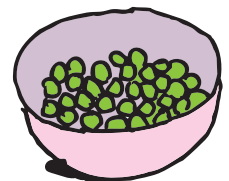
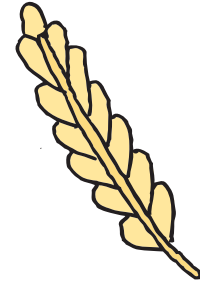
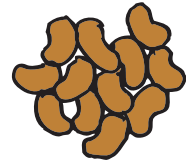
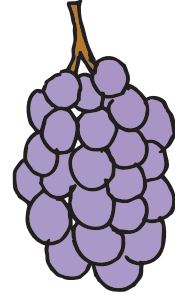


Cunooyinka Dhirta

Cunista cunooyinka dhirta ku salaysan, ama khudradda, waxay yareyn kartaa khatarta qofka uu ku qaadayo sonkorowga waxayna kor u qaadaa xakamaynta sonkorta dhiigga ee dadka qaba sonkorowga. Qof khudradeed waa qof cuno inta badan ama keliya cuntada laga helo dhirta.

Afarta qaybood ee ugu badan ee dadka khudrad cunayaasha cunaan waa masagada, digiraha (digir, digir cagaaran, nooc mira digir ahaan ah), miraha, iyo khudaarta.

Waxaa jira noocyo kala duwan oo ah dadka khudradda cuna. Vegans (khudrad cunayaal) waa khudrad cunayaasha adag ee aan cunin cunooyinka laga helo xoolaha. Khudrad cunayaasha kale ayaa laga yaabaa inay cunaan hilib yar ama aysan cunin, balse cunaan kalluunka, ukunta, iyo/ama waxyaabaha caanaha laga sameeyo, sida caanaha iyo burcadka.



Dadka cuna khudrada waxay u badantahay in aysan aad u cayilin sida dadka hilibka cuna ama uu ku dhicin nooca 2aad ee sonkorowga. Badankood ayaa sidookale badanaa leh:



Sonkorta dhiigga hooseysa iyo heerarka A1C



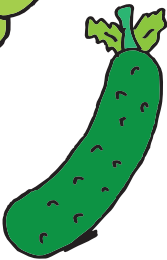
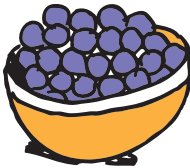
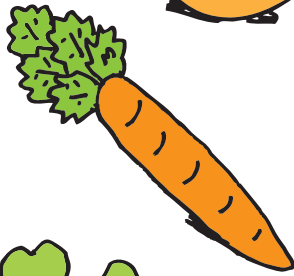
Heerarka hoose ee kolesteroolka



Heerarka cadaadiska dhiigga ee hoose, iyo



Heerarka dhimashada kadhalata cudurka wadnaha oo hooseysa



Qorshe cunto oo ku salaysan cunista cuntooyinka dhirta ayaa laga yaabaa inay beddesho inta daawada sonkorowga ee aad u baahan tahay inaad qaadato (oo ay ku jirto insulin-ta), fiitamiinada aad qaadato, xaddiga cuntoyinka xuubka leh aad cunayso, iyo arrimaha kale ee daryeelka sonkorowga.

Had iyo jeer la hadal dhakhtarkaaga ka hor intaadan ku sameynin wax isbeddel ah qorshahaaga cuntada sonkorowga. Waxaa laga yaabaa in lagu faro inaad la hadasho cunto yaqaane (takhasus laha cuntada) si uu kaaga caawiyo inaad sameyso qorshaha cunta cunista khudrada oo kugu habboon.