



FAAIDOOYINKISA CUNISTA KALUULKA

Kalluunka waa cunooyinka ugu caafimaad badan, Wuxaana laga helaa saliid loo yaqaan Omega 3 oo faaidoojin baan u leh jirka iyo maskaxda.



Waxaa ka mid ah faaidoojinka laga helo cunista kalluunka kuwan soo socda

- Nafaqqada jirka u baahan yahay ssida borotiin tayo leh, maadada "Iodine uu jirka u bahan yahay
- **Caafimaadka Wadnaha:** Cunista Kaluulka wuxuu yareeyaa halista wadna qabadka iyo faaliga,
- **Korriimada Jirka:** Kuluunka wuxuu muhiim u yahay korriimada iyo kobcinta unguyada jirka khaasatan aragga iyo maskaxda,
- **Xasuusta:** Kalluunka wuxuu yareeyaa doqoobidda ama baaba'a unugyada xasuusta
- **Caafimaadka dhimirka:** Cunista Kaluunku wuxuu yareeyaa diiqada, niyad jabka iyo murugada
- **Caafimaadka Lafaha:** Malaayga waa cunanda ugu fican ee laga helo fitamiin D-ga, kanoo muhiim u ah hormoonada kala duwan ee jirka lagu sameeyo
- **Difaaca jirka:** Kaluulka waxa uu kor u qaadaa difaaca jira sida xanuunada roomatiisamda in uu ka hortago
- **Neefta:** Cunista kalluunka wuxuu yareeyaa halista cudurka neefata
- **Caafimaadka Aragga:** xanuunada ku dhaca indhaha waxa looga hortagi karaa cunista kalluunka
- **Tayada Hurdada:** Cunista Kaluulka waxa ay kusiisaa hurdo tato fican leh

Dhamaan Faaidoojinkan waxaa laga helaa Cunista Kaluuna ee cilmi baaris badan lagu ogaaday

CUNA KALUUNKA CUNA



HEALTH BENEFITS OF EATING FISH

Fish is a high protein, low calorie food, and is rich in omega 3 acids. These acids are very important for a healthy lifestyle, and cannot be produced by our bodies naturally.

Eating fish regularly can be very beneficial for your health, and it can help reduce risk for some diseases, particularly those related to the heart. For adults, at least two servings of fish per week are recommended.

Some of the specific benefits are:

- It provides nutrition
- Reduces risk of heart disease
- Prevents Asthma
- Prevents Cancer
- Prevents Diabetes:
- It reduces Inflammatory conditions
- Better skin and hair
- Helps brain development
- Improve Eyesight:
- Reduces Alzheimer's risk
- Helps with depression:
- Healthy pregnancy
- Stronger sperm

"Eat the fish for better Health"





Contacts

KAALO AID AND DEVELOPMENT ORGANISATION
ISLAM MOHAMMED STREET,
GAROWE – PUNTLAND, SOMALIA
Telephone: +252 – 5 – 844247
Website: www.kaalo.org / www.kaalo.so
E-mail: kaaloorg@yahoo.com
program@kaalo.org
operations@kaalo.org
finance@kaalo.org

KAALO Aid and Development is based in Somalia and its headquarter is in Garowe. The organization shall operate in the East and Horn of Africa Regions. Also it has offices in Nairobi and Netherlands (Amsterdam).



KAALO
Aid and Development Org.

In partnership with:



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