.



Suerkraut.

Suerkraut wuxuu hodan ku yahay Vitamino dhowr ah oo kala ah:

- 1- Vitamin B3 (niacin) - 0.17 mg.
- 2- Folic acid - 0.03 mg.
- 3- Carbohydrates - 4.3 g.
- 4- Vitamin B6 0.21 mg.
- 5- Vitamin C 15 mg.
- 6- Vitamin K 1.5 mcg.



Spinach.

Spinach wuxuu hodan ku yahay Vitamino badan oo kala ah:

- 1- Vitamin A- 2813 IU.
- 2- Vitamin B1 (Thiamine) - 0.023 mg.
- 3- Vitamin B2 (reboflavin) - 0.057 mg.
- 4- Vitamin B3 (niacin) - 0.217 mg.
- 5- Folate - 58 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.02 mg.
- 7- Vitamin B6 0.059 mg.
- 8- Vitamin C 8.4 mg.
- 9- Vitamin E 0.61 mg.
- 10- Vitamin K 144.9 mcg.



Zucchini.

Zucchini wuxuu hodan ku yahay Vitamino badan oo kala ah.

- 1- Vitamin A- 2011 IU.
- 2- Vitamin B1 (Thiamine) - 0.077 mg.
- 3- Vitamin B2 (reboflavin) - 0.045 mg.
- 4- Vitamin B3 (niacin) - 913 mg.
- 5- Folate - 41 mcg.
- 6- Pantothenic Acid(Bantoosenik Asid) - 0.581 mg.
- 7- Vitamin B6 0.14 mg.
- 8- Vitamin C 20.9 mg.
- 9- Vitamin E 0.22 mg.
- 10- Vitamin K 7.9 mcg.

Quotes:

- 1-Mineral Guide.
- 2-Vitamin Deficiency Finder
- 3- Projectvitamins / Development company in india.

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