



# Gina Jiki



## Ire-iren abinci masu

### Ire-iren abinci masu cutar kanjamau

#### Don memuke butakar abinci daban-daban?

- Ko wane irin abinci na da muhimmiyar taimako da yake yi wa jiki. Akwai taimakawa wajen nika abincia a ciki, masu taimakawa wajen fatar jiki, masu inganta ido, kasusuwa da dai karfafa jiki ana kiran su a turance “Vitamin” ko Bitamin. Yana kuma taimakawa wajen inganta garkuwar jiki.

#### Masu cutar kanjamau na bukatan ire-iren abinci nan “bitamin” sasao ne?

- Wasu masu cutar kanjamau basu samun taimakon abinci da suke ci sosai domin jikinsu baya tsame bitamin daga abincin da suke ci. Ko kuma basu cin abinci daban daban.
- Ire-iren bitamin da masu cutar kanjamau kan rasa sun hada da A, B1, B6, B12, C, E, da kuma folate, iron, selenium, magnesium da zinc.
- Masu karancin bitamin A da B da E na saurin kamuwa da ciwo fiye da masu isashen bitamin.



Canadian AIDS Treatment  
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[www.catie.ca](http://www.catie.ca)



[www.apaa.ca](http://www.apaa.ca)

**A yi Shawara na musamman jiyya ta asibiti tare da sanin kwararre likita mai dimbin sanin dangin ciwace ciwace kwayoyin kanjamo da jiyar su**

## Eating Healthy

### Yaya zan iya samun bitamin a jikina?

- Babban tushen samun bitamin shine ta ire-iren abinci da ake ci. Cin abinci daban daban na kara inganta lafiyar jikin mutum su kuma kara masa bitamin. Masammam ganya ya'yan itace.
- In kana cin abinci mai kyau kuma kana hada su daban daban kamar yada muka bayana amma har wayu kana karancin bitamin, ana iya baka magungunan da zasu kara maka.

### Misalan abinci masu kara inganta lafiyar jiki (Bitamin)

- **Bitamin A:** madara, cuku, hanta da ganyaye
- **Bitamin A** wanda ake samu daga “beta carotene”: ganya, lemu da gwanda.
- **Bitamin B1:** Nama, gyada, hatsi da hanta.
- **Bitamin B2:** tatsar shanu (kamar non, mana shanu, wara da sauransu), wake da ganyaye.
- **Bitamin B6:** nama, wake, ganye da ayaba.
- **Bitamin B12:** nama da waken soya
- **Biotin:** tsakiyar kwai (gwaiduwa), kifi da wake
- **Folate:** name, wake, barkonu, ganye
- **Niacin:** naman kaza, kifi, kwaruru da wake
- **Bitamin C:** ya'yan itace (irin su lemu) ganye, barkonu da timatir
- **Bitamin D:** rana (da ke fitowa da safe) da madara
- **Bitamin E:** main itatuwa, ganye, gyada da kwaoyin tsire-tsire
- **Copper:** kawa, kunda (da dangunsu) gyada da wake
- **Selenium:** kifi da dabbobin ruwa, gwaiduna, da hatsi
- **Magnesium:** gyada, hatsi da ganye.
- **Zink:** halitan ruwa, hatsi da hanta.

Yawan ciye ciyen Bitamin ba shi da kyau, wasu kuwa basu haduwa da wadansu magungunan. Sai ka nemi shawarar likita in kana shan magani game da irin abinci da zaka ci.



### Shawara game da hade haden abinci

- A hada Bitamin iri biyu rana guda
- 400 na IU (international Units) daga bitamin E kowace rana
- 500 – 1000 na bitamin C indan kana shan taba ko kana da wata cuta
- bitamin B guda kowace rana
- ka ci ya'yan itace da ganya kowace rana
- ka sha ruwa kofi tatwas da rowan ya'yan itatuwa kullum.

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#### Labari mai muhimmanci:

Masu yada labarai ta jiyar cuta mai karya garkuwar jiki a kasar Canada da suna CATIE tare da wata kungiya ta Afirka wato APAA, masu aiki akan wanan cuta suna da nufi mai kyau ta wurin hanyar yada labarai zuwa ga masu zama da cuta kwayoyin kanjamo ko cuta mai karya garkuwar jiki, da musamman masu hanyar kula da kansu tare da taimakon ma' aikatan kungiyar da ke jiyar masu wanan cuta.

Labarai da a ka samu ta wurin CATIE ko APAA ba kamar shawaran likita ba ne. CATIE/APAA basu bada goyon baya na musamman jiyar amma masu amfani da mu su yi kokari ta wurin samu shawara da ga wurare masu yawa. Muna kuma karfafa wa masu amfani da mu, su nemi shawara da ga kwararre likita kafin su dauki wani shawara ko amfani da kowane magani.

Ba mu da tabbacin cewa labarai da ga wurin CATIE ko APAA daidai ne. Harka ce mai hadari idan aka dogara da labarai da ga wurin CATIE ko APAA kawai. Ba za a rike daya a cikin CATIE ko APAA ko ma' aikatan su, shugabannin ko daraktoci, masu taimakon su da laifin diyar akan amfani da labarai da suka yada.

Ra ayin da suke a cikin labarai wanda CATIE ko APAA ta buga na wanda suka wallafa ne, kuma ba ra ayin ko manufa minista mai kula da lafiyan Canada ba ne. Wannan website ya kunshi hadi na waddansu websites. APAA ba ta sarrafa websites da ta hadi ba, APAA ba ta dauki nauyi kayan cikin kowane website da ta hadi tare da website da ta kuma kunshi kowane hadi, ko karuwar da aka yi wa waddanan hadi ta websites. Websites da suka hadi da namu ba su nan a farasanci ko turanci. APAA ta yi tanadi na wannan hadi ta websites domin sauki, ama kunshi ta kowane hadi bai nuna a fakaice APAA ta goyi bayan wannan hadi ta websites ko suna tare da afaretan wadannan websites ba.

Ba mu da tabbacin cewa labarai da ga websites da suka hadi da wannan daidai ne. Kuma harka ce mai hadari idan aka dogara da labarai da ga nan, a kuma dauki nauyin kallo da yarda da bayani ta farabati da sharrada ta amfani a websites da suka hadi da wannan. Idan za a yi kowane bayani ko bincike akan batun websites da suka hadi da wannan, sai a tuntubi afaretan su

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Funding has been provided by the Public Health Agency of Canada. Supported by an unrestricted educational grant from GlaxoSmithKline in partnership with Shire Biochem.

