In badan ka cab

- Biyo aan lahayn wax calorie-ah
- Shaah / qaxwo sonkor la'aan ah
- Caano subagu ku yaryahay (1%) ama dufan lahayn, waxba lahayn
- Biyaha tuubada Minneapolis

Marmar cab

- Cabitaan macaan la'aan ah
- Caanaha dufanka laga dhimay (2%) ama waxba aan lahayn
- Cabitaanka laga sameeyay miraha ama qudaarta (100%)

Marmar dhif ah cab

- Cabitaanka fudud (tusaale: soodhada)
- Cabbitaanada isboortiga iyo kan tamarta
- Cabitaanada miraha ah iyo kuwa la isku dardaro
- Caanaha dufanka leh ama wax dhadhan leh lagu daray
- Cabitaanada kale ee la macaan iyay

Minneapolis
Health Department

KA FIIRSO
waxaad cabeyso!

kabasho kasta wey tirsantahay

mpls

Mashruucan waxaa taageera Waaxda Caafimaadka ee Minneapolis, waxaana maalgeliyay Barnaamijka Horumarinta Caafimaadka Gobolka, Waaxda Caafimaadka ee Minnesota