

Cuntada uu Faybarku ku Yar yahay

Cuntada faybarku uu ku yar yahay waxaa loogu talagalay dadka u baahan iney nasiyaan marinka xiidmahooda. Cuntada faybarku ku yar yahay waxay xaddiddaa xaddiga cuntada saxarada noqoneysa ee maraysa xiidmaha waaweyn.

Cuntooyinka la Is Faray	Cuntooyinka la iska Ilaalinayo
<p>Rootiyada, Siiriyaalka, Bariiska iyo Baastada:</p> <ul style="list-style-type: none"> • Rootiga cad, roolalka, buskudyada, iyo croissant, melba toast • Waafallada, French toast, iyo malawaxyada bariiska cad, noodles, baastada, makaroonida iyo bataati la diiray oo la kariyey • Crackers aan waxba lagu darin, Saltines • Siiriyaal la kariyey: farina, Labeenta Bariiska • Siiriyaal qabow: Puffed Rice, Rice Krispies, Corn Flakes, iyo Special K 	<p>Rootiyada, Siiriyaalka, Bariiska iyo Baastada:</p> <ul style="list-style-type: none"> • Rootiga ama roolalka ay ku jiraan naatiska, miro ama furuto • Rootiyada qamadi isu wada dhan, pumpernickel, raay iyo rootiga galleyda • Bataatiyada diirka leh, bariiska baroonka ah ama wild, iyo kasha (buckwheat)
<p>Khudradda:</p> <ul style="list-style-type: none"> • Khudradda sida jilicsan loo kariyey ama qasacadeysan ee aan miraha lahayn: karootada, asparagus tips, digirta cagaaran ama la dheehay, bocor hindiga, isbinaashka iyo digirta waaweyn 	<p>Khudradda:</p> <ul style="list-style-type: none"> • Khudradda ceeriinka ah ama huurka lagu kariyey • Khudradda miraha leh • Sauerkraut • Winter squash, peas, broccoli, Brussels sprouts, kaabashka, basasha, kooliflower, digir la dubay, peas iyo galley
<p>Furutada:</p> <ul style="list-style-type: none"> • Casiir furuto oo la miiray • Furutada qasacaysan, marka laga reebo cananaaska • Mooska bisil • qaraha 	<p>Furutada:</p> <ul style="list-style-type: none"> • buruunka iyo casiirka buruunka • furutada ceerinka ah ama la engejiyey • beeriyada oo dhan, tiinka, timirta iyo sabiibka

<p>Caanaha/Waxyaabaha Caanaha laga sameeyo:</p> <ul style="list-style-type: none"> • caanaha, garoodhka aan waxba lagu darin ama dhadhanka lagu daray, • kastarka, iyo labeenta bariiska • farmaajada iyo farmaajada kooteejka 	<p>Caanaha/Waxyaabaha Caanaha laga sameeyo:</p> <ul style="list-style-type: none"> • Garoodhka naatiska ama miruhu ku jiraan
<p>Hilibka iyo borotiinnada kale:</p> <ul style="list-style-type: none"> • Shiidiid, hilib load oo la kariyey oo jilicsan, hilib adhi, doofaar, weyl ama dibi yar, doofaar, kalluun, digaag, iyo xubnaha hilibka • ukunta • cajiinka looska oo naatis aysan ku jirin 	<p>Hilibka iyo borotiinnada kale:</p> <ul style="list-style-type: none"> • hilibka adag, ee faybarku ku badan yahay ee leh seedo • digir engegan, digir cagaar, iyo lentils • cajiin loos oo naatis leh • Tofu
<p>Dufanno, Snack, Macmacaan, Xalaawado, iyo Cabitaanno:</p> <ul style="list-style-type: none"> • Margarine, subag, saliido, mayonnaise, labeenta dhanaan, iyo dareesinka ansalaatada • Suugo aan waxba lagu darin • Sonkor, jelli cad, malab, iyo sharbeeti • Shigniyada, khudradda la kariyey, fuud, maraq, lagu sameeyey khudradda la oggol yahay • Qaxwo, shaah, iyo cabitaanno karbonaato leh • Doolsheyaal aan waxba lagu darin iyo buskudyo • Jelatin, plain puddings, kastar, jalaato, sharbeeti, nacnac qori • Nacnac adag ama pretzels • Ketchup, mustard 	<p>Dufanno, Snack, Macmacaan, Xalaawado, iyo Cabitaanno:</p> <ul style="list-style-type: none"> • Naatis, miro, iyo qumbe • Jam, malmalaato, iyo preserves • Pickles, olives, relish, iyo horseradish • Dhammaan macmacaannada ay ku jiraan naatis, miro, furuto la engejiyay, qumbe, ama laga sameeyey miro isu dhan ama buunshe • Nacnac lagu sameeyey naatis ama miro • Daango