

ናይ ሕማም ሽኩርካ ንምቁጽጻር ዘክእለካ ናይ መግቢ መጠናት

ነቲ ትበልፆ ናይ መግቢ መጠን ምምራጽ፣ ሓደ ከብቶም ኣገደስቲ ክፍልታት ናይ ምቁጽጻር ሕማም ሽኩር እዩ። ነዘን ሓበሬታት ተጠቂምካ ነቲ ዘድልዩካ መጠን ናይ መግቢ ገምት።

- ◆ 85 ግራም(3 ኣውንስ) ስጋ፣ ዳርጋ ክንዲ ከብዲ ኢድካ፣ ብዘይ ኣጸብዕትኻ ማለት እዩ።



- ◆ ማእከላይ ኣፕል ወይም ኣራንሺ ዳርጋ ክንዲ ዕሚኽ ኢድካ እዩ። ተመሳሳሊ መጠን ዘለዎ ሓደ ፍርቂ ባናና ከም ናይ ሓንሳእ እዋን መኣዲ ፍራፍረ ክቁጸር ይክኣል።



- ◆ 28 ግራም(1 ኣውንስ) ቺዝ ወይ ፋል ክንዲ ሓደ ዕሚኽ እዩ።



- ◆ ኣብ ሓደ መኣዲ ኣብ ዝቕረብ እንጀራ ዘድሊ ስታርች ዳርጋ ክንዲ ፍርቂ ወይ 1 1/2 ፕቕሉል እንጀራታት እዩ።



- ◆ ሓደ ኩባያ ዝበሰለ ፓስታ፣ ሩዝ ወይ ብርስን ዳርጋ ሓደ ንእሽቶ ጭላፍ እዩ።



- ◆ ኣብ መዓልቲ ዘድልዩካ ዓቕን ጨው ክንዲ እታ ጫፍ ላዕለወይቲ ክፍሊ ናይ ዓይ ዓባይቶ ጽብዒትካ እዩ።



- ◆ 1 መግቢኹም ዝኣቲ ዘይቲ ወይ ጠስሚ መጠኑ ክንዲ እታ ላዕለዋይ ክፋል ናይ ኣጸብዕኩም ዓባዕባይቶ ወይ ሓንቲ ንእሽቶ ማንካ ናይ ሻሂ ኢዩ።



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.

