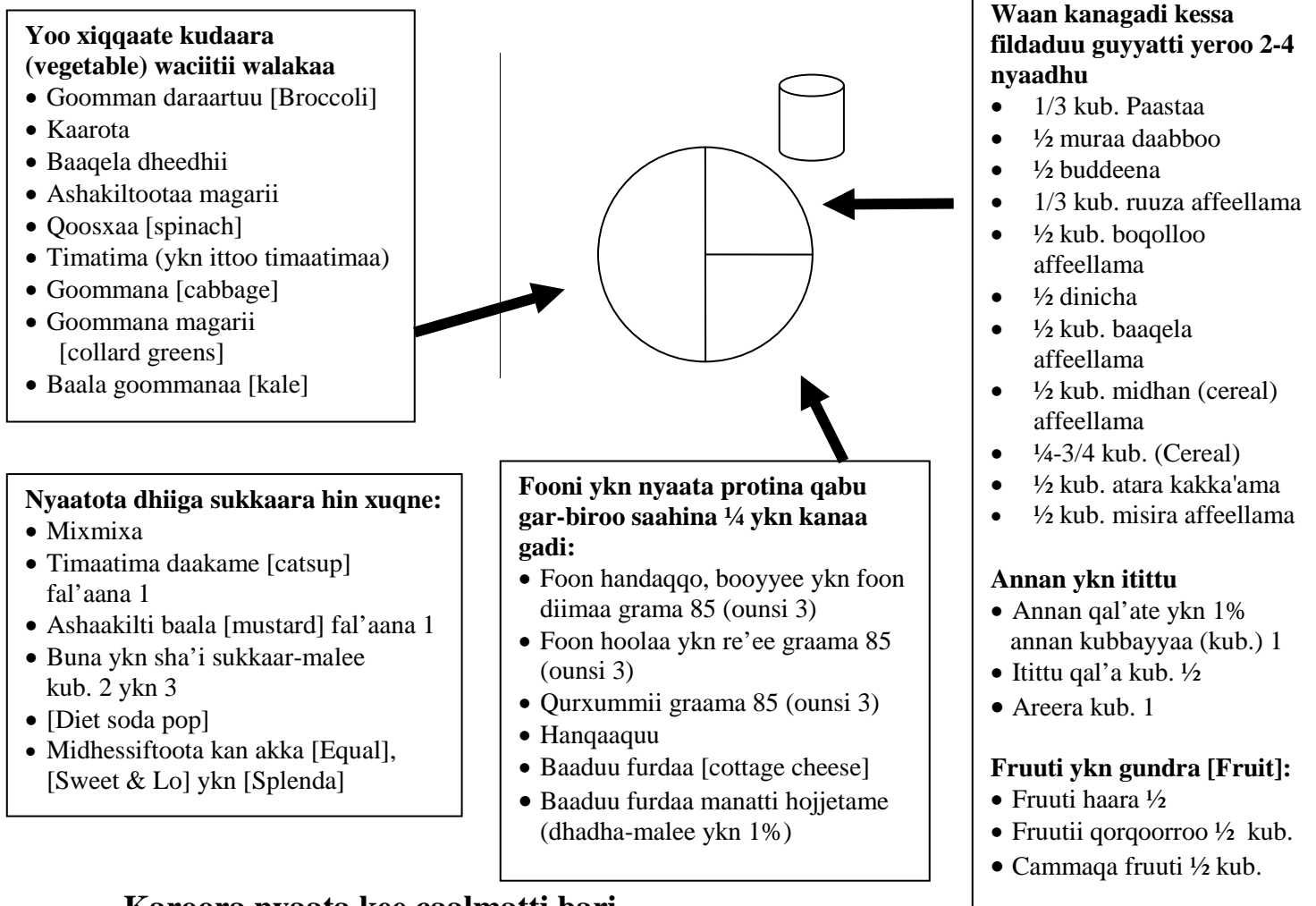


# Karoora Nyaataa Dhukkuba Sukkaaraf

## Maaddii fayyummaaf tolu

Nyaataf karoora baafachuun salpha ta'u qaba. Nyaanni kee gaaritti midhaa'u qaba. Qimamoota itti dabaluu nyaanni kee akka gaarin midhaa'u gochuu dandeessa. Soogida xiqqessi. Karoorri kanaa gadi nyaata akkamii maaddi ke iratti akka qabaachu qabdu agarsiisa. Nyaata dhachaa ykn dabala xiqqessi. Qoodannoo nyaata gar-garii bareeffanno Qoodannoo Nyaata keessatti ibsameera.

## Guyyaan ammam nyaachun qaba?



## Karoora nyaata kee caalmatti bari

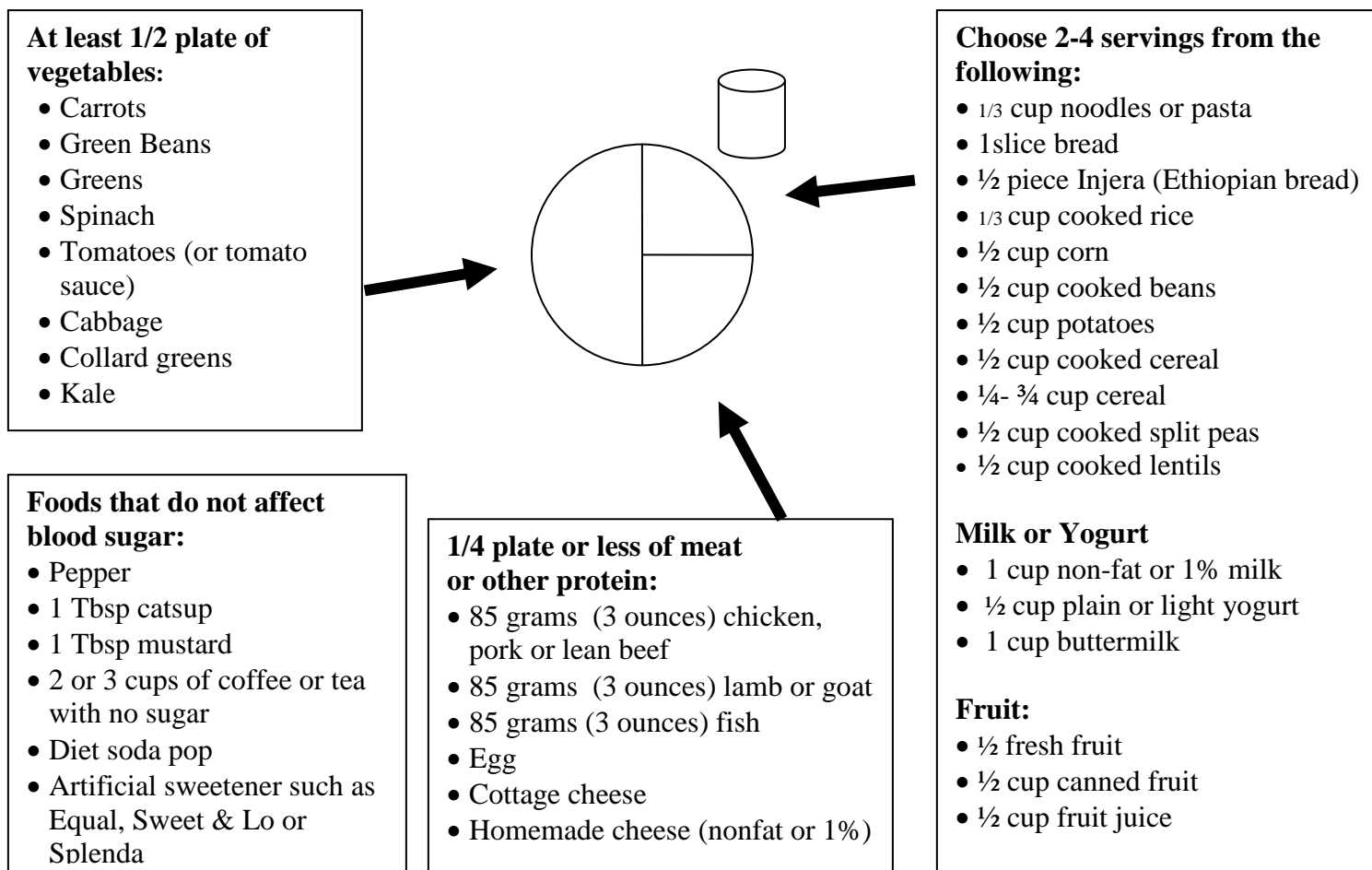
Beeka nyaataa [dietitian] kee yeroo-yeroon mariisisi. Beekan nyaata kee akka karoorri nyaata kee quubsa ta'e inmirkaneeessa. Akka bellama siif qabani hakima ykn narsii kee gaafadhu.

# Diabetes Meal Plan Basics

## A healthy plate

Planning a meal should be easy. Your foods should taste good. You can make your foods taste good by adding herbs and spices. Limit salt. Below is a plan of the types foods you should eat at your meals. Limit double portions or second helpings. Portions of each food group are described on the Portion Control Handout.

## How much food should I eat per meal?



## Learn more about your meal plan

Meet with your dietitian regularly. Your dietitian will make sure your meal plan meets your needs. Ask your doctor or nurse to help you make an appointment.