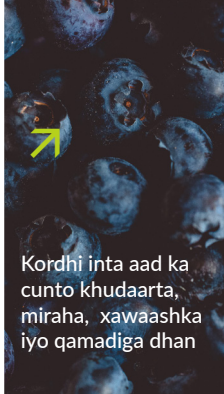




Samee  
firfircoonida jirka



Ku joog  
culays caafimaad leh



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



Xadee khamriga aad  
cabto



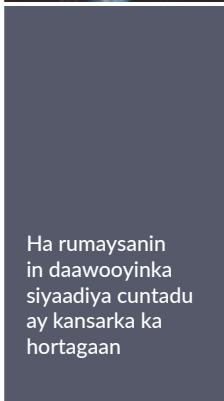
Xadee  
cabbitaannadaada  
sonkor lagu  
macaaneeyey



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 Internationala**

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.

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