

Dhukkuba Sukkaara [Diabetes] of-eeguf hagam akka nyaatuu dandeetu baruu qabda

Haga nyaatuu dandeesu beekun, of-egumsa dhukkuba sukkaaraf jecha kan godhamuu qaban keessa tokko dha. Ammaata nyaata kee tilmaamuf gorsa kanaa gadi jiran itti fayyadami.

- ◆ Foon graama 85 (ounsi 3) jechuun amma barruu harka kee, otuu quboota yookan abgudduu hin dabalatini dha.



- ◆ Appli yookan burtukanni guddina iddu-galeessa ta'e ammaata qabanna barru kee itti tilmamama. Walakkeen muuzii [banana] amma kanaa, walakke-nyaataa fruuti tokko ta'a.



- ◆ Baadu furdaan [cheese] yookan ocholoniin [nuts] graama 28 (ounsi 1) harka guutu tokko ta'a.



- ◆ Nyaatni buddeena irbaata tokko irraatti dhihaatu, walakkaa buddena tokkoo yookan maramtoo buddeena tokko fi walakkaa ta'a.



- ◆ Affeelamaan paasta, ruuzi yookan boloqqee [lentils] kubbayyan tokko ammaata cilfaa xiqqoon tokko qabatu ta'a.



- ◆ Mataan abguddu ammaata nyaata soogdaa guyyaa tokkoof hayyamamu ta'a.



- ◆ Dadhaa hamma fixee quba abbuudu ykn zaiti fal'aana xiqaa tokko.



Portions to Eat to Control Your Diabetes

The amount of food that you choose is an important part of your diabetes control. Use these tips to estimate your food portions.

- ◆ 85 grams (3 ounces) of meat is about the size of the palm of your hand without fingers or thumb.



- ◆ A medium apple or orange is about the size of a fist. One half a banana of this same size equals one fruit serving.



- ◆ 28 grams (1 ounce) of cheese or nuts equals one handful.



- ◆ A starch serving of injera per meal is about half of a full slice or 1 ½ rolled pieces



- ◆ A cup of cooked pasta, rice or lentils is about the size of a small ladle.



- ◆ The tip of the thumb is the amount of salt that is recommended for the entire day.



- ◆ The tip of the thumb is the serving size for butter or oil, which is equal to 1 teaspoonful.

