

Karoora Nyaataa Dhukkuba Sukkaaraf

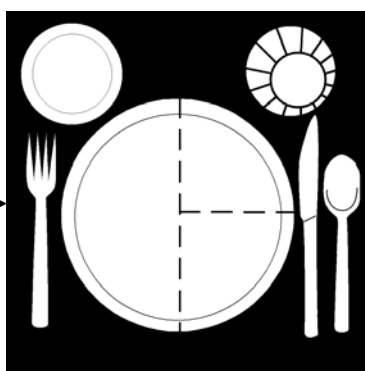
Maaddii fayyummaaf tolu

Nyaataf karoora baafachuun salpha ta'u qaba. Nyaanni kee gaaritti midhaa'u qaba. Qimamoota itti dabaluun nyaanni kee akka gaarin midhaa'u gochuu dandeessa. Soogida xiqqessi. Karoorri kanaa gadi nyaata akkamii maaddi ke iratti akka qabaachu qabdu agarsiisa. Nyaata dhachaa ykn dabala xiqqessi. Qoodannon nyaata gar-garii bareeffanno Qoodannoo Nyaata keessatti ibsameera.

Guyyaan ammam nyaachun qaba?

Yoo xiqqaate kudaara (vegetable) waciitii walakaa

- Goomman daraartuu [Broccoli]
- Kaarota
- Baaqela dheedhii
- Ashakiltootaa magarii
- Qoosxaa [spinach]
- Timatima (ykn ittoo timaatimaa)
- Goommana [cabbage]
- Goommana magarii [collard greens]
- Baala goommanaa [kale]



Nyaatota dhiiga sukkaara hin xuqne:

- Mixmixa
- Timaatima daakame [catsup] fal'aana 1
- Ashaakilti baala [mustard] fal'aana 1
- Buna ykn sha'i sukkaar-malee kub. 2 ykn 3
- [Diet soda pop]
- Midhessiftoota kan akka [Equal], [Sweet & Lo] ykn [Splenda]

Fooni ykn nyaata protina qabu gar-biroo saahina ¼ ykn kanaa gadi:

- Foon handaqqo, booyee ykn foon diimaa grama 85 (ounsi 3)
- Foon hoolaa ykn re'ee graama 85 (ounsi 3)
- Qurxummii graama 85 (ounsi 3)
- Hanqaaquu 2 (torbetti hanqaaquu 3 hin caalin)
- Baaduu furdaa [cottage cheese]
- Baaduu furdaa manatti hojjetame (dhadha-malee ykn 1%)

Waan kanagadi kessa fildaduu guyyatti yeroo 2-4 nyaadhu

- 1/3 kub. Paastaa
- ½ muraa daabboo
- ½ buddeena
- 1/3 kub. ruuza affeellama
- ½ kub. boqolloo affeellama
- ½ dinicha
- ½ kub. baaqela affeellama
- ½ kub. midhan (cereal) affeellama
- ¼-¾ kub. (Cereal)
- ½ kub. atara kakka'ama
- ½ kub. misira affeellama

Annan ykn itittu

- Annan qal'ate ykn 1% annan kubbayyaa (kub.) 1
- Itittu qal'a kub. 1
- Areera kub. 1

Fruuti ykn gundra [Fruit]:

- Fruuti haara 1
- Fruutii qorqoorroo ½ kub.
- Cammaqa fruuti ½ kub.

Karoora nyaata kee caalmatti bari

Beeka nyaataa [dietitian] kee yeroo-yeroon mariisisi. Beekan nyaata kee akka karoorri nyaata kee quubsa ta'e inmirkaneeessa. Akka bellama siif qabani hakima ykn narsii kee gaafadhu.

Diabetes Meal Plan Basics

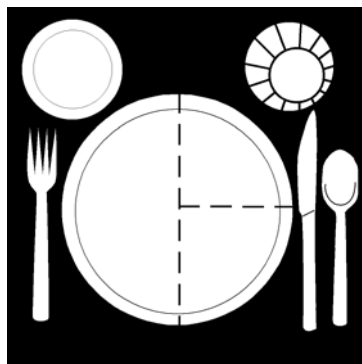
A healthy plate

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 1/2 plate of vegetables:

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



Choose 2-4 servings from the following:

- 1/3 cup noodles or pasta
- 1 slice bread
- 1/2 piece Injera (Ethiopian bread)
- 1/3 cup cooked rice
- 1/2 cup corn
- 1/2 cup cooked beans
- 1/2 cup potatoes
- 1/2 cup cooked cereal
- 1/4- 3/4 cup cereal
- 1/2 cup cooked split peas
- 1/2 cup cooked lentils

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%)

Milk or Yogurt

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

Fruit:

- 1 fresh fruit
- 1/2 cup canned fruit
- 1/2 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.