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Preface

This presentation is intended to be used by clinicians during discussions with patients about carbohydrates and blood glucose. It is culturally tailored to reflect foods commonly consumed by Ethiopian and Eritrean Americans.

Background:
Harborview Medical Center (HMC) physician Dr. Carey Jackson identified a need for a culturally-tailored visual reference tool to use during conversations about diet with diabetic patients. Author Mei Yook Woo created this tool to fulfill practicum requirements for the University of Washington’s School of Public Health, Nutritional Sciences. The project was coordinated by Ethnomed.org’s student author program, Contribution Pathways.

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Mohammed Abdul-Kadir: Shorba [pg 122]
Mrs. Keo Chanbo: www.chanbokeo.com
Nyaatawwanii fi dhugaatiiwwan kaarboohayidireetii, pirootiinii fi faatii (cooma,dhadhaa,zayta) qabu irraa hojjetamu.

Kaarboohayidireetiiwwan anniisaa qaamaaf kennuuf gargaaru. Yeroo nyaatamanitti shukkaara dhiigaa ol kaasu. Dhukkuuba shukkaaraa yoo qabaatte qaamnikee ol ka’iinsa shukkaara dhiigaa kana karaa sirrii fi fayyalessa ta’een to’achuu hin danda’u.

Foods and drinks are made up of carbohydrates, proteins, and fats.

Carbohydrates are used by the body for energy. When you eat them, they raise blood sugar. If you have diabetes, your body cannot control this rise in blood sugar in a normal, healthy way.
If you have diabetes, it is important to keep your blood sugar as normal as possible. You can do this by making healthier food choices. You can still eat carbohydrates, but you should eat less of them.
If you control your blood sugar well, this can help reduce the need for medications and help prevent blindness, kidney problems, amputations, and other complications from diabetes. A healthy lifestyle may also help reduce risk factors of other problems like hypertension, stroke, and heart attack.
Insulin is one type of medication that may be necessary for management of your blood sugar. Insulin is a hormone that your body makes naturally. With diabetes, you may need additional insulin because your body is not making the right amount.
Sadarkaan shukkaara dhiiga kee nyaata madaalamaa nyaachuu, sochii qaamaa gochuu fi itti fayyadama qorichaa sirreessuun fooyya’uu ni danda’a. Sadarakaan shukkaara dhiigaa kee yoo sirrate dhukkuba shukkaarrra irraa fayyite jechuu miti. Shukkaara dhiiga kee too’achuuf ammalleee nyaata madaalamaa nyaachuuu, sochii qaamaa gochuu fi itti fayyadama qorichaa sirreessuun barbaachisaatt dha.

Your blood sugar levels may improve with a healthy diet, exercise, and correct use of medications. If your blood sugar levels improve, this does not mean that your diabetes is cured. You still need to follow diet, exercise, and medication recommendations to control your blood sugar.

Most foods and drinks have carbohydrates and raise blood sugar. However, some foods and drinks raise blood sugar more than others do. People with diabetes need to pay special attention to carbohydrates.
When you first learned that you had diabetes, your health care provider probably asked you about what you eat between the time you wake up and the time you go to bed. Sometimes people think that the provider is asking only about the main meals eaten in the morning, afternoon, and evening. But your provider is asking about all food and drinks that you eat or drink – even if you did not have a hot meal or a meal that you shared with others.
Fakkeenyaaf, yeroo gara manaa adeemtutti kaaffee yookoan mana hiriyootaa, karaa kee irra jiru irraa isnaakii nyachuu fi dhugaatii dhuguuf itti goruu ni nimalta. Dhukkuba shukkaaraa waan qabduuf waa’ee nyaatawwanii fi dhuaagaatiiwwan guyyaa fi galgala fudhattu hundaa madaalun barbaachisaa dha. Sababiin kanaas nyaatawwanii fi dhugaatiiwwan hedduun shukkaara dhiigaa waan ol kaasaniif.

For example, maybe you stopped by a café or friend’s house on the way home from work to have a snack or drink. Because you have diabetes, it is especially important to think about all the food and drink you have during the day and evening. This is because many foods and drinks raise blood sugar.
To improve your diabetes, it may not be necessary to change which foods you eat. Eating more of some foods and less of others may be helpful.
If you came to the United States from Ethiopia or Eritrea, your lifestyle has probably changed a lot. The American lifestyle is less active, so your body may not need as much energy from food as it did in Ethiopia or Eritrea. In addition, our bodies need less energy from food as we age.
Many people with diabetes want to eat the same foods that their families are eating. Changing the portions of these foods can help with your diabetes. If you eat or drink more than one item that will raise blood sugar at a meal, you should have a smaller amount of each of those items.
Introduction

Barumsi kun shukkaara dhiigaa kee to’achuun gosaa fi hamma nyaataa fayyadamuu qabdu sitti agarsiisa.

This presentation can show you the types and amount of food to eat to help control your blood sugar.
Carbohydrates: Introduction
Carbohydrates raise blood sugar. Many foods and drinks contain carbohydrates, like:

• Starches
• Fruit
• Dairy Products
• Sweets
Kaarboohayidireetiiwwan: Istaarchiiwwan

Carbohydrates: Starches
Istaarchiiwwan hamma shukkaara dhiigaa ol kaasu. Fakkeenyi istaarchiiwwanii buddeena, midhaan nyaataaf oolu, baaqelaa, daabboo, nyaata qamadii, paastaa, marqaa fi sanyii kuduraalee tokkotokko.

Starches raise blood sugar. Examples of starches include injera, grains, beans, bread, baguettes, pasta, porridge, and some vegetables.
Foods that are made of whole grains are healthier for you than grains that are processed. When grains are processed, most of the fiber, vitamins and minerals are removed. Whole grains slow digestion and keep you full longer.
Xaafii fi garbuun fakkeenya midhaan “whole grains” jedhamuuti. Paastaa, ruuzii fi daabboowwan “whole grain” irraa hojjetaman bituu ni dandeessa. Midhaanotni nyaataa kunneen qabiyyee nyaataa hedduu of keessaa qabu, garuu ammaallee shukkaara dhiigaa ol kaasu.

Teff and barley are both examples of whole grains. You can buy pasta, brown rice, and breads that are made with whole grains. These whole grain products are more nutritious, but they will still increase blood sugar.
Fakkeenyi istaarchiiwwan “whole grain” of keessatti qabatan:
• Buddeena 100% xaafii irraa hojjetame
• Daabboo 100% daakuu qamadii (Whole wheat ta’e) irraa hojjetame
• Paastaa 100% “whole grain” hojjetame

Examples of whole grain starches include:
• Injera made from 100% teff
• Bread made from 100% whole wheat flour
• Pasta made from 100% whole grain
In the Ethiopian and Eritrean culture, injera is an important staple in the diet. This may make it hard to control diabetes because injera raises blood sugar.
Xaafiin “whole grain” itti ramadama. Buddeena 100% xaafii irraa hojjetame filachuun fayya qabeessa dha sababiin isaas nyaata madaalamaa baay’ee waan qabuuf, garuu ammaalleee shukkaara dhiigaa ol kaasu.

Teff is a whole grain. Choosing injera made with 100% teff is healthier because it has more nutrients, but it will still increase blood sugar.
For someone with diabetes, changing how much injera you eat can lead to lower blood sugar. Whether choosing 100% teff injera or injera made with self-rising flour, keep portions small during mealtime.
Fakkiwwan armaan gaditti tartiibaan mul’atan hamma buddeena nyaata yeroo tokkoo irratti fayyadamuu qabnu agarsiisu. Qoodamiinsi kun gaarii kan ta’u nyaata dhiyeeffanne keessaatti kaarboohayidireetii kan qabu buddeena qofa yoo ta’ee dha.

The pictures on the following slide show the appropriate portion of injera for one meal. Note that the portions are appropriate only if injera is the only carbohydrate in the meal.
Buddeena ½ nyaachuun gaariidha.
½ injera is the correct portion

Fakkiin gara bitaa kun cinaa buddeena tokkooti; gara mirgaatti argamuu kun buddeena ½ agarsiisa. Nyaata yeroo tokkootiif buddeenni ½ gaarii dha. Hammi kun buddeena 100% xaafii ta’ee yookaan ‘Self-rising’ irraa hojjetamee dha. Qoodamiinsi kun gaarii kan ta’u nyaata dhiyeeffanne keessaatti kaarboohayidireetii kan qabu buddeena qofa yoo ta’ee dha.

This picture shows ½ injera on the left next to a whole injera on the right. ½ injera is an appropriate portion for one meal. This amount should be the same for 100% teff or self-rising flour injera. These portions are appropriate only if injera is the only carbohydrate in the meal.

These foods contain injera and raise blood sugar. When you make fitfit or firfir for yourself, only use ½ injera. The appropriate portion of fitfit or firfir is 1 cup, which is about the size of your fist.
Kaarboohayidirectiiwwan: Istaarchiiwwan
Carbohydrates: Starches


Like injera, bread raises blood sugar. Whole wheat bread is healthier than white bread, however all types of bread raise blood sugar. If you’re eating sliced bread, 2 pieces is the correct portion size for one meal.
Kaarboohayidireetiwwan: Istaarchiiwwan
Carbohydrates: Starches

Baguette (daabboo) muraan tokko hamma barruu harkaati.
1 piece of baguette the size of your hand.

Hammi qixxaam ammoo hammaarrii 2 gahaa dha.
2 palm size pieces of kita.

Kunis hamma sirrii ‘Baguette’ fi qixxaam ti.
These are the correct portions for baguette and kita.
Daabboo gogaa maarmaalataadhaan
Toast with jam

Daabboon daakuu irraa waan hojjetamuuf, shukkaara dhiigaa ol kaasa. Shukkaara yookaan maarmaalaataa itti dabaluun shukkaara dhiigaa baay’ee ol kaasa.

Because bread is made from flour, it raises blood sugar. Adding sugar or jam will raise blood sugar even more.
Paastaan kubbaayyaa xiqqaa 1 sirrii dha. 
1 cup of pasta is the right amount.

Paastaan kubbaayyaa xiqqaa 2 yeroo tokko nyaachu baay’ee gudda dha. 
2 cups of pasta is too large a portion.

Paastaa yookaan nyaata akkasii nyaata tokko irratti kubbaayyan 1 gaarii dha. Nyaanni paastaa yookaan kan akkasii kubbaayyan tokko hammaarrii harka keetii tokko jechuu dha. **Kubbaayyaa xiqqaa 1 kan barbaachisu paastaan yookaan nyaanni akkasii qofti kaarboohayidireetiwwan nyaaticha dhiyaate keessa jiran yoo ta’ee dha.** Bakka tokkotti buddeena yookaan nyaatawwan biroo kaarboohayidireetiwwan qaban kan nyaattu yoo ta’e paastaa hamma kana faayyadamuu hin qabdu.

Limit noodles or pasta to 1 cup per meal. One cup of cooked noodles or pasta is about the size of your fist. **Note that 1 cup is the correct amount if cooked noodles or pasta are the only carbohydrate in the meal.** Keep in mind, if you are having injera or other carbohydrates at the same time, you cannot have this much pasta.
Ruuzii Magaala
Brown Rice

Ruuzii Adii
White Rice


Like bread, rice raises blood sugar. Brown rice is healthier than white rice. However, all types of rice raise blood sugar.
One cup of cooked rice is the correct portion size for one meal. The amount should be the same for white and brown rice. One cup of rice is about the size of your fist. **Note that 1 cup is the correct amount only if cooked rice is the only carbohydrate in the meal.** Keep in mind, if you are having lentils, injera, or other foods that have carbohydrates at the same time, you cannot have this much rice.
Oatmeal kubbaayyaa xiqqaa 1
1 cup of oatmeal


Oatmeal raises blood sugar. One cup of cooked oatmeal is the right portion for one meal. One cup of cooked oatmeal is about the size of your fist. Adding sugar, fruit, or jam to oatmeal will raise blood sugar even more. Making porridge from barley, wheat or pancake mixes will also raise your blood sugar.
“Cereals” (siriyaal) kaarboohayidireetii dha. Siriyaal shukkarawoo kan hin taane kan akka koornifileeksii fi cheeriyooos shukkaara dhiigaa ol kaasu. Akka siriyaalota shukkaarawoo ta’anii shukkaara dhiigaa ol hin kaasan.

Cereals are carbohydrates, too. Non-sugary cereals, such as cornflakes and Cheerios will raise blood sugar. They do not raise blood sugar as much as sugary cereals.
Midhaan nyaataa kan akka Froostid kfileeksii, Reezin Biraanii fi Cheeriyoons hammii shukkaara dhiigaa baay’ee ol kaasu. Namootni dhukkula shukkaara qaban siriyaalota shukkaarawoo ta’an dhiisuu qabu.

Sugary cereals, such as Frosted Flakes, Raisin Bran, and Honey Nut Cheerios raise blood sugar a lot. People with diabetes should avoid sugary cereals.
Kunneen kuduraalee dha, garuu istaarchiiwwan qabu. Isaan kun kaarboohayidireetiwwanii fi hamma shukkaara dhiigaa kan ol kaasanii dha. Hamma xiqqoo isaanii nyaadhu. Isaan kunneen qofti kaarboohayidireetii nyaaticha keessaa jiran yoo ta’an kuduraaleen istaarchii qaban kan kubbaayyaa tokko yookaan hammaarrii harkaa tokko ta’an hamma sirrii dha.

These are vegetables, but they are also starches. They are carbohydrates and raise blood sugar. Eat small amounts of them. One cup of these cooked starchy vegetables, or a fist sized portion, is the correct portion if they are the only carbohydrate in a meal.
Misirri, shumburaan, fi atara keelloon istaarchiiwwani, pirootiinii muraasa ni qabu. Istaarchiiwwan waan ta’aniif hamma shukkaara dhiigaa ol kaasu. Akkuma buddeenaa fi daabboo kaarboohayidireetiwwani dha.

Lentils, garbanzo beans, and yellow split peas are starches, but they also have some protein. Because they are starches, they will raise blood sugar. They are carbohydrates, similar to injera and bread.
Nyaata 1 irraatti missira bilchaataa fi baaqelaa bilchaataa xiqqeessi. **Kubbaayyaa xiqqaa 1 sirrii kanta’u yoo misirri bilchaataan qofti kaarboohayidireetii nyaaticha keessa jiru ta’ee dha.** Budeena yookaan paastaa bakka tokkootti kan nyaattu yoo ta’ee baaqelaa yookaan misira baay’e nyaachuu hin qabdu.

Limit cooked lentils and cooked beans to 1 cup per meal. **Note that 1 cup is the correct amount only if lentils are the only carbohydrate in the meal.** Remember if you are also having injera or pasta at the same time, you cannot have as many beans or lentils.
Misira yookaan baaqelaa buddeena waliin nyachuu yoo barbaadde misira kubbaayyaa 1/2 yookaan baaqelaa kubbaayyaa ½ buddeena ½ waliin yookaan misira yookaan baaqelaa kubbaayyaa 1 buddeena ¼ waliin nyachuu ni dandeessa. Fakkiwwan armaan olli filannoowwan lamaan agarsiisu.

If you’re eating lentils or beans with injera, you can choose to either eat a ½ cup of lentils or beans with ½ injera or 1 cup of lentils or beans with ¼ injera. The pictures above show these two choices.
Kaarboohayidireetiwan: Muduraalee

Carbohydrates: Fruits
Kaarboohayidireetiwwan: Muduraalee
Carbohydrates: Fruits

Muuza ½
½ a banana

Burtukaana xiqqoo 1
1 small orange

Wayinii
kubbaayyaa ½
(wayinii wwan 15)
½ cup of grapes
(15 grapes)


All fruits raise blood sugar. Fruit is healthy, but it should be eaten in small portions. Eating 1 to 2 portions of fruit per day as a snack (in between meals) is fine. These are the correct portions of fruit to eat.
Kaarboohayidireetiwwan: Muduraalee
Carbohydrates: Fruits

Kookii xiqqoo 1
1 small peach

Injoorii kubbaayyaa ½
(injooriiwwan 5)
½ cup of strawberries
(5 strawberries)

Maangoo kubbaayyaa ½
½ cup of cubed mango

Dubbaa kubbaayyaa 1
1 cup of watermelon

Kunneen hamma muduraa nyaatamuu qaban jedhamanii dha.
Here are the recommended portions of fruit to eat.
Kaarboohayidireetiwan: Muduraalee
Carbohydrates: Fruits

Muduraan haguugamee yookaan saamsamee gurguramu hamma shukkaara dhiigaa baay’ee ol kaasa.
Canned fruit will raise blood sugar a lot


Canned fruit has more sugar because it is stored in syrup. This raises blood sugar. Avoid canned fruit and eat fresh or frozen fruit, if possible.
There is more sugar in dried fruit than there is in fresh fruit. It is healthier to eat fresh fruit, instead.
Kaarboohayidireetiiwwan:
Aanananiif Sanyii Aannanii

Carbohydrates:
Dairy
Aannan 2% kubbaayyaa 1
1 cup of 2% milk

Areera kubbaayyaa 1
1 cup of buttermilk

Aannan shukkaara dhiigaa ol kaasa. Aannan faatii (dhadhaa) gadi aanaa qabu fayya qabeessa, garuu innis shukkaara dhiigaa ol kaasa. Faatii baay’ee yookaan xiqqooos kan qabu yoo ta’e, aannan hamma xiqqoo ta’e dhugi.

Milk raises blood sugar. Low fat milk is healthier, but will raise your blood sugar, too. Drink milk in small portions, whether full fat or low fat.
**Kaarboohayidireetiwwan: Aanananiif Sanyii Aannanii**

**Carbohydrates: Dairy**

Itittuu shukkaarawaa (fooleffame)  

½ cup of flavored yogurt

½ cup of plain yogurt


Yogurt can be a great snack. Flavored yogurts are higher in sugar and will raise your blood sugar more than plain yogurt. The correct portion of flavored and plain yogurts is pictured above.
Kaarboohayidireetiwan:
Mi’ooftuwan
Carbohydrates:
Sweets
Mi’ooftuuwwan shukkaaraa fi daakuu hedduu qabu.

Hamma shukkaara dhiigaa ol kaasu. Namootni dhukkuba shukaararaa qaban mi’ooftuu dhiisuu, yookaan yeroo addaa keessatti hamma xiqqoo soorachuu qabu.

Sweets have a lot of sugar and flour. They raise blood sugar.

People with diabetes should try to avoid sweets, or eat small amounts of them on special occasions.
Nyaatawwan mi’ooftuu ta’an kun shukkaara dhiigaa baay’ee ol kaasu.

These sweet foods will raise blood sugar a lot.
Dhugaatiiwwan
Drinks
Dhugaattiwwan muraasni shukkaara baay’ee ol’aanaa qabu. Shukkaara qaama keessa hatattamaan waan ol kaasaniif namoota dhukkuba shukkaaraa qabaniitti dhibee guddaa fidu.

Some drinks have very high amounts of sugar. They will raise blood sugar quickly and are unhealthy for people with diabetes.
Bishaan fayyaadhaf barbaachisaa dha. Bishaan shukkaara dhiiga ol hin kaasu.

Water is important for health. Water does not raise blood sugar.
Bunni yookaan shaayiin aannan yookaan shukkaara hin qabne hamma shukkaara dhiigaa ol hin kaasan.

Plain coffee or tea without milk and sugar do not raise blood sugar.
Adding sugar (white or brown) or honey to coffee or tea raises blood sugar. If tea or coffee is made in large amounts, prepare a plain cup without sugar or honey for yourself.
Isaan kun shukkaara kan bakka bu’anii dha. Dhugaatiiwwan yookaan nyaatawwan biroo mi’eessuuf fayyaduu ni danda’u. Hamma shukkaara dhiigaa ol hin kaasan.

These are sugar substitutes. They can be used to sweeten drinks or other foods. They do not raise blood sugar.
Cuunfaan Muduraa fi bu’aawwan muduraa 100% ta’an shukkaara baay’ee qabu. Issaan kana dhiisuun barbathisaa dha. Qooda kanaa, muduraa xiqqoo kan hinturree (haarawa) ta’ee soorachuu yaali.

100% fruit juices and smoothies contain a lot of sugar. It is best to avoid them. Instead, try eating a small amount of fresh fruit.

Soda is almost all sugar and raises blood sugar quickly. Try to avoid soda. Diet beverages are OK.
Alkooliin gosi garaagaraa kan akka daadhii, farsoo, biiraa, araqee fi wayinii karaa garaagaraatiin hamma shukkaara dhiigaa irratti dhiibbaa qabu. Dhimma kana hakiima kee waliin mari’adhu. Alkoolii garaa duwwaatti hindhugin.

Different kinds of alcohol, such as tej, tella, beer, liquor, and wine, affect your blood sugar in different ways. Please discuss this with your provider. Do not drink alcohol on an empty stomach.
Kanneen biroo
Extras
Daakuu shukkaara waliin nyaata bilcheesuun shukkaara dhiigaa ol kaasa. Cooking with flour or sugar will raise blood sugar.


People often add sugar, honey, flour, or spices to foods. These are used when marinating or breading meat. Adding sugar, honey, or flour raises blood sugar. Adding spices does not raise blood sugar.
You can buy sugar-free jam. It will raise your blood sugar less than regular jam.
Nyaatatti biqilaa xixiqqoo fi qimamii dabaluun shukkaaraa dhiiga keetii ol hin kaasu. qimamii Itiyoophiyaa fi Eertiraa keessa yeroo baay’ee itti fayyadaman faayidaawwan fayyaa niqabu.

Adding herbs and spices to food will not raise your blood sugar. Many of the spices commonly used in Ethiopian and Eritrean cooking have health benefits.

Salt does not raise blood sugar. However, salt can raise blood pressure. Eating less salt is good for everyone. Spices are a good replacement for salt.
Wantootni saamsaman, kana akka baaqelaa saamsamee soogiddummaa ol’aanaa qabu. Wantoota saamsaman keessaa kanneen soogidda gadi aanaa qaban ilaali. Baaqelaa saamsame soorachuun dura hurgufuufi lolla’uun barbaachisaa dha, kubbaayyaa 1 sirrii kan ta’u baaqelaan qofti kaarboohayidireetii nyaaticha keessa jiru yoo ta’ee qofa akka ta’ee hubadhaa. Akkasumas buddeenaa fi paastaa bakka tokkotti yeroo soorattan baaqeelaa baay’ee soorachuu akka hin qabnes yaadadhaa.

Canned items, including canned fava beans, are also high in salt. Look for low-salt canned items. You can also drain and rinse regular canned beans prior to eating. **Note that 1 cup is the correct amount only if beans are the only carbohydrate in the meal.** Remember if you are also having injera or pasta at the same time, you cannot have as many beans.
Nyaatawwan
Shukkaara
Dhiigaa ol hin kaasne
Foods That Do Not Raise Blood Sugar
Foods That Do Not Raise Blood Sugar

Proteins, fats, and non-starchy vegetables will not raise blood sugar. Examples include cooked lamb, canola oil, and collard greens.
Pirootiiniwwan
Proteins
Proteins are foods that build muscle and help the body heal. When you eat a meal, include protein foods. Protein helps slow digestion of food. When digestion slows down, it helps slow the release of sugar into the blood. This will help keep blood sugar under control. Eating protein with your meal can also help you feel full longer.

Plain protein foods do not raise blood sugar. However, marinades, sauces and breading will raise blood sugar if they are made with sugar, honey, corn starch or flour.
Pirootiiiniwwan
Proteins

Qurxummii waaddame
Grilled Fish

Lukkuu Bilcheeffame
Baked Chicken

Kitifoo/Kochee
Kitfo

Nyaatawwan pirootiinii kun shukkaara dhiigaa ol hin kaasan.

These plain protein foods do not raise blood sugar.
Nyaatawwan pirootiinii kunneen shukkaara dhiigaa ol hin kaasan.

These plain protein foods do not raise blood sugar.
Faatiwwan
Fats
Foon Lukkuu gogaa hin qabne
Skinless Chicken

Qurxummii
Fish

Faatii/coomni shukkaara dhiigaa ol hin kaasu, garuu yoo baay’ate fayyaa nama dhorka. Faatii/cooma baay’ee nyaachuun furdina kan dabaluu ta’ee faatiiwwan tokko tokkko dhibee onneellee fiduu ni danda’u.


Fat does not raise blood sugar, but too much fat is unhealthy. Adding too much fat can lead to weight gain and some fats cause heart disease.

To limit fat, buy leaner cuts of meat or trim the fat. Remove the skin from chicken before eating. If you are making a stew (wot), try skimming the grease off the top.
Nyaata akka ittoo kan ho’a guddaadhaan bilcheeffamu yeroo hojjetti faatiwwan ho’a guddaarraa kandandamatan akka zayita kaanoolaa yookaan dhadhaa fayyadami. Yeroo zayita fayya qabeessa fayyadamtu illee hamma isaa xiqqeessuun barbaachisaa dha, walakkaa zayita yookaan dhadhaa duraan itti fayyadamtuu fayyadami.

When preparing foods at high heat, like wots, make sure to use high heat fats like canola oil or butter. Even when using healthy oils it’s important to limit the amount used when cooking; use half the amount of oil or butter you normally use.
Kuduraalee istaarchii hin qabne

Non-Starchy Vegetables
Kuduraalee istaarchii hin qabne
Non-Starchy Vegetables

Qaaraawwan
Bell peppers

Kaarotiwwan
Carrots

Birookoolii
Broccoli

Nyaatawwan kuduraalee istaarchii hin qabne shukkaara dhiigaa ol hin kaasan.

Vegetables that are non-starchy do not raise blood sugar.
Nyaatawwan kuduraalee istaarchii hin qabne kunneen shukkaara dhiigaa ol hin kaasan.

These non-starchy vegetables do not raise blood sugar.
Kuduraalee istaarchii hin qabne
Non-Starchy Vegetables

Qullubbii Adii
White Onion

Qulluubbii Diimaa
Red Onion

Qullubbii Magariisa
Green Onion

Nyaatawwan kuduraalee istaarchii hin qabne kunneen shukkaara dhiigaa ol hin kaasan.

These non-starchy vegetables do not raise blood sugar.
Kuduraalee istaarchii hin qabne
Non-Starchy Vegetables

Kuukuumbarii
Cucumber

Koolaardi griins
(collard greens)
Collard Greens

Ispiinaachii
Spinach

Nyaatawwan kuduraalee istaarchii hin qabne kunneen shukkaara dhiigaa ol hin kaasan.

These non-starchy vegetables do not raise blood sugar.
Nyaatawwan kuduraalee istaarchii hin qabne kunneen shukkaara dhiigaa ol hin kaasan.

These non-starchy vegetables do not raise blood sugar.
Kuduraalee istaarchii hin qabne
Non-Starchy Vegetables

Raafuu Mammaramaa
Cabbage

Maastaardi Griins
(baala sanaaficaa)
Mustard Greens

Atara
Pea Vines

Nyaatawwan kuduraalee istaarchii hin qabne kunneen shukkaara dhiigaa ol hin kaasan.

These non-starchy vegetables do not raise blood sugar.
Nyaatawwan kuduraalee istaarchii hin qabne kunneen shukkaara dhiigaa ol hin kaasan.

These non-starchy vegetables do not raise blood sugar.
Salaaxaan kun shukkaara dhiigaa ol hin kaasu. Salaaxaan kun golgaa of irraa hin qabu.

This salad will not raise blood sugar. This salad does not have dressing on it yet.
Salad dressings will raise your blood sugar if they are made with sugar, honey, or corn syrup. Most bottled salad dressings contain sugar. You can make your own dressing with lemon, vinegar, and oil. This will not raise your blood sugar.
Kuduraalee istaarchii hin qabne
Non-Starchy Vegetables

Kuduraalee istaarchii hin qabne
Non-Starchy Vegetables

Kuduraale Istaarchii qaban
Starchy Vegetables


Remember that some vegetables are starches. The starchy vegetables on the right will raise blood sugar. Eat smaller amounts of them. The vegetables on the left are not starchy. They will not raise blood sugar.
Nyaataawan
Meals
Yeroo tokkotti hamma nyaattu too’achuun fayyaadhaf barbaachisaa dha. Hamma nyaataaa to’achuun keessattuuu namoota dhukkuba shukkaaraa qabaniif barbaachisaa dha. Sahaanii tokkoo irratti namoota baay’ee waliin yoo sooratan, hammam akka nyaatan tilmaamuun nama dhiba. Gahee nyaata keetii sahaanii qofaatti qooddachuun soorachuun Shukkaara Dhiigaa to’achuuf gargaara.

Portion control is important for good health. Portion control is especially important for people with diabetes. When eating together from one large plate, it can be more difficult to estimate portions. Placing your portions on a separate plate can help manage blood sugar.
Sahaaniin kun gosawwan nyaata garaagaraa keessaa isaan fayya qabeessa ta’an agarsiisa. Walakkaa (½) sahaanii keetii kuduraalee istaarchii hin qabne godhi. Nuusa (¼) sahaanii keetii sanyii midhaanii, baaqeelawwan, yookaan kuduraalee istaarchii qaban godhi. Nuusa (¼) sahaanii keetii isa biroo pirootiinii godhi.

This plate shows healthy portions of different types of foods. Make half (½) of your plate non-starchy vegetables. Make one quarter (¼) of your plate a grain food, beans, or starchy vegetables. Make the other quarter (¼) of your plate protein.
Namootni tokko tokko nyaata yeroo tokko nyaatamuu irratti buddeena, misiraa fi moosee soorachuu barbaadu. Isaan sadanuu yeroo tokko soorachuu yoo barbaaddan hammi tokoon tokkoon nyoataawwan istaarchii qabanii xiqqaa ta’uu qabu. Sababiin isas buddeena, misiraa fi mooseen shukkaara dhiiga keetii waan ol kaasaniif.

Some people may want to have injera, lentils, and potatoes in the same meal at the same time. If you choose to eat all three, the portion of each starchy item should be smaller. This is because injera, lentils, and potatoes all raise blood sugar.
It can be difficult to measure portions of food when eating from a shared platter. One way to help with portion control when eating from a communal platter is to separate the correct portion of injera, wot, salad, and vegetables on to a different plate.
Nuusa (¼) sahaanii keetii pirootiinii godhi.
Make ¼ of your plate protein

Walakkaa (½) sahaanii keetii kuduraalee istaarchii hin qabne guuti.
Fill ½ your plate with non-starchy vegetables

Kun tarkaanfii ittiin gahee hamma ofii nyaatan qoodatanii dha.
Here are the steps to create a separate portion.
Hammi piroottiinii fayya qabeessaa kan foon sa’aa , foon hoolaa, lukkuu, yookaan qurxummi kan ngaata tokkoo barruu harkaa tokko yookaan kubbaayyaa xiqqaa 1 kan hamma hammaarrii harkaa tokko gahuu dha.

A healthy portion of protein – beef, lamb, chicken, or fish – for one meal is about the size of your palm or 1 cup, which is about the size of your fist.
Nyaatawwan shukkaara dhiigaa ol kaasan yoo sooratte, xiqqessii sooradhu. Suuraawwan armaan gadii nyaatawwan shukkaara dhiigaa caalaatti ol kaasanii fi isaan shukkaara dhiigaa xiqquma ol kaasan agarsiisa.

If you are eating foods that raise blood sugar, eat them in smaller amounts. The following photographs show examples of meals that raise blood sugar more and meals that raise blood sugar less.
Nama dhukkuba shukkaaraa qabuuf nyaatawwan kamtuu gaarii dha?

Which meal is better for someone with diabetes?
The meal on the right is better. Having ½ injera is better than having a full amount. Splenda is used instead of sugar in the coffee. There are more non-starchy vegetables.
Nama dhukkuba shukkaaraa qabuuf nyaatawwan kamtuu gaarii dha?

Which meal is better for someone with diabetes?
The meal on the right is better. Having a smaller bowl of porridge is better than the larger portion. Splenda is used instead of sugar in the tea. The hard-boiled egg adds protein to the meal.
Nama dhukkuba shukkaaraa qabuuf nyaatawwan kamtuu gaarii dha?

Which meal is better for someone with diabetes?
Nyaatawwan mirga irra jiran isaan bitaa irra jiran irra gaarii dha. Kaarboohiyidirectii muraasa qofa qaba sababiin isaa cittuun daabboo tokkoo; shaayiinimmo ‘splendadhaan’ mi’eeffame waan ta’eef. Daabboon fayya qabeessa dha sababiin isaa midhaan daakuu qamadii (whole wheat ta’ee) irraa waan hojjetameef.

The meal on the right is better than the one on the left. It has fewer carbohydrates because there is one piece of bread and the tea is sweetened with Splenda instead of sugar. The bread is healthier because it is made of whole wheat flour.
Nama dhukkuba shukkaaraa qabuuf nyaatawwan kamtuu gaarii dha?

Which meal is better for someone with diabetes?
Nyaatawwan bitaa irra jiran isaan mirga irra jiran irra gaarii dha sababiin isaa kuduraa baay’ee waan qabanii fi ruuzaa xiqqoo waan qabaniffi dha. Pirootiiniin (lukkuu) ¼ sahaaniin kata’u kunis hamma fayya qabeessa dha. Nyaanni kun ruuzaa magaala qabu kan ruuzaa adiiirra fayya qabeessa ta’e qaba.

The meal on the left is better than the one on the right because it has more vegetables, and less rice. The protein (chicken) fills ¼ of the plate, which is a healthy portion. This meal has brown rice, which is healthier than white rice.
Nama dhukkuba shukkaaraa qabuuf nyaatawwan kamtuu gaarii dha?

Which meal is better for someone with diabetes?
The meal on the left is better than the one on the right because it has less pasta and includes a salad. The protein (meat sauce) fills $\frac{1}{4}$ of the plate, which is a healthy portion.
Nama dhukkuba shukkaaraa qabuuf nyaatawwan kamtuu gaarii dha?

Which meal is better for someone with diabetes?
Fakkiin mirga irra jiru isa bitaa irra jiru irra gaarii dha Marmaalataan kun shukkaara irraa bilisaa fi daabboo xiqqoo qaba. Nyaanni kun buna mi’eeessuuf shukkaara irra “Splenda” fayyadama.

The picture on the right is better than the one on the left. The jam/marmalade is sugar-free and there is less bread. This meal uses Splenda instead of sugar to sweeten coffee.

Namootni shukkuuraa qaban guyyaa keessatti xiqqoo xiqqoon yeroo afur nyaachuun yookaan soorachuun gaarii dha. Kunis shukkaara dhiigaa to’achuu fi beela’uu hir’isuuf gargaara.

Sometimes you may not be able to have three meals a day: for example, in the morning, afternoon, and evening. If you have diabetes, you should not go for long periods of time without eating. Waiting a long time between meals could lead to low blood sugar or even high blood sugar.

It is better for people with diabetes to have a small meal or snack every 4 hours during the day. This will help control blood sugar and reduce hunger.

Kolo is a snack made of roasted barely, which will raise blood sugar. The correct portion of kolo is ½ cup, which is about 1 handful. Popcorn is a snack made of corn, which will raise blood sugar. The correct portion of popcorn is 3 cups popped.
Soomuu
Fasting
Fasting is very important for Christian-Orthodox and Muslim people. For people with diabetes, it can be difficult to control blood sugar during fasts. The following slide lists fasting periods throughout the year.

Soomuu namoota Kiristaana-Ortodooksii fi muslima ta’aniif baay’ee barbaachisaa dha. Namoota dhukkuba shukkaaraa qabaniif yeroo soomaatti shukkaara dhiiga isaanii to’achuun rakkisaa dha. Agarsiisni armaan gadii waggaa keessatti yeroowwan soomaa tarreesseera.
Kiristaana-Ortodooksii

Christian-Orthodox

- Roobii fi Jimaata hundaa Sooma Hiikaa booda guyyoota shantamman jiraniin ala, akkasumas Ayyaanni Qiillee fi Cuuphaa guyyoota kana irraa yoo bu’e.
  All Wednesdays and Fridays, except for the fifty days after Easter, and also if the Feasts of Christmas and Epiphany fall on these days.

- Sooma Guddaa guyyoota shantamii shan sooman. (Sooma Guddaa)
  The Great Lent Fast of fifty-five days. (Abye Tsome)

- Sooma Raajotaa (sooma raajonni sooman)
  Fast of the Prophets (Tsome Nebiyat)

- Jala Bultii Qiillee fi Cuuphaa (Jala Bultii)
  Christmas Eve and Epiphany (The Vigils)

- Sooma yoonaaas Guyyoota Sadii (Nanawwee)
  Jonah’s Fast of Three Days Ninevah (Nenawe)

- Sooma Ergamtoota Gooftaa (Sooma Duuka Buutotaa)
  Apostles Fast (Tsome Hawariat)

- Yaadannoo Durbee Maariyaam (Sooma Fislataa)
  Assumption of the Virgin Mariam (Tsome Filseta)

Musliima

Muslim

- Ramadaan
  Ramadan
The amount (dose) of many medications people take for diabetes is given for usual food amounts and usual meal times. If you are observing the fast, it is important to make a plan with your health care provider before fasting begins, so that your blood sugar does not go too low or too high.
Soomuu:
Kiristaana
Ortodooksii

Fasting:
Orthodox Christian
Yeroo soomaatti muduraa yoo nyaatte (foon yookaan aannan kan hin taane) yookaan namoonni kuduraa qofa sooratan sanyii midhaanii fayya qabeessa akka misiiraa, baaqelaa, fi kuduraalee istaarchii qaban kanneen shukkaara dhiigaa ol kaasan soorachuun barbachisaa dha.

If you eat vegan (no meat or dairy) or vegetarian during fasts it is important to eat healthy portions of the grains, lentils, beans, and starchy vegetables that will increase your blood sugar.
Hamma nyaatawwan istaarchii qabanii kanneen akka buddeenaa, misiraa fi muduraa yookaan moosee ¼ sahaanii gochuu, kunis hammaarrii harkaa tokko gochuu yaadadhu. Iddoo sahaanii hafe kuduraalee istarchii hin qabneen guuti.

Remember to limit the portion of starchy foods—like injera, lentils, fruit, or potatoes—to ¼ of your plate, which is about the size of your fist. Fill the remaining space on your plate with non-starchy vegetables.
Erga soomni hiikamee booddee, nyaatawwan shukkaara dhiigaa dabaluu danda’an ¼ sahaanii qofa fayyadami. Iddoo sahaanii hafe kuduraalee istarchii hin qabneen guuti.

After breaking the fast, use only ¼ of your plate for foods that increase blood sugar. Fill the remainder of the plate with non-starchy vegetables.
Gara bitaatti kan argaman nyaatawwan istarchii kan shukkaara dhiigaa ol kaasanii dha. Hamma naatta keetii kubbaayyaa 1 godhi, kunis hammaaarrii harkaa tokko guutuu jechuu dha. Gara mirgaatti kan argaman nyaatawwan istarchii hin qabne shukkaara dhiigaa kan ol kaasnee dha. Sooma yeroo hiiktu kuduraalee istaarchii hin qabne baay’ee sooradhu.

On the left are starchy foods that will raise your blood sugar. Limit your portion to 1 cup, which is about the size of your fist. On the right are non-starchy foods that will not raise your blood sugar. Eat a larger portion of non-starchy vegetables when you break the fast.
Yeroo soomaatti warreen muduraa yookaan kuduraa soorattaniif, kun nyaata shukkaara dhiiga keessanii ol hin kaasnee dha.

For those who eat vegetarian or vegan during fasts, these are foods that won’t raise your blood sugar.
Soomuu:
Musliima
Fasting:
Muslim
Ganamaa hanga galgalaatti kan soomtu yoo ta’e shukkaara dhiiga kee to’achuun rakkisaa ta’uu danda’a. Yeroo soomawwani akkamitti akka gadi bu’iinsa yookaan ol bahiinsa shukkaara dhiiga keetii eegdu irratti dhiyeessaa tajaajila fayyaa keetiin mari’achuu kee mirkaneessi.

Yeroo sooma xumurtetti ½ sahaanii kuduraalee istaarchii hin qabnee fi ¼ pirootiinii irra godhii sooradhu. Hamma nyaatawwan istaarchii, mi’aawaa fi nyaata coomaa xiqqeessi.

If you are fasting from sunrise to sundown, it can be hard to control your blood sugar. Make sure you talk to your health care provider about how to prevent high or low blood sugar during fasts.

When you break the fast, make ½ your plate non-starchy vegetables and ¼ of your plate lean proteins. Limit the amount of starchy, sweet, and fried foods.
Kunneen fakkenya muraasa nyaatawwan osoo aduun hin hinbahin dura soorachuu qabnuu dha. Nyaatawwan akkasii fayya qabeessa dha, sababiin isaas pirootiinii ni qabu, kaarboohayidireetiib baay’ee garuu hin qaban.

Here are some examples of healthy meals to have before sunrise. These meals are healthy because they have protein and they do not have too many carbohydrates.
When breaking the fast, take only 2 or 3 dates and use Splenda or another sugar substitute in your coffee or tea. Shorba is a soup made with barley. Two cups is the correct portion size for one meal.
Erga soomni hiikamee booddee yoo deebitee nyaachuu barbaadde nyaatawwan shukkaara dhiigaa dabaluu danda’an ¼ sahaanii qofa fayyadami. Iddoo sahaanii hafe kuduraalee fi pirootiiniidhaan guuti.

After 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.
Akkuma yeroo waggaa biroo yeroo soomaatti nyaatawwan pirootiinii fayyadamuu mirkaneessi. Kunis shukkaarri dhiigaa akka to’atamu godha. Dabalataanis yeroo dheeraa utuu hin beela’ìn akka turtu si gargaara.

Dheebuu hir’isuuf nyaata coomaa fi soogidda xiqqessuun ni gargaara.

Like all other times of the year, be sure to include protein with your meals during fasting periods. This will help keep blood sugar under control. It may also help you feel full longer.

To decrease thirst, it will be helpful to cut down on fried foods and salt.
Nyaatawwan kunneen hundi shukkaara dhiigaa ol kaasu.

All of these foods raise blood sugar.
Soomuu
Fasting

Nyaatawwan kunneen hundi shukkaara dhiigaa akka ol kaasan yaadadhu. Yeroo tokkotti isaan kana keessaa tokkoo ol akka hin sooranne yaalii godhi.

Remember that these foods all raise blood sugar. Try not to eat more than one of these at a time.
If you eat several meals during the night, be sure to space meals out by 2 to 3 hours throughout the night.
Changing the way you eat is difficult. However, it can help control diabetes and can even reduce the need for medications, like insulin. A healthy diet will benefit everyone in your family.
Odeeffannoo dabalataa dhukkuba shukkaaraa Afaan Oromootin argachuuf tarree armaan gadii ilaali:


For more information about diabetes in Oromo, see the list below:

**The American Diabetes Association** [www.diabetes.org](http://www.diabetes.org) or call: 1-800-DIABETES (800) 342-2383. Interpretation in all languages is available.
