

Calaamadayna cuntada ee Goobaha Cuntada Tafaariiqda ah SHURUUDAHA CALAAMADAYNTA

Cuntada baakada ku jirta waa in la calaamadeeyaa. Cuntada ayaa baakad la gashaa haddii xaruntu geliso cuntada dhalooyinka, qasacyada, kartoonnada, duubabka ama bacaha ayna u diyaariso in dadku iskood u adeegtaan.

Calaamada ku dhagan baakada cuntada ayaa u sheegaysa macaamiisha waxa dhabta ah ee ku jira gudaha baakada. Xogta calaamada bakaada cuntada waa in lagu qoraa Ingiriis. Waxaa jira shan qaybood oo calaamadaynta cuntada ah:

- Magaca (magaca cuntada)
- Wadarta guud ee waxyaabaha ku jira cuntada
- Liiska maadooyinka cuntada, ayna ku jiraan waxyaabaha keena xasaasiyadaha wayn ee cuntada
- Magaca iyo ciwaanka ganacsiga
- Xaqiiqooyinka nafaqada

Wajahada hore ee baakada cuntada

Wajahada hore ee baakada cuntada (PDP) waa qaybta hore ee baakada oo uu si fudud u arki karo macmiilku markuu iibsanaayo. Ku qor magaca iyo wadarta guud ee waxyaabaha ku jira cuntada qaybta PDP.

Aqoonsiga

Aqoonsiga waa magaca guud ama runta ah ee cuntada. Inaad magaca astaanta ku qorto qasab maaha.

- Adeegso magac aan marin habaabin ahayn.
- Adeegso far waawayn, oo khad culus.

- Ku qor magaca bartamaha calaamada.

Wadarta guud ee waxyaabaha ku jira cuntada

Wadarta guud ee waxyaabaha ku jira cuntada ayaa ah cadadka ugu yar ee cuntada ku jirta baakada, marka laga reebo miisaanka baakada iyo agabka baakada.

- U qor wadarta guud ee waxyaabaha ku jira cuntada oo ah miisaanka (cuntooyinka adkaha ama qayb ahaan adkaha ah), xajmiga (dareerayaasha), ama tirada (xiliyo kooban). Tusaalooyinka: NET WT 12 OZ; 64 FL OZ; 6 XABO.
- Ku qor meel wax yar ka koraysa salka baakada PDP adoon xog kale u dhawaynayn ama ka hoos marinayn.
- U adeegso miisaan calaamadaha hilibka, kaluunka, iyo kalluun qolfeedka (Xeerkarka Minnesota, qaybaha 1545.0290).

Wixii xog dheeraad ah oo ku saabsan cuntada lagu iibsho miisaanka ama tirsiga ka fiiri [Tusmada Dukaannada ee Miisaanka iyo Cabirka \(Grocers Guide to Weights and Measures\) \(PDF\)](#).

Qaybta xogta

Qaybta xogta ayaa caadiyan ku qoran qaybta midig ee PDP. Ku dar liiska maadooyinka, magaca iyo ciwaanka ganacsiga, iyo xaqiiqooyinka nafaqada qaybta xogta.

Liiska maadooyinka

Ku qor dhammaan maadooyinka magacooda guud ama caanka ah.

- Ku qor dhammaan maadooyinka qaab kala hooseeya (kan ugu badan ilaa kan ugu yar) adoo ka raacaaya miisaanka. Haddii ay ka yar tahay 2% miisaan ahaan, maado ayaa lagu xusi karaa salka liiska, ayadoo lagu qoraayo "waxaa ku jira 2% ama ka yar oo ____."
- Kudar dhammaan maadooyin darafeedka Tusaale: Bur (burka khamadiga la cadeeyay, burka malt barleey, bur, niacin, feero, potassium thiamine, riboflavin).
- Kudar kiimikooyinka jeermiska dila iyo midabyada cuntada oo qaab kala hooseeya ah (kan ugu badan ilaa kan ugu yar) miisaan ahaan.

Xasaasiyadaha Wayn ee Cuntada

Calaamadaynta xasaasiyad dhaliyaasha ayaa laga doonayaa cuntooyinka baakadaysan ee ay ku jiraan mid uun kamid ah xasaasiyadaha wayn ee cuntada: caanaha, ukunta, kaluunka, kalluun qolfeedka crustacean, miraha geedaha, lawska, khamadiga, sooyda, iyo sisinta.

Ku aqoonso magac ahaan xasaasiyad kiciye kasta oo cunto oo ku jira cuntada asagoo qayb ka ah liiska maadooyinka. Liisnaan waa inay ku jirtaa barootiinka lagasoo qaatay xasaasiyadaha wayn ee cuntada. Adeegso mid kamid ah dookhyada soo socda:

1. Qor magaca guud ama caanka ah ee isha cuntada, kadibna raaci magaca xasaasiyad curiyaha ood gelinayso labo qaws dhexdood. Tusaale: burka (khamadiga), whey (caanaha).

AMA

2. Kadib markaad qorto maadada, ku dar erayga "Waxaa ku jira" adoo raacinaaya xasaasiyad curiyaha cuntada. Tusaale: Waxaa ku jira: khamadi, caano.

Miraha geedka, sheeg nooca gaarka ah ee miraha. Waxaa ku jira: yicib, qunbe, pecans. Markay yihiin kaluun

ama kalluun qolfeedka crustacean, sheeg noocyada noolayaasha. Waxaa ku jira: walleye, haar, aargoosatada.

Magaca iyo ciwaanka ganacsiga

Qor magaca ganacsiga, magaalada, gobalka, koodhka aaga ee shirkada cuntada samaysay, baakadaysay, ama qaybisay. Haddii aan ganacsigu ku qornayn tasmada taleefanka ee hadda magaalada u qoran, kudar ciwaanka wadada.

Haddii magaca la baxshay uusan ahayn kii shirkada soo saartay ee dhabta ah, sidoo kale sheeg xariirka xarunta kala dhexeeya cuntada. Tusaalooyinka: "Waxaa loo sameeyay" ama "Waxaa qaybiyay."

Xaqiiqooyinka nafaqada

Liiska xaqiiqooyinka nafaqada ayaa mararka qaar qasab ah. Cuntooyinka baakadaysan ee aysan ku jirin qayb nafaqo ah ama caafimaad ayaa laga reebi karaa sabab la xariirta:

- Xajmiga ganacsiga.
- Sida cuntada loo iibsho, loo baxsho looguna sameeyo iibka.
- Cadad yar oo nafaqo ah, sida cunto dhaqameedka, shaaxa ama kafeega.

Liiska xaqiiqooyinka nafaqada waxaa ku jira xog ku saabsan xajmiga la baxsho, koloriyada iyo nafaqooyinka guud ee cuntada. Hadday qasab tahay, ku dhaji liiska nafaqada dusha sare ee liiska xogta.

Wixii xog dheeraad ah oo ku saabsan shardi dhaafyada ka eeg [Tasmada Shardi Dhaafka Calaamadaynta Nafaqada Ganacsiyada Yaryar \(Small Business Nutrition Labeling Exemption Guidance\)](#).

Sheegashooyinka maadooyinka nafaqada iyo caafimaadka

Marka aad samaynayso sheegashada in nafaqo ama caafimaad laga helo cuntada, ku dar xaqiiqooyinka nafaqada liiska xogta.

Hennepin County Environmental Health

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- Sheegashooyinka maadada nafaqada ayaa muujinaaya qiimaha nafaqada ku jirta cuntada. Tusaalooyinka: “dufan yar,” “waxaa ku badan branka boorashka,” ama “waxaa ku jira 100 kolori.”
- Sheegashada caafimaadka cuntada ayaa qeexaaya xariirka u dhexeeya maadada cuntada iyo cudur ama xaalad caafimaadka qusaysa. Tusaalayaasha: magaca astaanta ayna ku jiraan erayga sida “caafimaad leh,” ama astaanta qalbiga.

[Food Allergen Training for Food Service Employees \(Food Allergen Training for Food Service Employees \(https://learning.umn.edu/search/publicCourseSearchDetails.do?method=load&courseId=1920057&courseTitle=serve-it-up-safely-online-food-allergen-training-for-foodservice-employees\)\)](https://learning.umn.edu/search/publicCourseSearchDetails.do?method=load&courseId=1920057&courseTitle=serve-it-up-safely-online-food-allergen-training-for-foodservice-employees)

[Country of Origin Labeling \(www.ams.usda.gov/AMSv1.0/cool\)](http://www.ams.usda.gov/AMSv1.0/cool)

[Food Allergy Safety, Treatment, Education, and Research \(FASTER\) Act Overview: FDA’s Perspective Minnesota](#)

Shuruudaha dheeraadka ah

Xaashidaan xaqiiqadu waxay sheegaysaa keliya xogta kooban ee shuruudaha qaar ee federaalka iyo gobalka ee calaamadaynta xarumaha tafaariiqda cuntada. Qaar kamid ah qaybaha calaamadaynta oo dheeraad ah ee cuntada tafaariiqda ah waxaa ku jiri kara:

- Sheegista inaysan cuntada ku jirin gluten [Gluten-free claim](#)
- Taariikhda xaqiijinta tayada oo macno leh
- Calaamada wadanka asalka cuntadu ka timid [Country of origin labeling \(COOL\)](#)
- Tilmaamaha maamulida iskaa ah
- Heerka iyo xajmiga

Macluumaadka

[Small Business Nutrition Labeling Exemption Guidance \(www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm053857.htm\)](http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm053857.htm)

[Grocers Guide to Weights and Measures \(PDF\) \(mn.gov/commerce-stat/pdfs/grocers-manual.pdf\)](http://mn.gov/commerce-stat/pdfs/grocers-manual.pdf)

[A Food Labeling Guide \(FDA\) \(www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide\)](http://www.fda.gov/regulatory-information/search-fda-guidance-documents/guidance-industry-food-labeling-guide)

[Guidance for Industry: Gluten-Free Labeling of Foods; Small Entity Compliance Guide \(www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/ucm402549.htm\)](http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/ucm402549.htm)

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