

## Aasaaska Qorshaha Cuntada Sonkorlowga

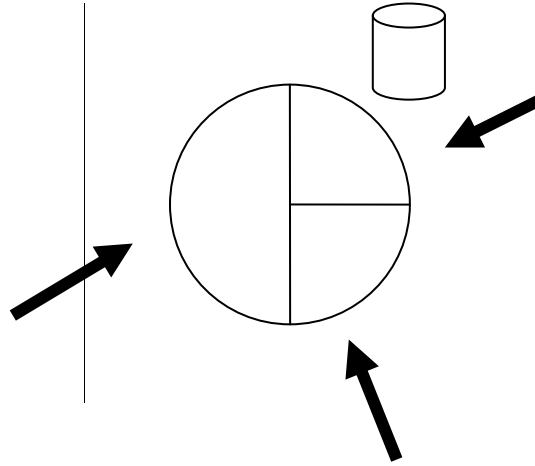
### Cunto Caafimaadqabta

Qorsheynta cuntadu waa inay noqoto wax fudud. Waa in cuntadaadu lahaato dhadhan wacan. Cuntadaada waxa aad dhadhan u yeelli karta haddii aad ku dartid geedo iyo basbaasyo. Yaree milixda ama cusbada. Halkan hoose waxa ku yaalla qorshe ah noocyada cuntada aad cuni kartid. Yaree cunista laba qof qaybtood ama qayb labaad. Qaybta laga cunayo nooc cunto kasta waxa lagu sharaxay Qoraalka Xad-u-yeellista Qayb Cunto.

### Cunto intee leeg ayaa fiican inaan cuno halkii wakhti cunto?

#### Ugu yaraan 1/2 saxan qudaar ah

- Borokooli
- Dabocase/Karooto
- Digir Cagaaran
- Cagaar
- Isbinaash
- Yaanyo/Tamaandho (ama suugo yaanyo/tamaandho)
- Kaabash
- Cagaarka 'Collard'
- Wax Kale



#### Cuntooyinka aan saameyn sonkorta dhiigga:

- Basbaas
- 1 qaado cunto oo ah kejab
- 1 qaado cunto oo ah mastadh (mustard)
- 2 ama 3 koob oo ah kafee ama shaah aan sonkor lahayn
- Cabitaanka soodha ah oon sonkor lahay (diet soda)
- Macaaneeye aan sonkor ahayn sida Equal, Sweet & Lo ama Splenda

#### Hilib ama borootiin kale:

- 85 garaam (3 wiqiyadood ama oonis) oo ah digaag, ama hilib lo' aan baruur lahayn
- 85 garaam (3 wiqiyadood) oo ah hilib adhi ama ri
- 85 garaam (3 wiqiyadood) oo ah kaluun/malaay
- Ukun ah
- Faramaajo ama jiis guriga lagu sameeyay (dufan lahayn ama dufankeedu yahay 1%)

#### Dooro 2 ilaa 4 habka cunto qaadashada soo socoda:

- 1/3 koob baasto
- 1 jeex rooti
- 1 gabal yar oo muufa ah ama canjeero oo aan lagu darin saliid ama subag
- 1/3 koob bariis la kariyay
- 1/2 koob galey
- 1/2 koob digir la kariyay
- 1/2 koob bataati
- 1/4 – 3/4 koob siiriyaal
- 1/2 koob digirta cagaaran ee dhanbalan
- 1/2 koob digirta lentiil oo la kariyay
- 1/2 koob mushaara ah ama shurbat
- 1/2 koob bataatiga macaan

#### Caano ama Caano-fadhi:

- 1 koob subag lahayn ama caano ah 1%
- 1/2 koob caano-fadhi saafi ama khafiifa
- 1 koob ciir

#### Khudaar:

- 1/2 khudaar daray ah ama cusub
- 1/2 koob ah khudaar qasac/qasacad
- 1/2 koob ah miir khudaar

### Aqoon kale u sii yeello qorshahaaga cuntada

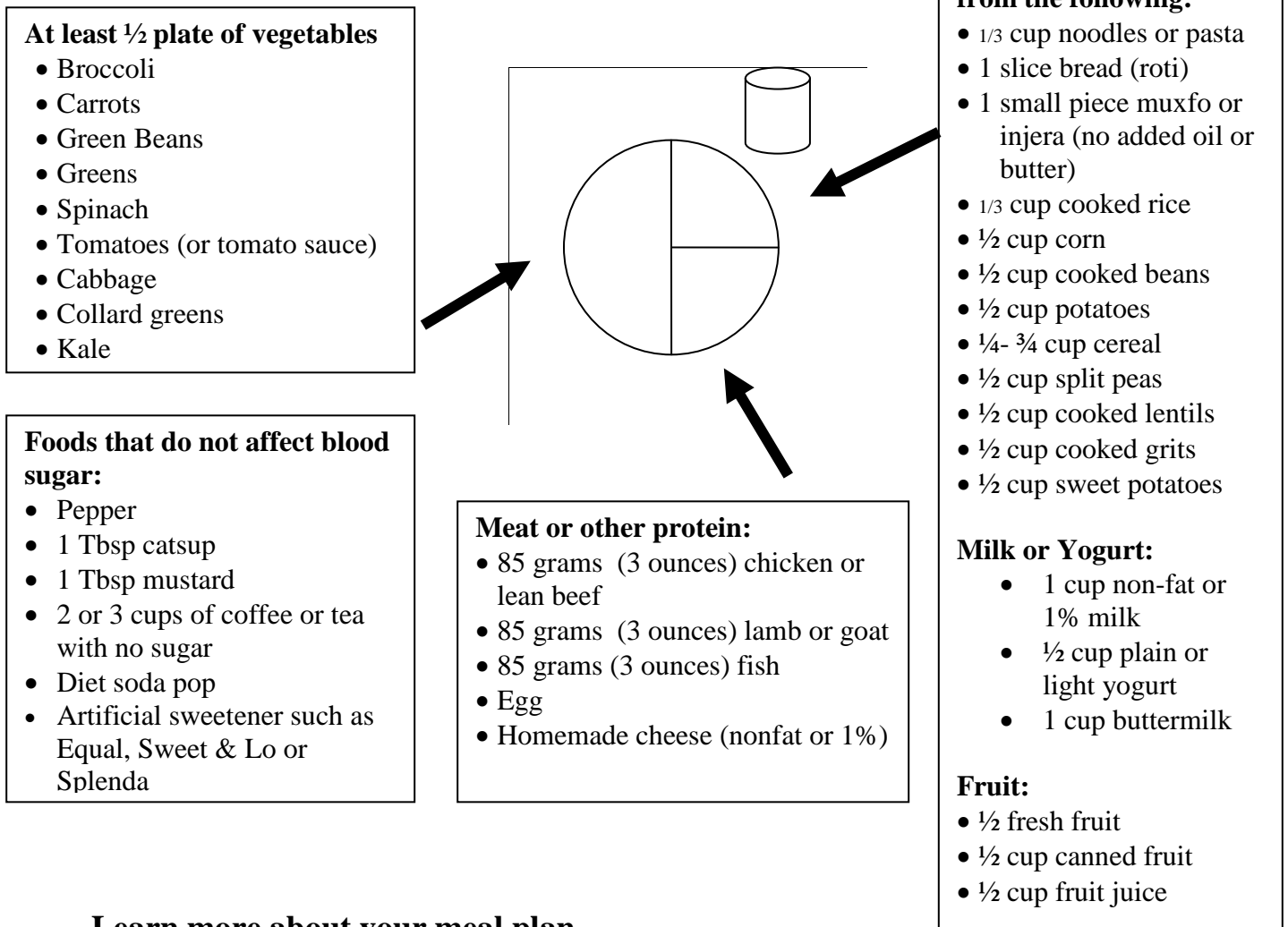
Si joogto ah ula kulan nafaqo-yaqaankaaga. Nafaqo-yaqaankaagu waxa uu hubin doonaa in qorshaha cuntadaadu yahay mid ka soo baxaya baahida jidhkaaga. Weydii dhakhtarkaaga ama kalkaalisada in lagaa caawiyo sidii aad ballan uga heli lahayd nafaqo-yaqaanka.

# 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.