

SHURUUDAHA CALAAMADEYNTA CUNTOOYINKA LA BAAKADEEYAY

Baakadaha badeecadda cuntada waxay leeyihiin hawlo badan:

1. Waxay soo jiidataa dareenka macaamiisha
2. Waxay ilaalisaa badeecadda gudaha
3. Waxaa loo isticmaalaa gudbinta macluumaad muhiim ah oo ay xeeriso FDA ama USDA macaamiisha

Si loo hubiyo in macluumaadkan la xeeriyay si fudud loo fahmo dhagaystayaasha loogu talagalay (iibsadaha/macaamiisha), FDA/USDA waxay u baahan tahay meelaha iyo qaabeynta gaarka ah (oo ay ku jiraan cabbirka farta) ee macluumaadka ku yaal baakadda. Tani waxaa lagu faahfaahiyay Hagaha Calaamadeynta Cuntada ee FDA. [1]

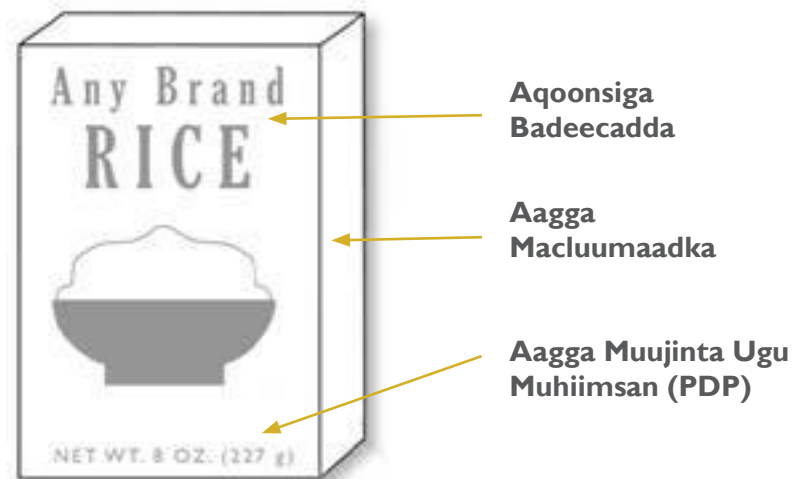
SHURUUDAHA CALAAMADAHA BAAKADAHA

Macluumaadka loo baahan yahay wuxuu ku yaal Guddiyaasha Muujinta Ugu Muhiimsan (PDP), ama dhinaca baakadda ee wajaha macaamiisha is-kafaalaha, iyo Guddiyaasha Macluumaadka (eeg Jaantuska 1). Waxaa jira shan qaybood oo macluumaad muhiim ah oo lagu muujinayo PDP iyo Guddiyaasha Macluumaadka ee badeecad kasta oo cunto la baakadeeyay:

Aqoonsiga ama magaca cuntada:

Magac badeecad run ah ayaa loo baahan yahay waxaana lagu qori doonaa far weyn oo dhumuc leh, oo si macquul ah ugu jira bartamaha calaamadda.

Jaantuska 1. Meesha ay ku yaalliin qaybaha ugu muhiimsan ee baakadda cuntada. [1]



Qaddarka guud ee waxyaabaha ku jira:

Qaddarka ugu yar ee cuntada ku jirta badeecadda, iyadoo aan lagu darin agabka baakadda. Miisaanka Guud (NET WT) ee cuntooyinka adag ama kuwa jilicsan, ama Mugga Guud (NET VOL) ee dareeraha.

Jaantuska 2. Meesha uu ku yaal qaddarka guud ee badeecadda cuntada ee guddiga muujinta ugu muhiimsan. [1]



Liisaska Maaddooyinka iyo Xasaasiyadda:

Maaddooyinka waa in lagu qoro magaca caadiga ah ama kan inta badan ay isticmaalaan macaamiishu, iyadoo lagu kala saarayo hoos u dhaca miisaanka. Haddii maaddo lafteedu ka kooban tahay maaddooyin kale, maaddooyinka hoose waxaa lagu qori doonaa qawaanac ka dib, tusaale ahaan: Kiriim kaffee (Caano la miiray, Kiriim, Sonkor, Dhadhan Dabiici ah).

Calaamadeynta xasaasiyadda ee cuntooyinka la baakadeeyay waxaa looga baahan yahay sida uu dhigayo Xeerka Calaamadeynta Xasaasiyadda Cuntada iyo Ilaalinta Macaamiisha ee 2004 (FALCPA). [2,3] Liis gareynta xasaasiyadaha waxaa lagu samayn karaa iyadoo la raacayo mid ka mid ah labada ikhtiyaar ee lagu muujiyay Jaantuska 3.

Jaantuska 3. Ikhtiyaarrada calaamadeynta xasaasiyadda.

Ogow in Ikhtiyaarka #2 uu yahay heerka warshadaha ee caddeynta fariinta macaamiisha, waana habka AURI si xooggan ugu talinayso.



IKHTIYAARKA 1



IKHTIYAARKA 2

XOGTA NAFAQADA

Iyadoo ay jiraan wax ka reeban, Aagagga Xogta Nafaqada waa loo baahan yahay. Tani waxay ku jiri doonta cabbirka adeegga, kalooriyada, iyo nafaqooyinka kale ee muhiimka ah ee cuntada (eeg Jaantuska 4).

Jaantuska 4. Tusaale Aagagga Xogta Nafaqada ee waafaqsan FDA. [5] FDA waxay cusboonaysiisay naqshadda calaamadda 2020 ka dib in ka badan 20 sano si ay uga dhigto mid fudud macaamiisha inay sameeyaan doorashooyin cunto oo xog ogaal ah oo gacan ka geysta caadooyin cunid caafimaad leh. [6]

Inkasta oo inta badan cuntooyinka la baakadeeyay looga baahan yahay inay ku jiraan guddiyaasha xogta nafaqada, haddana waxaa jira xaalado ka dhaafi kara ganacsi shuruuddan:

"Ka dhaafitaan mid ah, oo loogu talagalay badeecooyinka mugga yar, ayaa khuseeya haddii qofka sheeganaya ka dhaafitaanka uu shaqaaleysiyo celcelis ahaan ka yar 100 shaqaale waqti-buuxa ah iyo in ka yar 100,000 unug oo badeecaddaas ah lagu iibiyo Mareykanka muddo 12 bilood ah. Si uu ugu qalmo ka dhaafitaanka, qofka waa inuu sanad kasta ka xareeyaa ogeysiis FDA. Ogsoonow in badeecadaha mugga yar ee xambaarsan sheegashada nafaqeynta aysan u qalmin ka-dhaafitaan noocaan ah." [4]

Ogow in inkasta oo ganacsi laga dhaafi karo shuruudda federaalka ee calaamadeynta nafaqada ee baakadda, iibiyuhu wuxuu xaq u leeyahay inuu ku qasbo calaamadeynta nafaqada ee baakadda.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Wixii macluumaad dheeraad ah, guji [halkan](#).

Haddii aad u baahan tahay caawimaad khabiir si aad u samayso calaamad cunto la baakadeeyay, [la xiriir kooxda cuntada ee AURI](#) si aad u bilowdo mashruuc.

TIXRAACYADA:

1. <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide>
2. <https://www.fda.gov/food/food-allergensgluten-free-guidance-documents-regulatory-information/food-allergen-labeling-and-consumer-protection-act-2004-falcpa>
3. <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/draft-guidance-industry-questions-and-answers-regarding-food-allergen-labeling-edition-5>
4. <https://www.fda.gov/food/labeling-nutrition-guidance-documents-regulatory-information/small-business-nutrition-labeling-exemption>
5. <https://www.fda.gov/food/nutrition-education-resources-materials/nutrition-facts-label>
6. <https://www.fda.gov/media/135197/download>

Maalgelinta tarjumaadda qoraalkan waxaa suurtageliyay heshiiska iskaashiga ee Resilient Food Systems Infrastructure ee ka socda Adeegga Suuq-geynta Beeraha (Agricultural Marketing Service) ee Waaxda Beeraha ee Maraykanka (USDA). Nuxurka ku jira waxa si buuxda mas'uuliyaddiisa u leh qorayaasha, mana matalayaan aragtida rasmiga ah ee USDA.

Hindisahan AURI waxaa qayb ahaan suurto galiyay maalgelinta Xarunta Hal-abuurka Beeraha ee USDA.
