

Takto eo ao Ej ba Ikūrro: Ia eo ij Jinoe ie?

Nina Roofe
PhD, RDN, LD, FAND
Būreejton - Baamle
& Riwia Vice Jain ko

Ta in Kūrro?

Kūrro ej juon kain nañinmej eo ej walok jān an lap uric ajeet ilo bōtōktōk. Ej kōmman bwe en lap uric ajeet im kōmman bwe crystal ko ren kōmman ilo im turin ne ko.

Ta in Purine?

Purine ej mottan chemical ko rej walok ilo enbwinnim im ilo jot moña im dān. Uric ajeet ej kōmman ñe enbwin ej kōmman purine. Uric ajeet ekkā an jako jān enbwinnim ilo dān in raut. Ilo armij ro rej nañinmej in kūrro, waween in ej oktak, im uric ajet ej waloñlak ilo bōtōktōk ko rej kōmman crystal ko rej pād ilo ne. Moña im dān ko jot rej kōmman uric ajeet ilo bōtōktōk eo am, ilo waanjoñak, fructose, juon kain jukwa, ej kōmman uric ajeet ilowaan jejjo minit jān ien eo emōj kañe.

Ijjam aikuj loore Waween Moña an Rikūrro?

Waween moña eo an rikūrro edik ilo purine, im ilo am jab maroñ kantūrol joñan purine ko rej māke walok ilo enbwinnim, kwoj maroñ in kantūrol joñan purine ko kwoj bōk, im kadilak joñan uric ajeet ilo enbwinnim. Enij jibañ kantūrol joñan metak eo jān kūrro eo am. Eban jolok am kūrro ak komaroñ aikuj wōt uno, ak emaroñ in kadiklak kauwōtata in an walok kūrro im an rumij lak an laplok joraan ilo neem.

Ta kōttōpar in Waween Moña eo an Rikūrro?

Waween moña an rikūrro ej karok ñan jibañ eok bwe en eman jōñan eddo eo am im eman waween am moña, jab epāake moña ko elap purine ie, im kantūrol joñan uric ajet.

Burinjibon ko Rekadu ikijen Moña

BURINJIBOL	ŪN EO
Jako Lak Baun	Pād ilo joñan eddo eo eman ej kadiklak kauwōtata in an laplok wōt kūrro eo. Kadiklok joñan baun ñe elap jān joñan ej kadiklak joñan ajet im kadilak nōmba in an walok kūrro Diklak in baun ej kadiklak abinono ko ion ne ko.
Moña ko rej Oktak ñan Jukwa ilo Enbwin	Moña elaplok leen wōjke, pejtobol, im ine ko. Jab moña men ko ewōr jukwa ko ainwot koon jurub im kadiklak juuj ko rej kōmman jān leen wōjke toñal ñan kadiklak joñan eddo im kadiklak ajet im kadiklak baun bwe en jako abinono ion ne ko.
Aiboj	Pād wōt ilo am buul idaak aiboj bwe en eman ejmour eo am.
Kurij ko	Kadiklak kūrrij ko jān jelele būro, jelele bao ko elap kūrrij ie im lep im miliik ko ñan an diklak joñan eddo im kadiklok ajeet im kadiklak baun bwe en jako abinono ion ne ko.
Moña ko Rej Letok Kajur	Lukkun lale jelele ko ejelok kūrrij im bao, lep im miliik ko remman ñan enbwin, im lentil ñan kakajur enbwin.

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Rojān ikijen Moña ko Rejenolok im Uno ko

Eitin juon mottan jilu in uric ajet eo am ej itok jān moña ko kijom, aurok bwe kwon jab moña im daak e men ko elap purine ie. Takto eo am emaroñ bar lewaj am uno in kadiklak uric ajet. Tebōl in ilal ej kwalok waanjoñak in moña ko rej eman ñan turok eo am im jot ko kwoj aikuj kajeoñ in kadiklak ak jab moña ki.

	MOÑA IM IDAAK MEN KO EDIK-PURINE IE	KAJEOÑ KATTOLAK EOK AK LALE JOÑAN KO KWOJ MOÑA/DAAK ÑE ELAP-PURINE IE
Jelele	<ul style="list-style-type: none"> Lak ñan 170 g/raan Jelele mouj in bao 	<ul style="list-style-type: none"> Kau Piik Laam Obbal Kürepe ko rej kōmman jān jelele Aj Aeoū Bilawe toñal
Moña in lojet	<ul style="list-style-type: none"> Lak ñan 170 g/raan Ek Salmon Ek Flounder Ek Sole Ek Catfish Lojabwil ko ilo kuwaat 	<ul style="list-style-type: none"> Ek Jidik Ek Sadine Roe (lep in ek) Clupia Ek Cod Ek Trout Ek Haddock Ek rot ko eloñ jimin (libōnej, kakur, mejan wod, wōr)
Pejtōbol	<ul style="list-style-type: none"> Tōmato Pōtato Celery Squash Peppa Pejtōbol ko rej eddek ilo okar (yam, karot, beet) Asparagus* Spinach* 	<ul style="list-style-type: none"> Peas Cauliflower Maajruum *Katak ko emōj aer kwalok ke pejtōbol ko elap purine ie, ainwot asparagus im spinach, rejjab kalaplok kauwōtata in kūrro ak an bar walok kūrro. Jibañ ko an enbwin jen asparagus im spinach reutie, im pejtōbol kein remaroñ mottan moña ko remman ñan turok eo am.
Leen Wōjke	<ul style="list-style-type: none"> Abol Pear Strawberry Blueberry Cherry Peach Olive 	
Dān ko	<ul style="list-style-type: none"> Kope Tea Aiboj 100% juuj jān leen wōjke 	<ul style="list-style-type: none"> Dān ko ewōr arkool ie Dān ko rej emaramrōm im jeej ko elap jukwa ie Idaak wine eo eman joñan ejjab kalaplok kauwōtata in an walok kūrro. Kajeoñ kōmman joñan am bōk arkool ilo ien am kūrro. Kōmman joñan arkool ko nimom, elaptata beer, ilo ien am kūrro.
Moña ko rej kōmman jān miliik	<ul style="list-style-type: none"> Jiij Skim milk 	
Bar jot	<ul style="list-style-type: none"> Lep Tofu Bōta (peanut, almond) Bilawe ko elap grain ie im cereal Jōkleej im coco Būrawun raj Quinoa Pasta Barli Kwōle im inne ko 	<ul style="list-style-type: none"> Bean ko remōra Lentil Oat Sauce ko rej pād ilo nien im kein kattu moña ko elap jukwa lowaan Cereal im cereal bar ko elap jukwa ie Bilawe ko rejjab kōmman kin likio in ine
Baitōmen C	Baitōmen C emaroñ kadiklok joñan uric ajet. Kajitolk ippān takto eo am kake juon 500 mg Baitōmen C uno.	
Kope	Katak ko rej kwalok ke am bōk kope ko ewōr kein karujruj ie emaroñ in koneek ñan an diklak kauwōtata in kūrro ak emaroñ jab ekkar ippān nañinmej ko jot ainwot an mokaj an bam menono. Kōnaan ippān takto eo am ñan kajitok ñe kope eman ñan eok.	
Cherry ko	Ewōr jidik kamol ke moña cherry ej koneek ñan an diklak kauwōtata in kūrro.	

Jambol in Moña

Eñin ej waanjoñak in ta eo komaroñ moña ilo juon raan.

MOÑA IN JIBOÑ

- Likio-inne, cereal eo ejelok toñal ie ippañ skim ak low-fat miliik
- 1 kab in strawberry kääł
- Kope
- Aiboj



MOÑA IN RAELAP

- Bao iumum (2 ounce) ion juon likio-inne roll ippān mustard
- Salad kuriin ippān pejtōbol, 1 tebōljibuun kwōle, im penko im olive weil
- Ejelok kurij ie ak ediklok milik ak aiboj



KEIN KAKAJUR IN RAELAP

- 1 kab cherry kääł
- Aiboj



MOÑA IN JOTA

- Ek Salmon ūmwim (3 ñan 4 ounce)
- Ūmwim ak jitiim green bean
- 1/2 ñan 1 kab whole-grain pasta ippān olive weil im lemon peppa
- Aiboj
- Ejelok-kurij yogurt
- 1 kab melon kääł
- Dān eo ejelok-caffiene ie, āinwot ti ko ewōr uno ie



Kememej, loore waween moña an rikūrro emaroñ jibañ kadiklak an walok uric ajet. Koba ippān uno in kūrro, waween moña an rikūrro enij jibañ kadiklak metak jān kūrro, kadiklok joñan an walok kūrro, im kakure neem. Ejjab juon waween jolok kūrro ak emaroñ jibañ kōmman bwe en eman lak ejmour eo am im lelok elap jibañ im debij joñan eddo eo am ilo am lale joñan moña ko kjiom im ekjojij aolep ien.

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