

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

Nina Roofe  
 PhD, RDN, LD, FAND  
 Büreejton - 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, fructuose, juon kain jukwa, ej kōmman uric ajeet ilowaan jejjo minit jān ien eo emōj kañe.

## Burinjibon ko Rekadu ikijen Moñā

| BURINJIBOL                             | ÜN EO  |
|--|--|
| Jako Lak Baun                          | Pād ilo joñan eddo eo eman ej kadiklak kauwōtata in an laplok wōt kūrro eo. Kadiklak 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, pejtol, im ine ko. Jab moña men ko ewōr jukwa ko āinwot 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.  |
| Kuriij ko                              | Kadiklak kūriij ko jān jelele būroro, jelele bao ko elap kūriij ie im lep im miliik ko ñan an diklak joñan eddo im kadiklak ajeet im kadiklak baun bwe en jako abinono ion ne ko.  |
| Moña ko Rej Letok Kajur                | Lukkun lale jelele ko ejelok kūriij im bao, lep im miliik ko remman ñan enbwin, im lentil ñan kakajur enbwin.  |

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## 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?

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

## Rojāñ 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. Teböl 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<br>IM IDAAK MEN KO EDIK-PURINE IE   | KAJEON KATTOLAK EOK AK LALE JOÑAN KO KWOK<br>MOÑA/DAAK ÑE ELAP-PURINE IE   |
|----------------------------------|--|--|
| Jelele                           | Lak ñan 170 g/raan<br>• Jelele mouj in bao   | <ul style="list-style-type: none"> <li>• Kau</li> <li>• Piik</li> <li>• Laam</li> <li>• Obbal</li> <li>• Kürepe ko rej kōmman jān jelele</li> <li>• Aj</li> <li>• Aeou</li> <li>• Bilawe toñal</li> </ul>  |
| Moña in lojet                    | Lak ñan 170 g/raan<br>• Ek Salmon<br>• Ek Flounder<br>• Ek Sole<br>• Ek Catfish<br>• Lojabwil ko ilo kuwaat  | <ul style="list-style-type: none"> <li>• Ek Jidik</li> <li>• Ek Sadine</li> <li>• Roe (lep in ek)</li> <li>• Clupia</li> <li>• Ek Cod</li> <li>• Ek Trout</li> <li>• Ek Haddock</li> <li>• Ek rot ko eloñ jimin (libōnej, kakur, mejan wod, wōr)</li> </ul>  |
| Pejtöbol                         | <ul style="list-style-type: none"> <li>• Tōmato</li> <li>• Pōtato</li> <li>• Celery</li> <li>• Squash</li> <li>• Peppa</li> <li>• Pejtöbol ko rej eddeko ilo okar (yam, karot, beet)</li> <li>• Asparagus*</li> <li>• Spinach*</li> </ul>  | <ul style="list-style-type: none"> <li>• Peas</li> <li>• Cauliflower</li> <li>• Maajruum</li> <li>• *Katak ko emōj aer kwalok ke pejtöbol ko elap purine ie, āinwot asparagus im spinach, rejjab kalaplok kauwōtata in kürro ak an bar walok kürro. Jibañ ko an enbwin jen asparagus im spinach reutie, im pejtöbol kein remaroñ mottan moña ko remman ñan turok eo am.</li> </ul> |
| Leen Wōjke                       | <ul style="list-style-type: none"> <li>• Abol</li> <li>• Pear</li> <li>• Strawberry</li> <li>• Blueberry</li> <li>• Cherry</li> <li>• Peach</li> <li>• Olive</li> </ul>  |  |
| Dān ko                           | <ul style="list-style-type: none"> <li>• Kope</li> <li>• Tea</li> <li>• Aiboj</li> <li>• 100% juuj jān leen wōjke</li> </ul>   | <ul style="list-style-type: none"> <li>• Dān ko ewōr arkool ie</li> <li>• Dān ko rej emaramrōm im jeej ko elap jukwa ie</li> <li>• Idaak wine eo eman joñan ejjab kalaplok kauwōtata in an walok kürro.</li> <li>• Kajeoñ kōmman joñan am bōk arkool ilo ien am kürro.</li> <li>• Kōmman joñan arkool ko nimom, elaptata beer, ilo ien am kürro.</li> </ul>                        |
| Moña ko rej<br>kōmman jān miliik | <ul style="list-style-type: none"> <li>• Jij</li> <li>• Skim milk</li> </ul>   |  |
| Bar jot                          | <ul style="list-style-type: none"> <li>• Lep</li> <li>• Tofu</li> <li>• Bōta (peanut, almond)</li> <li>• Bilawe ko elap grain ie im cereal</li> <li>• Jokleej im coco</li> <li>• Būrawun raij</li> <li>• Quinoa</li> <li>• Pasta</li> <li>• Barli</li> <li>• Kwōle im inne ko</li> </ul> | <ul style="list-style-type: none"> <li>• Bean ko remōra</li> <li>• Lentil</li> <li>• Oat</li> <li>• Sauce ko rej pād ilo nien im kein kattu moña ko elap jukwa lowaan</li> <li>• Cereal im cereal bar ko elap jukwa ie</li> <li>• Bilawe ko rejjab kōmman kin likio in ine</li> </ul>  |
| Baitōmen C                       | Baitōmen C emaroñ kadiklak 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 kürro ak emaroñ jab ekkar ippān nañinmej ko jot āinwot 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 kürro.  |  |

## Jambol in Moña

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

### MOÑA IN JIBOÑ

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



### MOÑA IN RAE LAP

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



### KEIN KAKAJUR IN RAE LAP

- 1 kab cherry kāäl
- Aiboj



### MOÑA IN JOTA

- Ek Salmon ūmwim (3 ñan 4 ounce)
- Ūmwim ak jitiim green bean
- 1/2 ñan 1 kab whole-grain pasta ippāñ olive weil im lemon peppa
- Aiboj
- Ejelok-kurij yogurt
- 1 kab melon kāäl
- 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 ippāñ uno in kūrro, waween moña an rikūrro enij jibañ kadiklak metak jān kūrro, kadiklak 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 ekjoojij aolep ien.

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