

# ንሕማም ሽኩርያ ዝኸውን ናይ አመጋግባ መደብ ቀንዲ ሓሳባት

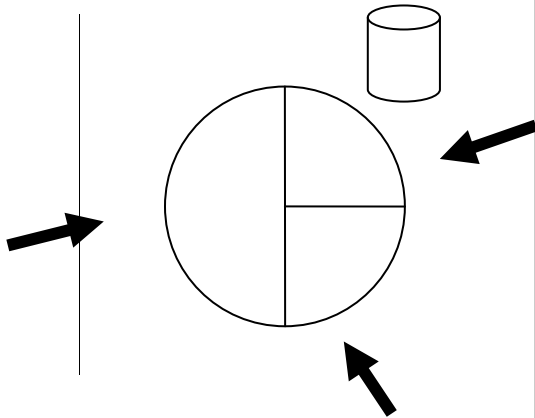
## ምስ ጥዕና ዝቃዶ መግቢ

እንታይ ከምትበልዕ መደብ ንምውጻእ ቀሊል ክኸውን ይግብእ። እትበልዩም መግብታት መቐረት ዘለዎም ክኾኑ አለዎም። አቐጽልቲን ቀመማትን ብምውሳኽ፣ ስርዓት አመጋግባኻ ጥዑም ከምዝጥዕሙ ክትገብሮም ትክእል ኢኻ። ጨው አይተብዝሕ። አብ ታሕቲ፣ አብ ቀለብካ፣ እንታይ ዓይነት መግብታት ክትበልዕ ከምዘለካ ዘርእ መደብ ደዓልዩ አሎ። ካልአይ ግዜ ካብ ምውሳኽ ወይ ከአ ተወሳኺ ካብ ምብላዕ ተቆጠብ። ናይ ነፍስወከፍ ዓይነት መግቢ መጠን አብቲ ናይ መጠን መለክዒ ጽሑፍ ተገሊጹ አሎ።

አብ ነፍስወከፍ መአዲ ክንደይ ዝኸውን መግቢ ክበልዕ አሎኒ?

**ብውሑዱ 1/2 ብያቲ ዝኸውን አሕምልቲ፤**

- ብሮክሊ
- ካሮቲ
- ፋጆሊ
- ቀጠልያ አሕምልቲ
- ስፒናች
- ኮሚደረ (ወይ ስልሲ ኮሚደረ)
- ካቡቺ
- ባምያ
- ዓይነት ሓምሊ (ኬል)



**ካብዞም አብ ታሕቲ ተጠቐሶም ዘሎዉ ዓይነታት መግቢ 2-4 ዝኾኑ ምረጹ፡**

- 1/3 ኩባያ ኑድል ወይ ፓስታ
- 1 ቁራጽ ባሕ
- 1/2 እንጆራ (Ethiopian bread)
- 1/3 ኩባያ ሩዝ
- 1/2 ኩባያ ዕፋን
- 1/2 ኩባያ ባልደንጓ
- 1/2 ኩባያ ድንሽ
- 1/4-3/4 ኩባያ ሲርያል
- 1/2 ኩባያ ዝተጠጠቐ ስረያል
- 1/2 ኩባያ ዝተጠጠቐ ዓይኒ ዓተር
- 1/2 ኩባያ ዝተጠጠቐ ብርስን

**ጸባ ወይ ርግኦ**

- 1 ኩባያ ስብሒ ዘይብሉ ወይ 1% ስብሒዘሎዎ ጸባ
- 1/2 ኩባያ ጽሩይ ወይ ፈኩስ ርግኦ
- 1 ኩባያ ብራሕ

**ፍራፍረ፤**

- 1/2 ሓድሽ ፍራፍረ
- 1/2 ኩባያ አብ ታኒካ ዝተገሸገ ፍራፍረ
- 1/2 ኩባያ ናይ ፍራፍረ ጽሚቕ

**ንዓቀን ሽኩር ዘይትንክፉዎ ዓይነት መግብታት፤**

- ጉዕ በርበረ
- 1 ማንካ ከትቻፕፕ
- 1 ማንካ ሰናፍጭ (ማስታርድ)
- 2 ወይ 3 ኩባያታት ሽኩር ዘይብሉ ቡን ወይ ሻሂ
- ዳዩት ሶዳ
- ከም Equal፣ Sweet & Lo ወይ Splenda ዝአመሰሉ አርቲፊሻል መመቀሪታት

**1/4 ቢያቲ ወይ ካብኡ ንታሕቲ ዝኸውን ስጋ ወይ ካልእ ፕሮቲን፤**

- 85 ግራም (3 አውንስ) ደርሆ፣ ሓሰማ ወይ ስጋ ብዕራይ
- 85 ግራም (3 አውንስ) ካፕራቶ ወይ ጤል
- 85 ግራም (3 አውንስ) ዓሳ
- እንቆቅሖ
- ኮተጅ ፎርማጅ
- አብ 74 ዝተሰርሖ ፎርማጅ (ስብሒ ዘይብሉ ወይ 1%)

**ብዛዕባ መደብ አመጋግባኻ ብዘበለጸ ከምትምሃር ግበር።**  
 ምስ ዳዩቲሻንካ አብ አእዋኑ ተራኸብ። እቲ ዳዩቲሻንካ(ንይ ስነ አመጋግባ ክኢላ)፣ እቲ ዘሎካ ናይ አመጋግባ መደብ ንጠለባትካ ከምዘማልእ ከረጋግጽ እዩ። ቆጸራ አብ ምሓዝ ምእንቲ ክሕግዮኻ ንሓኪምካ ወይ ነታ ነርሽኻ ሕተቶም።

# 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.

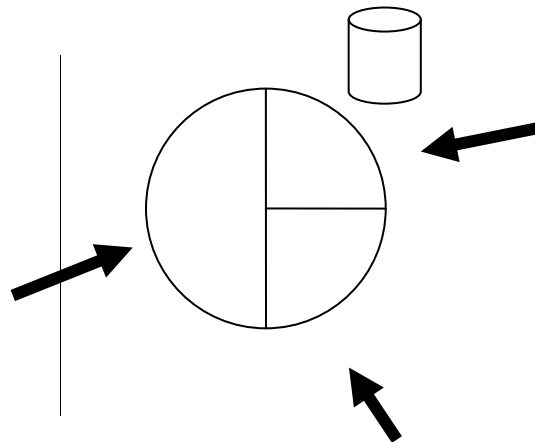
## How much food should I eat per meal?

### At least ½ plate of vegetables:

- Broccoli
- Carrots
- Green Beans
- Greens
- Spinach
- Tomatoes (or tomato sauce)
- Cabbage
- Collard greens
- Kale

### Foods that do not affect blood sugar:

- Pepper
- 1 Tbsp catsup
- 1 Tbsp mustard
- 2 or 3 cups of coffee or tea with no sugar
- Diet soda pop
- Artificial sweetener such as Equal, Sweet & Lo or Splenda



### 1/4 plate or less of meat or other protein:

- 85 grams (3 ounces) chicken, pork or lean beef
- 85 grams (3 ounces) lamb or goat
- 85 grams (3 ounces) fish
- Egg
- Cottage cheese
- Homemade cheese (nonfat or 1%)

### Choose 2-4 servings from the following:

- 1/3 cup noodles or pasta
- 1 slices bread
- ½ piece Injera (Ethiopian bread)
- 1/3 cup cooked rice
- ½ cup corn
- ½ cup cooked beans
- ½ cup potatoes
- ½ cup cooked cereal
- ¼- ¾ cup cereal
- ½ cup cooked split peas
- ½ cup cooked lentils

### Milk or Yogurt

- 1 cup non-fat or 1% milk
- ½ cup plain or light yogurt
- 1 cup buttermilk

### Fruit

- ½ fresh fruit
- ½ cup canned fruit
- ½ cup fruit juice

## 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.



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