

Barnaamijka WIC ee Ohio - Liiska Raashinka La Ogot Yahay

Waxaa La Jecel Yahay Nooca Ugu Jaban

Caanaha

Caanaha Lo'da

- Caanaha aan waxba lagu darrin, caanaha cad, laga dillay jeermiga, lagu xoojiyay Fitamiin D keliya
- Weelasha gallanka keliya (waa la ogol yahay ½ galaan hadii si cad loo tilmaamo)
- Caanaha Caddiinta Yar (1% ama ½ %) ama la Barxay, waa la ogol yahay caanaha Buuxa ama Laga Yareeyay Caddiinta (2%) haddii si cad loo tilmaamo

LAMA OGOLA

Dhadhan loo yeelay
Organigga
Caanaha Aad Loo Barxay
Caanaha Laga Miiray Caddiinta

Caanaha la Oolajiyay Aan Caddiinta Lahayn

- Marka si cad loo tilmaamo keliya
- Qiyaasta 25.6 oz. keliya

Caanaha Lagu Yareyay ama Laga Saaray Sonkorta

- Marka si cad loo tilmaamo keliya
- Weelasha Gallanka iyo Nus Gallanka

Caanaha Soy

- Marka si cad loo tilmaamo keliya

LA OGOL YAHAY:

8th Continent – Asalka iyo dhadhanka Vanilla keliya

Silk - Dhadhanka asalka keliya

Ukunta

- Ukunta Darajada Sare A ama AA
- Ukunta Digaagga Cad
- Qiyaasta 1 darsan kartoon

LAMA OGOLA:

Organigga
Nooca laga dillay jeermiga
Noocaa lagu darray qajaarka
Nooca la kariyay
Nooca kolestaroolka yar
Noocyada lagu baddalo ukunta
Ka baxsan qafiska ama ku nool dibadda
Lagu xoojiyay ama lagu kobciyay Omega 3
Noocyada lagu darro Fitamiin ama Macdan

Formaajad

Caadiga ama Caddiinta Lagu Yareyay
Qiyaasta 16 oz. Keliya

LA OGOL YAHAY:

Blogyada Guriga ama Jeexyaada noocyad soo socda keliya:

American	Cheddar
Colby	Colby Jack
Monterey Jack	Mozzarella
Muenster	Provolone
Swiss	

LAMA OGOLA:

Orgaanigga	La Jejebyay
Cracker Cut	Saddax Jibbaarane
Deli	Buddo
Lagu Yareyay Sodiyum	Formaajada Mariska
Formaajada Kreemka	Formaajada String
Formaajada Beeraleyda	Subagga

Raashinka formaajada ama Velveeta
Jeexyada mid mid loo duubo
Formaajada riyaha, wananka ama caano fadhiga

Tofu

Qiyaasta baakada 16 oz. keliya: Waxaa leysugu geyn karaa ilaa wadarta ounce la soo saaray

LA OGOL YAHAY:

Nooca Azumaya	Silken
House Foods	Premium Firm, Premium Extra Firm, Medium Firm
Vitasoy	Firm Natural, Wet Pack Extra Firm

Fruttada iyo Khudaarta

Ka qeybgaleyaasha waxay ka dooran karaan isugeynta mid ka mid ah fruttada iyo khudaarta daray ah, la qaboojiyay ama qasaca ku jirta ilaa xisaabta doolarka ugu badan ee la ogol yahay. Ka qeybgaleyaasha kama badsan karaan xisaabta doolarka ugu badan marka ay isticmaalaan Kaarka Nafaqada WIC (WNC, WIC Nutrition Card). Ka qeybgaleyaasha lama siin doono lacagta caddaanka ama looma tixgelin doono xisaab kasta aan la isticmaalin.

Fruttada

Daray ah

LA OGOL YAHAY

- Nooca Buuxa
- Fruttada horay loo jarray ama la jeexay
- Cuntada gaarka aan lagu darrin maraq ama ku daarasho

LAMA OGOLA

- Saxuunta fruttada ama saxuunta xafladda
- Dambiisha fruttada
- Qurxinta ama far shaxanka: tusaale ahaan, batiqa wax lagu sawiro
- Waxyaabaha ka kooban salaataada
- Fruttada lagu darray miraha
- Badeecada la dubbay ee lagu darray fruttada
- Fruttada la qalajiyay waxaa ka mid ah jabyada iyo kuwa la duubo
- Fruttada "prunes", sabiibka, "cranberries" la qalajiyay ama frutto kasta oo la qalajiyay
- Miraha la cuni karo ama ubaxa
- Fruttada la raaciyo maraqa ama ku daarashada

La qaboojiyay

LA OGOL YAHAY

- Nooc kasta oo aan lagu darrin sonkor

LAMA OGOLA

- Fruttada oo lagu darray sonkor
- Macmacaanka la qaboojiyay ama jabyada fruttada
- Badeecada lagu dubbay (tusaale ahaan, doolshada)

Qasacyada, Dhalooyinka, Weelasha Caag ah

LA OGOL YAHAY

- Fruttada ku jirto juuska, xoojinta juuska ama dareeraha "nectar"
- Fruttada la geliyay biyaha laguna darro macaaneeyaha la farsameyay
- Qiyaasta qofka aan lagu darrin maraq ama daarasho

LAMA OGOLA

- Fruttada ku jirta jelatiinka
- Macmacaanka juuska, leysku qasay, macmacaanka lagu dubbo ama macmacaanka jalaatada
- Fruttada lagu darray sonkorta ama looska
- Fruttada shrobada culus, qafiifsan ama aad u qafiifsan
- Jabyada ama la duubo
- Fruttada la qalajiyay - "prune", sabiibka, "cranberries" ama frutto kale oo la qalajiyay
- Fruttada lalla qaato maraqa ama lagu daarto
- Buuxinta doolshada

Khudaarta

Daray ah

LA OGOL YAHAY

- Khudaarta buuxda, horay loo gooyay, ama la jarjaray
- Bataatada saafiga, bataatada cad, bataatada macaan iyo moxogga
- Cunto gaar ah aan lagu darrin maraq ama ku daarasho

LAMA OGOLA

- Saxuunta khudaarta ama saxuunta xafladda
- Qurxinta ama far shaxanka (tusaale ahaan, tuunta laga surro xeragga)
- Waxyaabaha ka kooban salaataada
- Cagaarka ama waxyaabaha u yeela dhadhanka
- Miraha la cuni karo ama ubaxa
- Khudaarta iyo maraqa ama ku daarashada

La qaboojiyay

LA OGOL YAHAY

- Khudaar aan waxba lagu darrin, kana kooban hal khudaar ama khudaar leysku darray

LAMA OGOLA

- Bataatada macaan ee la shiilay
- Khudaarta lagu darray maraqa, kor saarka, caddiinta iyo saliidda, looska, bataatada, bariiska, baastada ama miraha kale
- Khudaarta Lagu Darray Rootiga

Qasacyada, Dhalooyinka, Weelasha Caag ah

LA OGOL YAHAY

- Soodiyumka caadiga, lagu yareyay ama aan cusbo lagu darrin
- Maraq Yaanyada ama Suugada Yaanyada
- Cunto gaar ah aan lagu darrin maraq ama ku daarasho

LAMA OGOLA

- Nooc kasta bataatada cad ee qasaca ku jirta
- Khudaarta isku qasan ee lagu darray bataatada
- Bataatada ama bassalka la qalajiyay
- Kreemka khudaarta ama khudaarta lagu darray maraqa ama ku daarashada
- Cagaarka ama waxyaabaha u yeela dhadhanka
- Khudaarta lagu darray caddiinta ama saliidda
- Maraq baastada ama maraqa biidsada
- Fuudka
- Sauerkraut, cagaarka ama khudaarta "pickle"
- Oliif
- Korsarka Catsup ama carfinta
- Digirta qasaca (tusaale ahaan, digirta "navy", digirta "kidney", iwm.)
- Maraq

Subagga Looska, Digirta la Qalajiyay, Digirta Qasaca, Mallaayga

Waxaa La Jecel Yahay Nooca Ugu Jaban

Subagga Looska

Weelasha 16 oz. ilaa 18 oz. keliya
Caadiga ama Dabiiciga
Salaaxan, Sida Kreemka, Jajabka ama Jiitaanka
Lagu Yareyay Caddiinta
Lagu Yareyay Sodiyumka
Lagu Yareyay Sonkorta

LAMA OGOLA:

- Kor saarka
- Walaqa
- Jelliga lagu darray
- Marshmallow
- Mallabka ama raashinka kale
- Noocyada la xoojiyay ama la kobciyay

Digirta La Qalajiyay ama Digirta Yaryar

Baakooyinka 16 oz. keliya

LAMA OGOLA:

- Digirta ama Digirta Yaryar ee loo yeelay dhadhanka

Digirta Qasaca

Digirta qasaca waxaa lagu darri karaa tirada ounce la soo saaray

LAMA OGOLA:

- Digirta la Dubbay
- Digirta lagu darray carfinta, basbaaska, caddiinta ama hilibka
- Digirta dhallada ku jirta

Mallaayga

Tuunada Qasaca:

Tuunada biyaha Chunk Light keliya
Qasaca 5 oz. ama 6 oz. keliya

Mallaay Gaduudowga Salmonka ee ku Jira Qasaca:

Salmonka Cas Keliya
Qiyaasta 14.75 oz. keliya

LAMA OGOLA:

- Salmonka Gaduudan
- Tuunada Kiishka

Juus - La Saari Karo Marfish ama Kartoonaada la Geliyo Qaboojiyaha

Waxaa La Jecel Yahay Nooca Ugu Jaban

Dhamaan juusaska ku qoran hoos waa in ay la kulmaan sharuudaha soo socda: Juuska aan la macaaneyn 100%, Juuska Oranjiga wuxuu ahaan karaa nooc kasta, Dhalooyinka caag ah 64 ounce keliya

LAMA OGOLA: Cabbitaanka Fruttada, Juusaska la Macaaneyay, Cocktails ama Powders

Apple and Eve	Tufaaxa, "Cranberry Canab", "Cranberry Peach Cambo", "Cranberry Pomegranate", "Cranberry Raspberry", "Cranberry Wild Berry", "Naturally Cranberry"
Best Choice	Tufaaxa, "Berry Blend", "Cherry Blend", Canabka, "Canabka La Qasay", Bombelmada, Cananaaska, "Punch Blend", Canabka Cad
Best Yet	Tufaaxa, "Cranberry", "Cranberry Canabka", "Cranberry Raspberry", Canabka, Bombelmo, Canabka Cad
Campbell's	Yaanyada (Soodiyumka Caadiga iyo Soodiyumka Lagu Yareyay), V-8 (Caadiga)
Diane's Garden	Khudaarta
Essential Everyday	Tufaaxa, "Berry Blend", "Cherry Blend", "Cranberry", Canabka, Canabka La Qasay, Cananaaska, "Punch Blend", Canabka Cad, Bombelmada Cad
Everfresh	Tufaaxa
Food Club	Tufaaxa, "Cranberry", "Cranberry Canabka", Bombelmada, "Cranberry Raspberry", Canabka, Canabka Cad
Giant Eagle	Tufaaxa, "Cranberry", Canabka, Bombelmada, Canabka Cad
Great Value	Tufaaxa, "Cranberry", "Cranberry Concord Canabka", Canabka, Canabka Cad, "Canabka Cad Peach"
IGA	Tufaaxa, Canabka, Canabka Cad
Juicy Juice	Tufaaxa, "Tufaaxa Raspberry", "Berry", "Cherry", Tufaax Karamberriga, Canabka, "Kiwi Strawberry", Cambaha, "Orangiga Tangerine", Miraha waaweyn, Biij Tufaax, "Punch", "Strawberry Mooska", Strawberry Qaraha, "Tropical", Canabka Cad
Kroger	Tufaaxa, "Berry", "Cranberry", Canabka, Bombelmada, Cananaaska, Canabka Cad, "White Grape Peach"
Langers	Tufaaxa, "Tufaaxa Cranberry", Tufaaxa Canabka, Tufaaxa Oranjiga Cananaaska, Canabka, Cananaaska, "Ruby Red Bombelmada", Canabka Gaduudan, Yaanyada, Khudaarta (Soodiyumka Caadiga ama Soodiyumka Lagu Yareyay), Canabka Cad, Bombelmada Cad
Meijer	Tufaaxa, "Berry-Genuine", "Cherry-Genuine", "Fruttada Punch-Genuine", "Grape-Genuine", Canabka, "Ruby Red Bombelmada, Canabka Cad, "Canabka Cad Peach"
Motts	Tufaaxa
Musselman's	Tufaaxa
Northland	"Cranberry", "Cranberry Blackberry", "Cranberry Blueberry", "Cranberry Cherry", "Cranberry Canabka", "Cranberry Pomegranate", "Cranberry Raspberry"
Old Orchard	Tufaaxa, "Tufaaxa Cranberry", "Berry Blend", "Blueberry Pomegranate", "Cherry Pomegranate", "Cranberry Pomegranate", Canabka, "Kiwi Strawberry", "Peach Cambo", Cananaaska, "Red Raspberry", Canabka Cad, "Wild Cherry"
Our Family	Tufaaxa, Canabka, Bombelmada, Bombelmada Cas, Canabka Cad, Juuska la Qasay 100%
Seneca	Tufaaxa
Shop n' Save	Tufaaxa, "Berry Blend", "Cherry Blend", "Cranberry Blend", "Cranberry Grape Blend", "Cranberry Raspberry Blend", "Punch Blend", Canabka, Canabka Cad, Bombelmada Cad
Shurfine	Tufaaxa, Canabka, Cananaaska, Canabka Cad
Spartan	Tufaaxa, "Cranberry", "Cranberry Canabka", "Cranberry Raspberry", Canabka, Bombelmada, "Soo Juicy Berry", "Soo Juicy Cherry", Soo Juicy Canabka, "Soo Juicy Punch", Khudaarta, Canabka Cad
Tipton Grove	Tufaaxa, Canabka
Valu Time	Canabka
Welch's	Canabka, Canabka Gaduudan, Canabka Cad

Juuska - la Qaboojiyay

Waxaa La Jecel Yahay Nooca Ugu Jaban

Dhamaan juusaska ku qoran hoos waa in ay la kulmaan sharuudaha soo socda;

- 100% juus aan la macaaneynin
- 11.5 ama 12 oz. keliya - waa in la gaarsiiyo 48 oz.
- Juuska oranjiga wuxuu ahaan karaa nooc kasta

Best Yet	Tufaaxa, Canabka, Bombelmada
Dole	Cananaaska, Oranjiga Cananaaska
Essential Everyday	Tufaaxa
Food Club	Tufaaxa, Bombelmada
Great Value	Tufaaxa, Canabka
IGA	Tufaaxa
Kroger	Tufaaxa, Canabka, Bombelmada, Cananaaska
Langers	Tufaaxa, "Apple Cranberry", Tufaaxa Cananaaska Oranjiga, Canabka, Cananaaska, Canabka Cad
Meijer	Tufaaxa
Old Orchard	Tufaaxa, "Tufaaxa Cherry", "Tufaaxa Cranberry", "Tufaaxa Kiwi Strawberry", "Tufaaxa Cambaha Passion", "Tufaaxa Raspberry", "Tufaaxa Mooska Strawberry", "Berry Blend", "Blueberry Pomegranate", "Cranberry Pomegranate", "Cranberry Raspberry", Canabka, Cananaas, Cananaaska Oranjiga, Cananaaska Mooska Oranjiga, Canabka Cad
Our Family	Tufaaxa
Seneca	Tufaaxa
Shop n' Save	Tufaaxa
Shurfine	Tufaaxa
Tipton Grove	Tufaaxa
Welch's	Canabka, Canabka Cad, "Canabka Cad Cranberry", "Canabka Cad Peach", "Canabka Cad Raspberry"

Badarka - Qabooban

Waxaa La Jecel Yahay Nooca Ugu Jaban

Waxaa lagu darri karaa tirada oz. la bixiya

Best Choice	Bite Sized Frosted Shredded Wheat, Enriched Bran Flakes, Corn Crisps, Crisp Rice, Rice Crisps, Happy O's, Honey Oat Clusters, Honey Oat Clusters with Almonds, Right Choice, Wheat Crisps
Essential Everyday	Bran Flakes, Corn Flakes, Crunchy Rice Squares, Honey Oats and Flakes with Almonds, Honey Oats and Flakes, Frosted Bite Size Shredded Wheat, Crunchy Corn Squares, Crispy Rice, Oats and More with Almonds, Oats and More with Honey
Food Club/Best Yet	Bite Size Frosted Shredded Wheat, Corn Squares, Rice Squares, Crisp Rice, Toasted Oats, Essential Choice Oat, Corn Flakes, Honey & Oat Flakes, Enriched Bran Flakes
General Mills	Cheerios, Corn Chex, Kix, Multi-Grain Cheerios, Rice Chex, Total Whole Grain, Wheat Chex, Wheaties
Giant Eagle	Bran Flakes, Corn Flakes, Frosted Bite Size Shredded Wheat, Honey Oat Medley, Toasted Oats
Great Value	Bran Flakes, Corn Flakes, Crisp Rice, Crunchy Honey Oats, Crunchy Oat Squares, Frosted Shredded Wheat, Toasted Corn, Toasted Whole Grain Oat, Toasted Rice, Toasted Wheat
IGA	Bite Size Frosted Shredded Wheat, Corn Flakes, Crispy Rice, Enriched Bran Flakes, Square Shaped Corn, Square Shaped Rice, Tasteos, Toasted Oats
Kellogg's	All Bran Complete Wheat Flakes, Corn Flakes, Frosted Mini-Wheats (Bite Size), Rice Krispies, Rice Krispies Gluten Free, Special K
Kroger	Bite Size Frosted Shredded Wheat, Corn Bitz, Honey Crisp Medley, Honey Crisp Medley with Almonds, Living Well, Rice Bitz, Toasted Oats
Malt-O-Meal	Crispy Rice, Frosted Mini Spooners, Honey & Oat Blenders, Honey & Oat Blenders with Almonds
Meijer	Bite Size Frosted Shredded Wheat, Corn Flakes, Corn Squares, Crisp Rice, Enriched Bran Flakes, Rice Squares, Toasted Oats, Wheat Squares
Mornin Gem/Kiggins	Crispy Rice
Natures Crunch/Kiggins	Bran Flakes, Bite Size Frosted Shredded Wheat
Our Family	Wheat Biscuits, Corn Biscuits, Rice Biscuits, High Fiber Bran Flakes, Corn Flakes, Frosted Bite Size Shredded Wheat, Toasted Rice Flakes, Crispy Rice, Oats and More with Almonds, Oats and More with Honey, Toasted Oats
Post	Banana Nut Crunch, Bran Flakes, Honey Bunches of Oats with Almonds, Honey Bunches of Oats Honey Roasted
Quaker	Life, Oatmeal Squares, Oatmeal Squares Brown Sugar, Oatmeal Squares Cinnamon
Ralston	Corn Biscuits, Corn Flakes, Crispy Rice, Enriched Wheat Bran Flakes, Oat Wise, Rice Biscuits, Tasteos
Shop n' Save	Crispy Rice, Corn Flakes, Crunchy Corn Squares, Crunchy Rice Squares, Bran Flakes, Frosted Bite Size Shredded Wheat, Oats and More with Almonds, Oats and More with Honey
Shurfine	Crisp Rice, Toasted Oats, Honey Oats & Flakes, Enriched Bran Flakes, Corn Flakes, Crunchy Rice, Crunchy Corn, Frosted Shredded Wheat Bite Size, Wheat Squares

BADARKA – KULUL

B & G Foods	Cream of Wheat – Qiyaasta 18 oz. ama 28 oz. keliya
Farina Mills	Creamy Hot Wheat Original - Qiyaasta 18 oz. ama 28 oz keliya
Malt –O- Meal	Original Hot Wheat – Qiyaasta 18 oz., 28 oz. ama 36 oz. keliya

**Badarka aan laga saarin buunshada - Waxaa loo geyn karaa tirada oz. la soo saaray
Waxaa La Jecel Yahay Nooca Ugu Jaban**

Rootiga - Qiyaasta 16 oz. Keliya

Aunt Millie's	"Healthy Goodness" Qamadiga Aan Laga Saarin Buunshada, "Healthy Goodness" 100% Qamadiga Laga Saarin Buunshada
Best Choice	100% Qamadiga Laga Saarin Buunshada
Best Yet	100% Qamadiga Laga Saarin Buunshada
Bimbo	100% Qamadiga Laga Saarin Buunshada
Bunny	100% Qamadiga Laga Saarin Buunshada
Essential Everyday	100% Qamadiga Laga Saarin Buunshada
Food Lion	100% Qamadiga Laga Saarin Buunshada
Hannaford	100% Qamadiga Laga Saarin Buunshada
Healthy Life	Aan Sokor Lahayn, 100% Qamadiga Laga Saarin Buunshada, 100% Miraha Laga Saarin Buunshada, Qamadiga Laga Saarin Buunshada
Holsum	100% Qamadiga Laga Saarin Buunshada
Kroger	100 % Qamadiga Laga Saarin Buunshada ee korka ka wareegsan
Meijer	100% Qamadiga Laga Saarin Buunshada; Miraha Cad Aan Laga Saarin Buunshada
My Essentials	100% Qamadiga Laga Saarin Buunshada
Nature's Own	Miraha Buuxa 100% Aan Lahayn Sokor
Nickels	100% Qamadiga Laga Saarin Buunshada Nooca Waddanka
Our Family	100% Qamadiga Laga Saarin Buunshada
Ozark Hearth	100% Qamadiga Laga Saarin Buunshada
Pepperidge Farm	"Jewish Rye" Lagu Shiiday Shiidka 100% Qamadiga Laga Saarin Buunshada, Aad u Qafiifsan 100% Qamadiga Laga Saarin Buunshada
Roman Meal	"Sungrain" 100% Qamadiga Laga Saarin Buunshada
Sara Lee	100% Qamadiga Laga Saarin Buunshada Nooca "Classic"
Schwebel's	100% Qamadiga "Roman Meal Sungrain" Laga Saarin Buunshada
Shurfresh	100% Qamadiga Laga Saarin Buunshada
Spartan	100% Qamadiga Laga Saarin Buunshada
Sunbeam	100% Qamadiga Laga Saarin Buunshada
Weight Watchers	100% Qamadiga Laga Saarin Buunshada
Wonder	100% Qamadiga Laga Saarin Buunshada

Tortillas - Qiyaasta 16 oz. Keliya

Best Choice	Galley, 100% Qamadi
Celia's	Galleeyda Cad, Galleeyda Jaalada, Burka Qamadiga Laga Saarin Buunshada
Chi Chi's	Galleeyda Cad Jilicsan Nooca Taco, Qamadiga Laga Saarin Buunshada Nooca Fajita
Don Pancho	Galleeyda Cad, Qamadiga Laga Saarin Buunshada
Food Club	Qamadiga aan Aan Laga Saarin Buunshada Qiyaasta Taco Jilicsan
Essential Everyday	Galleeyda Cad Jilicsan, Qamadiga Laga Saarin Buunshada
Giant Eagle	Qamadiga Laga Saarin Buunshada
Hannaford	Qamadiga Laga Saarin Buunshada
Kroger	Qamadiga Laga Saarin Buunshada
La Bandarita	Galleey, Qamadiga Fajita Aan Laga Saarin Buunshada
La Burrita	Galleey
Meijer	Galleey, Galleeyda Cad, Qamadiga Laga Saarin Buunshada
Mi Casa	100% Qamadiga Laga Saarin Buunshada
Mission	Galleeyda Cad, Qamadiga Laga Saarin Buunshada, Galleeyda Jaalada Aad u Qafiifsan
My Essentials	Qamadiga Laga Saarin Buunshada
Ortega	Qamadiga Laga Saarin Buunshada
Pepito	Galleeyda , Qiyaasta Burka Qamadiga Laga Saarin Buunshada ee Laga Sameeyo Taco Jilicsan
Shurfine	Galleey, Qamadiga Laga Saarin Buunshada Laga Sameeyo Nooca Gacanta Fajita
Shurfresh	Muufada Qamadiga aan Buunshada Laga Saarin Nooca Fajita
Tam-X-ico's	Galleeyda Jaalada

Badarka "Oatmeal"

Qiyaasta 16 oz. Keliya, Aan Waxba lagu Darrin, Nooc kasta

LAMA OGOLA:

- Baakooyinka
- Qiyaasta Quudinta Qofka
- Nooca lagu darro fruttada, looska, shidniga
- Nooca "Steel Cut"

ROOTIGA "BUN" - Qiyaasta 16 oz. Keliya

Arnold	Rootiga Qamadiga Laga Saarin Buunshada
Healthy Life	100% Qamadiga Laga Saarin Buunshada

LAMA OGOLA: Waxyaabaha lagu darro fruttada, miraha, shidniga ama korsaarka; Rootiga Hillibka Duuban

Bariiska Maroonka - Qiyaasta 16 oz. Keliya, Aan Waxba lagu darrin, Nooc kasta

LAMA OGOLA: Bariiska Cad, Bariiska "Wild Rice"

Badarka Dhallaanka, Fruttada Dhallaanka, Khudaarta Dhallaanka, Hillibka Dhallaank

BADARKA DHALLAANKA

Nooca "Gerber" Keliya

Weelasha 8 oz. Keliya

LA OGOL YAHAY: Dhamaan dhadhamada Badarka Lagu Xoojiyay Birta

- Bariis
- "Oatmeal"
- Qamadiga Laga Saarin Buunshada
- Miraha-Badan
- Miraha "Barley"

LAMA OGOLA: Xoojiyay Birta

- Lagu Darray Frutto
- Lagu Darray DHA/ARA
- Badarka Dhalooyinka
- Baakooyinka kala duwan

Fruttada Dhallaanka

Nooca "Beech Nut" Keliya

Dhalada Glaaska 4 oz. Keliya

LA OGOL YAHAY: Noocyada La Tilmaamay Keliya Sida ku Qoran Hoos

Tufaaxa
"Tufaaxa iyo Blueberry"
"Tufaaxa iyo Cherry"
"Tufaaxa, Cambaha iyo Kiwi"
"Tufaaxa, Pear iyo Mooska"
"Apricot iyo Pear iyo Tufaaxa"
"Mooska iyo Berry la Qasay"

Mooska Chiquita®
"Mooska Chiquita® iyo Strawberry"
Cambaha
"Peaches"
"Pears"
"Pear iyo Cananaas"
"Pear iyo Raspberry"

Khudaarta Dhallaanka

Nooca "Beech Nut" Keliya

Dhalada Glaaska 4 oz. Keliya

LA OGOL YAHAY: Noocyada La Tilmaamay Keliya Sida Ku Qoran Hoos

Galleyda iyo Bataatada Macaan
Khudaarta Beerta
Bataatada Macaan
Digirta Macaan ee Yaryar

"Squash"
Khudaarta Leysku Qasay
Karootada Macaan
Digirta Cagaaran

Hilibka Dhallaanka

Nooca "Beech Nut" Keliya

Dhalada Glaaska 2.5 oz. Keliya

LA OGOL YAHAY: Noocyada La Tilmaamay Keliya sida ku Qoran Liiska Hoose

Hilibka iyo Fuudka Hilibka Digaagga iyo Fuudka Digaagga Booleanboolada iyo Fuudka Booleanboolada

USDA waa loo-shaqeeye bixisa fursadaha siman.