

# 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.



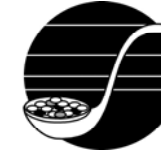
- ◆ Baadu furdaan [cheese] yookan ocholoniin [nuts] graama 28 (ounsi 1) harka guutu tokko ta'a.



- ◆ 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.

