

Somali

Turjumaada — English | Soomaali

Unit of measurements | Halbeega Cabirada

Abbreviation — Measurement	Soo gaabinta — Cabirka
LB — Pound	LB — Rodol
DOZ — Dozen	DOZ — Darsin
OZ — Ounces	OZ — Wiqiyado
Jar / Bag	weel ama bac
Dollars — \$\$\$\$	\$\$\$\$ — Doolar
GAL — Gallon	GAL — Galaan
HGL — Half Gallon	HGL — Nus Galaan
QT — Quart	QT — Rubuc
BTL — Bottle	BTL — Dhalo

WIC-approved food | Cuntooyinka WIC Oggolaatay

WIC Foods	Cintooyinka WIC
Cheese - All Authorized	Jiista
Tofu	Toofu
Eggs - All Authorized	Ukun
Cereal (Adult) - All Aut	Badar (Qabow ama Kulayl)
PB/Beans-Dried or Cans	Subagga lawska, Digir, Shumburo, Misir
Fish - All Authorized	Tuuno, Salamoon
Whole Grains - All Auth	Miro baalkii leh
CVB Fruits & Veggies	Khudrad iyo Khuddaar
Yogurt - Reduced Fat	Caano fadhi Ay ku tartay Duxdu ama aan lahayn
Yogurt - Whole Fat	Caano fadho Dhammaystiran
Milk Skim/1% - All Auth	Caano Subagii Laga saaray 1%
Lactose Free Milk (Skim/1%)	Aan lahayn Laktoos 0%/1%
Reduced Fat Milk (2%)	2% Caanaha Lo'da
Lactose Free Milk (2%)	2% Aan lahayn Laktoos
UHT (2%)	2% UHT شير
Evaporated Milk CONC(2%)	2% UHT Caano
Milk Whole - All Auth	Caanaha Shukulaatada
Lactose Free Whole Milk	Caanaha Lagu Daray Lactose
Goat's Milk - Whole	Caanaha Riyaha
Soy-Based Beverage	Caanaha Sooyga
Juice - 64 oz - All Auth	Cabitaanka Juuska
12 oz Frozen Concentrate	Mirro Qaboow
Infant Cereal - All Auth	Seeriyaalka Ilmaha
Infant Fruits and Veg	Miraha iyo Khudaarta ilmaha yar
Infant Meats - All Auth	Hilibka Ilmaha yaryar