



Samee
firfircoonida jirka



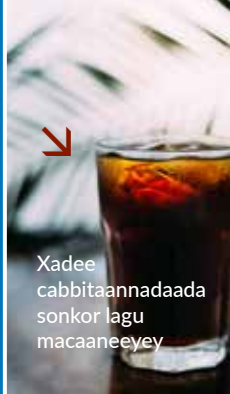
Ku joog
culays caafimaad leh



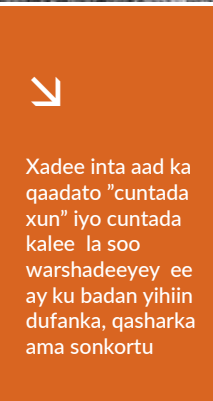
Kordhi inta aad ka
cunto khudaarta,
miraha, xawaashka
iyo qamadiga dhan



Xadee khamriga aad
cabto



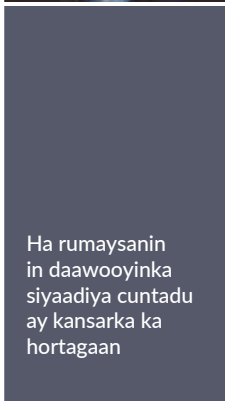
Xadee
cabbitaannadaada
sonkor lagu
macaaneeyey



Xadee inta aad ka
qaadato "cuntada
xun" iyo cuntada
kalee la soo
warshadeeyey ee
ay ku badan yihiin
dufanka, qasharka
ama sonkortu



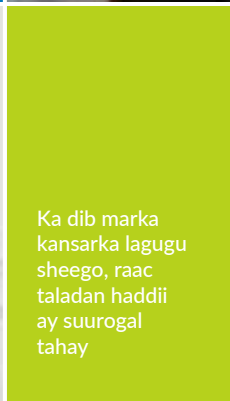
Xadee inta aad ka
qaadato **hibibka**
cas iyo **hibibka**
qabow



Ha rumaysanin
in daawooyinka
siyaadiya cuntadu
ay kansarka ka
hortagaan



Haddii ay suurogal
tahay, ilmaha
naasnuuji



Ka dib marka
kansarka lagugu
sheego, raac
taladan haddii
ay suurogal
tahay





DRF
DIETISTERNAS
RIKSFÖRBUND





**World
Cancer
Research
Fund International**

Xusuusnow in caadooyin kale sida sigaar cabbista iyo isku dhigista mashiinnada jirka madoobeeya ay yihiin arrimo muhiim ah si la iskaga yareeyo halista kansarka.

Marka talooyinkan la raaco waxaa yaraan doona milixda, dufanka buuxa iyo dufannada wareega taasoo caawin doonta in laga hortago kansarka iyo cudurrada kalee ku xiran habnololeedka.

 www.matohcancer.se
 matohcancer@drf.nu

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