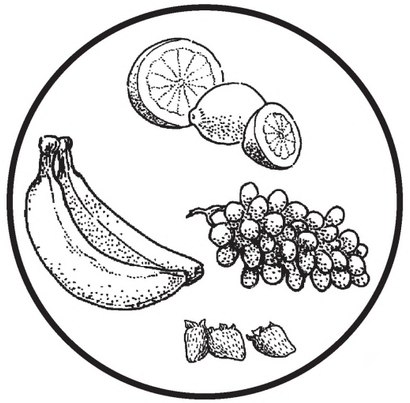
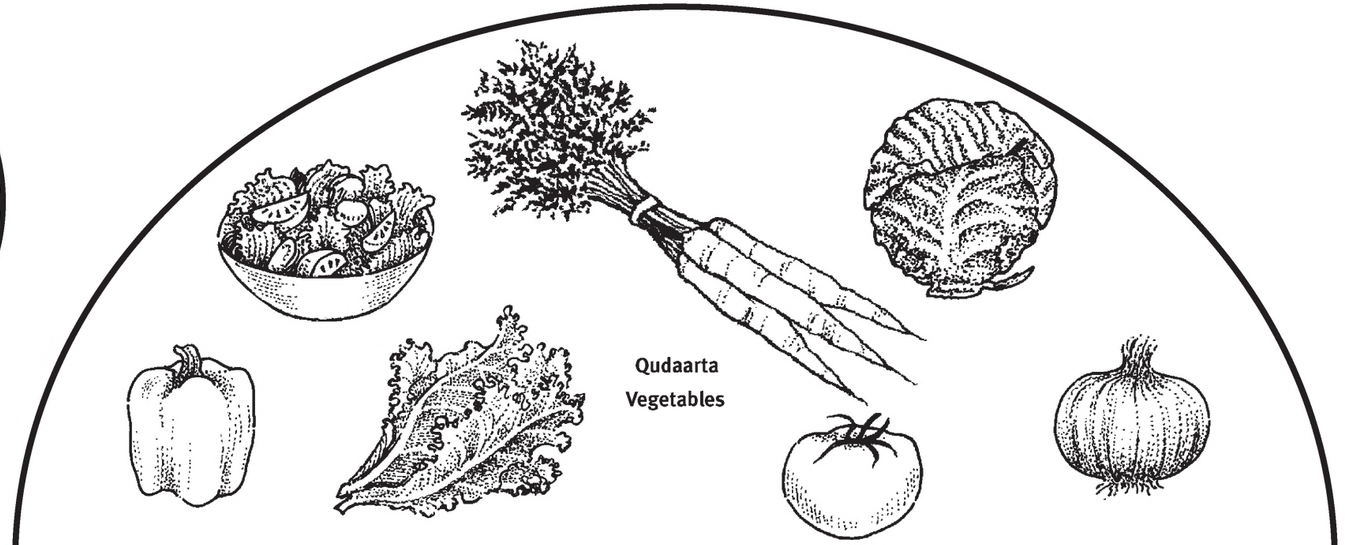
Qorshaynta Diyaarinta Cuntada Dadka Somali American ee Sonkoroow Qaba

Diabetes Meal Planning for the Somali American Client



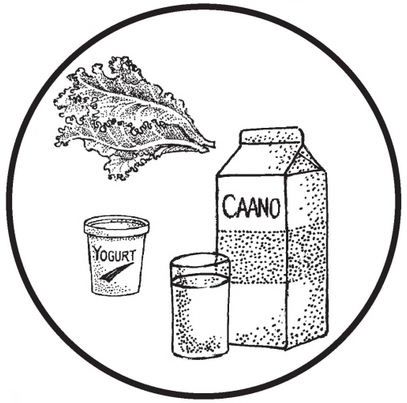
Qudaarta macmacaan (Fruit)

Fruit



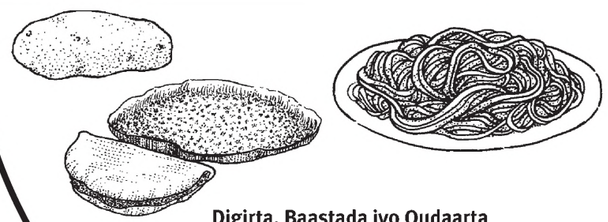
Qudaarta

Vegetables



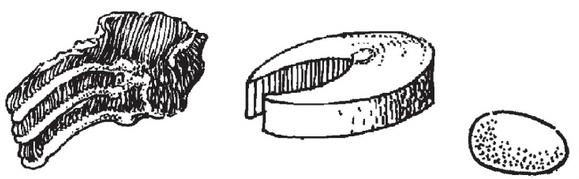
Caanaha/Cuntada kala ee kalsiyamku ku badan yahay

Milk/Other Calcium-Rich Foods



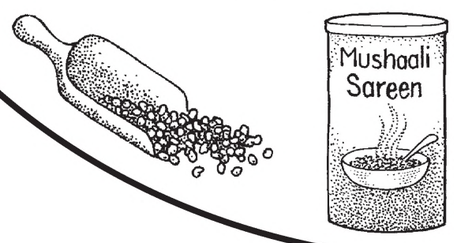
Digirta, Baastada iyo Qudaarta Qalalan

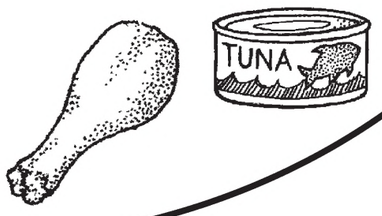
Grains, Beans, Starchy Vegetables



Hilibka/Cuntada kale ee Proteenku ku badan yahay

Meat / Other Protein-Rich Foods





Public Health
Seattle & King County

REACH
Racial and Ethnic Approaches to Community Health

Talooyinka Diyaarinta Cunto Caafimaad Leh
Tips for Healthy Meal Planning

- **Sameeyso saacado ku joogta ah oo aad cunto cuntada maalin walba.**
- **Cun cunto isla tira la eg maalin waliba.**
- **Isku day inaadan ka boodin waqti wax la cuno. Haddii aad ka boodid waxay kenaysaa in marka xiga aad aad u cunto.**
- **Haddii aad doonayso inaad is caatayso, yaree xadka aad ka cunayso cuntada markiiba.**

SUBAGA/SALIIDA
- Isticmaal saliid yar markii aad wax karinayso. Markii aad saliid istic maalayso, dooro saliida cafimaadkku ku jiiro sida olive, canolaa, sesame ama saliida lowska.
- Yaree isticmaalkaada subaga loo yaqaan baruur ku badantahay. Baruur ku badantahay waa subag isku dhagan markii uu qaboow yahay. Cuntada iyo cuntada. Xayawaanka ka sameysan, iyo subaga, caanaha, buurada.
- Yaree shiilida cuntada, dub, kar kari, iyadoon lahayn saliid.
- Ka gur subaga iyo saliida marka aad karsaneyso maraqa iyo kalaankalka.

MACAANKA
- Isticmaal sonkor yar iyo malab cabitaanka iyo cuntada.
- Haddii aad go'aansato inaad cunto wax macaan, ku dar jadwalka cuntadaada. Ku badalo qudaarta macaan iyo badar.
- Yareeyso cabitaanka sonkortu ku badan tahay.

CAANAHA/CUNTADA KALSIYAMKKKU KU BADAN YAHAY
- Haddii aad doorato caanaha lo'da, dooro kuwa 1% ama kuwa aan subaga lahayn.
- Isku day inad ku darsato yogarka karinta ama cuntada qeyb ka mid ah si aad kugu noqoto kalsiyam dheraada.
- Qudaarta caleenta, sida kale, mustard ama cagaarka dandeliion, ayaa leh kalsiyam fiican, waxana loo isticmaali karaa saladka, maraqa iyo kalaankalka.

HILLIBKA/CUNTADA AY PROTEENKKU KU BADAN YAHAY
- Xulo hilibka ariga iyo lo'da aan baruurta lahayn. Ka jar baruurta muuqata ka hor inta aadan karin hilibka.
- Ka fiiq maqaarka digaaga iyo malaayga ka hor inta aadan karin.
- Ku kari ama ku kalaankal hilibka maraqiisa intii aad ku dari lahayad saliid ama subag kale.
- Digirta gaduudan ee la kariyo ayaa laga helaa subag yar proteen fiican leh intii aad isticmaali laheyd hilibka.

QUDAARTA: VEGETABLES
- Badso qaadashada qudaarta fareshka ah iyo qudaarta qaboowba waxa laga helaa fitimiinka iyo macdanta iyo fiberka.
- Ku darso cuntadaada qudaarta cagaaran iyo mida karrto dhow mar toddobaadkii.
- Isku dar dhowr nooc oo qudaar oo la jar jaray si aad ugua dhigto salad, iyo caleent cagaarka.

QUDAARTA MACMACAANKA: FRUITS
- Dooro in badana qudaarta cusub marka loo dhigo casiirka qudaarta cusub waxay leedahay fiber iyo sonkor yar.
- Dooro qudaarta macmacaan ee ku jirta gasacadaha iyo casiirka ee aan lagu darin sonkorta iyo waxyaabaha wax lagu macaaneeyo.
- Dooro qudaarta ay ku badan yihiin Fitimiin C-ga sida strawberriga, qaraha, cambe, oranjida, iyo balbeelmada.

DIGIRT, GALAYDA IYO QUDAARTA QALALAN
- Dooro cuntada ay ku jiraan whole-grain-ka sida masagada, sida rootiga laga sameeyo sareenka, boorsahka, masagada boorashka, sabuulka.
- Rootiga cad ee laga sameeyo burka cad. Ku badalo midka laga sameeyo burka qamadiga ama burka masagada. Diyaarinta, canjeelada, rootiga ama waxyaabaha kale ee la dubto.
- Dooro digirta qalalan, oo lagu kariyay saliid ama subag yar, waxa la helaa fiber-ka iyo proteenka.
- Hubso cuntada aad cuneyso in aad u qeybiso dhammaan maalintii si aad si fiican u xukunto sonkorta dhiiga ku jirta.
- Dooro rootiga ah enriched, bariisa, baastada, iyo siiriyaalka.

TALOOYINKA CAAFIMAADKA WANAAGSAN
- Dooro inaad firfircooni badan sameeyso maalin walba.
- Cab ugu yaraan sideed galaas oo biyo ah maalin walba.
- Cun cunto kala duwan oo dhowr nooc ah, isku day cuntooyin cusub.

- **Establish a consistent schedule for meals and snacks every day.**
- **Eat about the same amount of food everyday.**
- **Try not to skip meals. Skipping meals can lead to overeating later.**
- **If you are trying to lose weight, reduce your portion sizes.**

FATS
- Use less oil in cooking. When you do use oil, choose healthy oils such as olive, canola, sesame and peanut oils.
- Use less saturated fat. Saturated fat is solid at room temperature. It is mostly found in meat and animal products, and in butter, whole milk, and ghee.
- Fry foods less often. Bake, broil, steam, poach or stew without oil.
- Skim off fat and oil when cooking stews and soups.

SWEETS
- Use less sugar and honey in beverages and foods.
- If you choose to eat sweets, include them as part of your meal. Substitute them for starch and fruit servings.
- Limit intake of highly sugared beverages.

MILK / CALCIUM-RICH FOODS
- If choosing cow's milk, choose 1% or non-fat varieties.
- Try yogurt in cooking or as part of a meal for added calcium.
- Leafy vegetables, such as kale, mustard and dandelion greens, are a good source of calcium and can be used in salads, stews, and soups.

MEAT / PROTEIN-RICH FOODS
- Choose lean cuts of goat and beef. Trim visible fat from meat before cooking.
- Remove skin from chicken and fish before cooking.
- Cook or stew meats in their own juices rather than adding oil or fat.
- Cooked red beans and lentils are a good source of low fat protein instead of meat.

VEGETABLES
- Increase your intake of fresh and/or frozen vegetables as good sources of vitamins, minerals, and fiber.
- Include dark-green and deep-yellow vegetables in meals several times each week.
- Add variety to salads by adding chopped vegetables, and dark leafy greens.

FRUIT
- Choose whole fruit more often than juices. Whole fruits have fiber and less concentrated sugar.
- Choose canned fruit and juice without added sugar, sweeteners, or syrup.
- Choose fruit rich in Vitamin C such as strawberries, melons, mangos, oranges, and other citrus.

GRAINS, BEANS, STARCHY VEGETABLES
- Choose whole-grain foods such as whole-wheat bread, oatmeal, and whole-grain cornmeal.
- Substitute half or all of white flour with whole-wheat flour or other whole-grain flours in preparing ingera, rooti, and other baked goods.
- Choose dried beans, cooked with little fat or oil, as a good source of fiber and protein.
- Be sure to spread your servings of starches throughout the day for better blood sugar control.
- Choose enriched breads, rice, pasta, and cereals.

TIPS FOR STAYING HEALTHY
- Choose to be more active every day.
- Drink at least eight glasses of water every day.
- Eat a wide variety of foods. Try new foods.

Funded by a grant from the Centers for Disease Control and Prevention. 7/12.