

Harborview ናይ ሕመማትን ስድራቤትን መምሃሪ ቦታ

ንሕማም ሽኩርያ ዝኸውን ናይ አመጋግባ መደብ ቀንዲ ሓሳባት

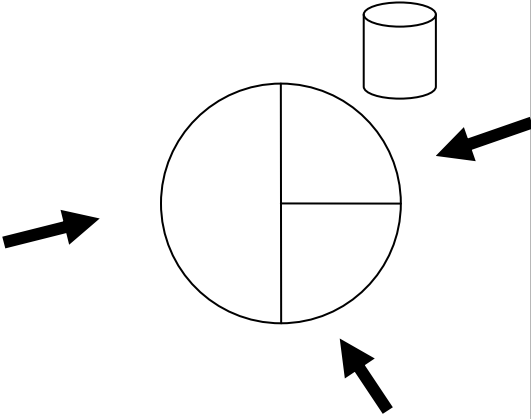
ምስ ጥዕና ዝቃዶ መግቢ

እንታይ ከምትበልዕ መደብ ንምውጻእ ቀሊል ክኸውን ይግብእ። እትበልዎም መግብታት መቐረት ዘለዎም ክኸኑ አለዎም። አቐጽልቲን ቀመማትን ብምውሻኽ፣ ስርዓት አመጋግባኻ ጥዑም ከምዝጥዕሙ ክትገብሮም ትክእል ኢኻ። ጨው አይተብዝሕ። አብ ታሕቲ፣ አብ ቀለብካ፣ እንታይ ዓይነት መግብታት ክትበልዕ ከምዘለካ ዘርኢ መደብ ደዓልዩ አሎ። ካልአይ ግዜ ካብ ምውሻኽ ወይ ከአ ተወሻሽ 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)

- ንዓቀን ሽኩር ዘይትንክፉዎ ዓይነት መግብታት፤**
- ጉዕ በርበረ
 - 1 ማንካ ከትቻፕ
 - 1 ማንካ ሰናፍጭ (ማስታርድ)
 - 2 ወይ 3 ኩባያታት ሽኩር ዘይብሉ ቡን ወይ ሻሂ
 - ዳዩት ሶዳ
 - ከም Equal፣ Sweet & Lo ወይ Splenda ዝአመሰሉ አርቲፊሻል መመቀሪታት



- ካብዞም አብ ታሕቲ ተጠቐሶም ዘሎዉ ዓይነታት መግቢ 2-4 ዝኸኑ ምረጹ።**
- 1/3 ኩባያ ኑድል ወይ ፓስታ
 - 1 ቁራጽ ባን
 - 1/2 እንጆራ (Ethiopian bread)
 - 1/3 ኩባያ ሩዝ
 - 1/2 ኩባያ ዕፋን
 - 1/2 ኩባያ ባልደንን
 - 1/2 ኩባያ ድንሽ
 - 1/4-3/4 ኩባያ ሲርያል
 - 1/2 ኩባያ ዝተጠጠቐ ሲርያል
 - 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 ፊኩስ ርግኦ
 - 1 ኩባያ ብራሕ
- ፍራፍረ፤**
- 1/2 ሓድሽ ፍራፍረ
 - 1/2 ኩባያ አብ ታኒካ ዝተዓሸገ ፍራፍረ
 - 1/2 ኩባያ ናይ ፍራፍረ ጽሟቕ

- 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) ዓላ
 - 2 እንቆቅሖ (አብ ስሙን ካብ 4 እንቆቅሖ አይትሕለፍ)
 - ኮተጅ ፎርማጅ
 - አብ 7ዛ ዝተሰርሖ ፎርማጅ (ስብሒ ዘይብሉ ወይ 1%)

ብዛዕባ መደብ አመጋግባኻ ብዘበለጸ ከምትምሃር ግበር።
 ምስ ዳዩቲሻንካ አብ አእዋኑ ተራኸብ። እቲ ዳዩቲሻንካ(ንይ ስነ አመጋግባ ክኢላ)፣ እቲ ዘለካ ናይ አመጋግባ መደብ ንጠለባትካ ከምዘማልእ ከረጋግጽ እዩ። ቆጸራ አብ ምሓዝ ምእንቲ ክሕግዩኻ ንሓኪምካ ወይ ነታ ነርሸኻ 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.

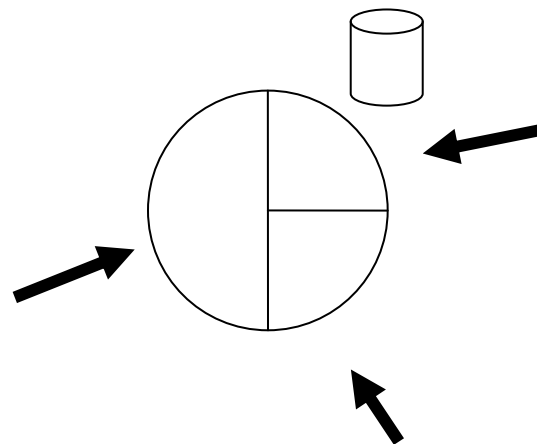
How much food should I eat per meal?

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
- 2 eggs (Limit to 4 eggs a week)
- Cottage cheese
- Homemade cheese (nonfat or 1%)

Choose 2-4 servings from the following:

- 1/3 cup noodles or pasta
- 1 slice 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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Diabetes Meal Plan Basics
Tigrinya English
AACs Patient Education

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