Sida Cuntooyinku u Saameeyaan
Sonkorta Dhiiga
How Foods Affect Blood Sugar
Proteins, fats, and some vegetables will not raise blood sugar.  

**Janmaayo 2020**
Khudaarta bidixda xigtaa kor u qaadi maayaan sonkorta dhiiga. Khudaarta midigta xigtaa sidoo kale waa istaarjis waxayna kor u qaadaan sonkorta dhiigaaga. Wax yar ka cun.

The vegetables on the left will not raise blood sugar. The vegetables on the right are also starches and they will raise your blood sugar. Eat smaller amounts of them.
Simple tea and coffee do not raise blood sugar. Spices added to coffee do not raise blood sugar.

These are sugar substitutes. They can be used in place of sugar. They do not raise blood sugar.

Kuwani waa beddelayasha uma gaaddaan. Gu dano kateegeh sonkor dheega korr
Kee biyo shaqun. Wuxuu loo ishtay saxda ka sonkor dheega dhileegaysha.
Ku-talogal Jimici
Dhakhtarkaaga la tasho ka hor intaanad bilaabin barnaamij jimici ah.
Socodka, dabaasha, baasgeel wadista, qoob-ka-ciyaarka ama ciyaaruhu waa siyaabo wanaagsan oo lagu jimicsado.
Dooro firfircoonii ama hawlgal ad ka heshid.
Dooro goorta ad jimici samayn doontid kuna qor taariikh-qorahaaga.
Badbaadi cagahaaga. Gasho sharabaad cudbi ah una hubso in kabuhi si fiican ku leeg yiihii.

Plan for Exercise:
Check with your doctor before you start an exercise program.
Choose activities you enjoy and think of ways to add more movement to your life.
Take a bottle of water with you.
Decide when you will exercise and write it on your calendar.
Protect your feet. Wear cotton socks and make sure your shoes are a good fit.
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**Nootember 2019**

Spices do not raise blood sugar.

You can make a dressing with lemon or lime, vinegar, and oil. This will not raise your blood sugar.

Waxaad ka samayn kartaa waxyaalaha dusha lagaga daro saladhka liin dhanaan, khal ama saxiiminta. Tani sare u qaadi mayso sonkorta dhiigaga. Cam saamida, waxaad ku u qaadayso saladhkaa inaana dhiigga dがか waxyaalaha dusha lagaga dara. Waxaad ka samayn kartaa xawaashyaddu kor uma.

**Xawaashyaddu dhiigga.**

**Gaad aan sonkorta dhiigga.**

Dheeraadka/Dheeraadka/Extras
Qofka sonkorowga leh, cunista bariis yar ayaa hoos u dhigi kara sonkorta dhiiga. Bariisiska cad ama ka bunniga ah kii aad doontaba, in yar ka cun.

Cunista laxoox yar iyo khudaar badan, suugo, ama maraq ayaa caawiyaa sonkorta dhiiga.

For someone with diabetes, eating less rice can lower blood sugar. Whether choosing white or brown rice, eat small amounts.

Eating less anjera and more vegetables, sauce, or stew will help control blood sugar.
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Oktober 2019

These protein foods do not usually raise blood sugar. If potatoes are added to the stew, they will raise blood sugar.

Khudaartani kor uma qaadaan sonkorta dhiiga.

These vegetables do not raise blood sugar.
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When breaking the fast, take only 2 or 3 dates and use Splenda or another sugar substitute in your coffee or tea.

Haddii aad wax cunto dhawr jeer habeenkii, hubiso inaad kale fagaayo wax cunista 2 ilaa 3 saac cadood habeenkii oo dhan.

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If you eat several meals during the night, be sure to space meals out by 2 to 3 hours throughout the night. When breaking the fast, if you are going to eat again, use only ¼ of your plate for foods that increase blood sugar. Fill the remainder of the plate with vegetables and protein.

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Hal qayb oo bariis karsani qiyaastii waa hal koob. Hal qayb oo oo baasto karsani qiyaastii waa hal koob. Hal koob wuxuu qiyaastii la mid yahay feedhkaaga oo duuban.

Kuwani waa qaybaha midhaha ah ee caafimaadka leh. Cunista hal qayb oo midho ah laba jeer maal-intii way fiican tahay cuwaaf ahaan (inta u dhaxaysa xilliyada raashin cunista).

One portion of cooked rice is about one cup.
One portion of cooked pasta is about one cup.
One cup is about the size of your fist.

These are healthy portions of fruit. Eating 1 portion of fruit two times a day is fine as a snack (in between meals).
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### August 2019

To decrease thirst, it will be helpful to cut down on fried foods and salt. Like all other times of the year, be sure to include protein with your meals during Ramadan. This will help keep blood sugar under control. It may also help you feel fuller longer.

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Protein</td>
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Si aad hoos wey dhiirta harraadka, waxaa ku caawin kara inaad dhinato cunista.

Sanadka.

Cuntooyinka shillinayo cusbada.

Si aad hoos wey dhiirta harraadka, waxaa ku caawin kara inaad dhinato cunista.

Sanadka.

Waxaad kuu caawin kara waxna uu dhiirso inaad dhinato cunista.

Oo ay ka baahan tahay: 
- Si aad hoos wey dhiirta harraadka, waxaa ku caawin kara inaad dhinato cunista.
- Waxaad kuu caawin kara waxna uu dhiirso inaad dhinato cunista.
- Si aad hoos wey dhiirta harraadka, waxaa ku caawin kara inaad dhinato cunista.
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#### Jimicsiga iyo Sonkorta

**Exercise and diabetes**

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**Jimicsigu wuxu kaa caawin karaa:**
- In sonkorta ku jirta dhigaaga aanay dhaafin heerka la rabo
- In misaankaagu ahaado mid caafimaadka u fiican
- Inad lahaatid tamar fiican
- Inay kaa yaraado giigsanaantu

**Exercise can help you:**
- Keep your blood glucose in your target range.
- Maintain a healthy weight.
- Have more energy.
- Lower your stress.

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**Juu / Juunyo 2019**

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*Photo permission from The Alley Newspaper. Photo credit: Jenn Ackerman.*
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Tallaabada 1

**Step 1**

Tallaabada 2

**Step 2**

Tallaabada 3

**Step 3**

Hal qaad oo loo caawiyaa xakamaynta qaybta waa in lagu gurto saladh ama khudaar saxanka ugu horrayn, ka dib lagu darto bariis, ama baastana ugu dambeysta. One way to help with portion control is to add salad or vegetables to the plate first, then add the protein, then add the starchy vegetables, rice, or pasta last.

Xilliyyadada cuunto cunista

Meals