

Biyaha Dhalada: Su'aalaha iyo Jawaabaha

Xaashidan macluumaadka waxay ka jawaabaysaa su'aalaha caadiga ah ee ku saabsan biyaha dhalada ah. Biyaha dhalada ah waa biyo ku xiran dhalada ama weel kale. Ogow biyaha dhaladu waxay ka duwan yihiin biyaha la iibiyo, kuwaas oo ka yimaada mishiinka biyaha ku shubaya weelka.

Biyaha dhalada ma ka ammaan badan yihiin biyaha tuubada?

Ma jirto sabab lagu rumaysto in biyaha caagadu ay ka ammaan badan yihiin biyaha tuubada.

Biyaha tuubada iyo biyaha dhalada guud ahaan waxay leeyihiin heerar tayo isku mid ah.

Sidee xeerar biyaha tuubada iyo biyaha dhalada loo bar-bardhigaa?

Biyaha tuubada ee nidaamyada biyaha dadweynaha waxaa nidaamiya Hay'adda Ilaalinta Deegaanka ee Mareekanka (EPA) iyada oo la raacayo Xeerka Badbaadada ah ee Cabida Biyaha. Waaxda Caafimaadka ee Minnesota (MDH) waxay si joogto ah u baartaa biyaha tuubada dadweynaha si badbaado ahaan. EPA waxay sidoo kale u baahan tahay macluumaadka ku saabsan saamaynta caafimaad ee suurtagalka ah ee wasakhawga biyaha la cabbo, isha biyaha, iyo u hoggaansanaanta xeerarka si loo shaaciyo.

Biyaha dhalada ah waxaa nidaamiya sida badeecad cunto ahaan Maamulka Dawooyinka iyo Cuntada ee Mareekanka (FDA). FDA uma baahna shirkadaha biyaha dhalada ku jira inay u isticmaalaan shaybaarada shahaadaysan ee baadhista tayada biyaha ama inay ka warbixiyaan natiijooyinka tijaabada. FDA waxay u baahan tahay summadaha biyaha dhalada ah si ay u taxdo maaddooyinka iyo macluumaadka nafaqada.

Xaggee bay ka yimaadaan biyaha dhalada ah?

Biyaha dhalada ah waxay ka yimaadaan ilo kala duwan, oo ay ku jiraan qaar badan oo ka mid ah ilo la mid ah biyaha tuubada. Mararka qaarkood biyaha aad ku iibsan karto dhalada ayaa ah

biyaha tuubada dadweynaha oo si uun kor loogu qaaday, sida beddelidda macdanta. Ilaaha kale ee biyaha dhalada ku jira waxaa ka mid ah ilaha, ceelasha, iyo biyaha dushiisa.

Sidee loo calaamadeeyay biyaha dhalada ah?

Calaamadaha ku qoran biyaha dhalada ah waa inay buuxiyaan shuruudaha sharciga ah. Waxaa jira shuruudo lagu calaamadinayo ilaha, nuxurka, tayada, iyo isticmaalka biyaha. Shuruudahan ayaa ku jira si loo hubiyo in calaamaduhu si sax ah uga tarjumayaan alaabta. Tusaale ahaan, haddii calaamadda dhalada ku taal ay ku qoran tahay "biyaha guga," markaas biyuhu waa inay ka yimaadaan gu'.

Goorma ayaa lagula talinayaa cabida biyaha dhalada?

Xaaladaha qaarkood, biyaha dhalada ah ayaa laga yaabaa inay yihiin doorashada ugu fiican, sida:

- Marka sahay nabad ah aan la heli karin, sida marka safarka xerada lagu jiro.
- Inta lagu jiro masiibada dabiiciga ah.
- Haddii nidaamka biyaha dadwaynuhu ku ogeysiyo in biyahaaga ay wasakhaysan yihiin.
- Haddii baaritaanku muujiyo in biyaha ceelkaaga gaarka ah ay wasakhoobeen oo aadan haysan daawayn aad wax uga qabato wasakhda biyahaaga aad cabbeyso.

Xaaladahan kor ku xusan, waxaa si gaar ah muhiim u ah in loo isticmaalo biyaha dhalada si loogu qaso caanaha dhallaanka ama biyo loo siiyo dhallaanka ka yar hal sano.

Biyaha dhalada ah ayaa sidoo kale noqon kara doorashada ugu fiican haddii uu qofku qabo

xaalad caafimaad oo u baahan heerar hoose oo walaxyo ah. Kala hadal dhakhtarkaaga wixii talo ah ee ku saabsan in biyaha dhalada ah in ay kugu habboon yihiin iyo in kale.

Bal ka waran falooriinka?

Falooriinka waa qayb muhiim u ah dhimista suuska iliga. Falooriinka waxay muhiim u tahay qof walba, laga bilaabo dhallaanka ilkahooda ugu horreeya helaya ilaa dadka waaweyn.¹

Ku darida falooriinka biyaha dadweynaha waa tallaabo wax ku ool ah oo caafimaadka dadweynaha si looga hortago suuska ilkaha iyo horumarinta caafimaadka afka. Minnesota dhexdeeda, biyaha nidaamka biyaha dawladda hoose waxay had iyo jeer leeyihiin falooriinka.²Taas bedelkeeda, biyaha dhalada ah waxaa laga yaabaa inaysan ku jirin falooriin, ama haddii ay ku jiraan, waxaa laga yaabaa inaysan ahayn heerkii ugu fiicnaa.

Haddii aad iibsato biyo dhalo, waxaa muhiim ah in la ogaado falooriinka, haddii ay jirto, ay ku jirto biyaha. Shirkadaha qaarkood waxay ku daraan fluoride alaabtooda, qadarka waa in lagu daraa calaamadda. Haddii falooriinka uu si dabiici ah ugu jiro biyaha, calaamaddu maaha inay ku jirto macluumaadka falooriinka. La xidhiidh shirkadda dhalada si aad u ogaato inta fluoride ku jirta alaabtooda.

Dhalooyinka balaastikyada ah ammaanma yihiin in dib loo isticmaalo?

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Si aad xogtan ugu hesho qaab kale, wac 651-201-4700. Ku daabac warqad dib loo warshadeeyay.

MDH kuma talineyso in dib loo isticmaalo dhalooyinka caagga ah ee hal mar la isticmaalo. Dhalooyinka dib loo isticmaalay waxaa laga yaabaa inay ku sumoobaan bakteeriyada iyo noolaha kale ee cudurada keena. Dib u isticmaalka dhalooyinka ayaa dadka u soo bandhigi kara noolahaas aan caafimaad qabin. Dhalooyinka madhan waa in dib loo warshadeeyaa si loo yareeyo qashinka ku jira meelaha qashin -qubka.

Intee in le'eg ayay biyaha dhalada ku nagaadaan?

FDA waxay u aragtaa biyaha dhalada ah inay haystaan nolol shelf aan xadidnayn haddii si sax ah loo soo saaro oo aan la furin. Shirkadaha biyaha dhalada leh ayaa laga yaabaa inay doortaan inay taariikhda ku daraan dhalada sababtoo ah walaac ku saabsan dhadhanka iyo urka, maaha badbaado. Biyaha dhalada ah waa in lagu kaydiyaa meel qabow oo ka fog iftiinka qorraxda tooska ah.

Sidee qiimaha biyaha dhaladu u barbardhigaan biyaha tuubada?

Biyaha dhalada ah waxay ku kici karaan kumanaan jeer in ka badan biyaha tuubada. Gobolka Minnesota, biyaha tuubada waxay ku kacayaan celcelis ahaan 0.58 senti Sida laga soo xigtay Shirkadda Suuqgeynta Cabitaanka (BMC), celceliska qiimaha jumlada halkii galoon ee biyaha dhalada ah ee aan dhaldhalaalayn waxay ahayd \$ 1.18 ee 2019³.

BIYAHA DHALADA: SU'AALAHHA IYO JAWAABAHHA

¹[Association of State & Territorial Dental Directors, White Paper: Fluoride Toothpaste \(PDF\)](http://www.astdd.org/www/docs/fluoride-toothpaste-white-paper.pdf)

(<http://www.astdd.org/www/docs/fluoride-toothpaste-white-paper.pdf>), Janaayo 2016, la helay 05/05/2021.

²[Official Journal of the American Academy of Pediatrics, Fluoride Use in Caries Prevention in the Primary Care Setting |](https://pediatrics.aappublications.org/content/146/6/e2020034637)

[American Academy of Pediatrics \(https://pediatrics.aappublications.org/content/146/6/e2020034637\)](https://pediatrics.aappublications.org/content/146/6/e2020034637), Diseembar 2020, la helay 05/05/2021

³[How Much Does Bottled Water Cost? - Bottled Water | IBWA | Bottled Water \(https://bottledwater.org/how-much-does-bottled-water-](https://bottledwater.org/how-much-does-bottled-water-cost/#:~:text=How%20Much%20Does%20Bottled%20Water%20Cost%3F%20According%20to,water%20is%20available%20at%20many%20differing%20price%20points.)

[cost/#:~:text=How%20Much%20Does%20Bottled%20Water%20Cost%3F%20According%20to,water%20is%20available%20at%20many%20differing%20price%20points.\)](https://bottledwater.org/how-much-does-bottled-water-cost/#:~:text=How%20Much%20Does%20Bottled%20Water%20Cost%3F%20According%20to,water%20is%20available%20at%20many%20differing%20price%20points.)2019, la helay 05/19/2021