

Qaybaha Aad Cuni Kartid Si Aad u Yareysid Sonkortaada

Qadarka aad cuntada ka dooratid waxa uu door weyn ka qaataa yareynta sonkortaada. Ku dhaqan talooyinka si aad u qiyaastid qaybaha aad cuntada ka qaadnaysid.

- ◆ 85 garaam (3 wiqiyadood ama oonis) oo hilib ah cabbirkiisu wuxu leeg yahay baabacadda gacantaada oo aanay ku jirin faraha ama suulka.



- ◆ Tufaax ama liin dhexdhexaad ahi waxay leeg tahay cabbirka feedh ama tantoomo duuban. Muus/moos badhkii oo ah isla cabbirkan wuxu u dhigmaa hal qaadasho oo ah khudrad.



- ◆ Sacab buuxa ama xantoobo bariis ama baasto ama digir ahi waa qadarka laga soo qaadi karo hal qaadasho oo ka mid ah cuntooyinka daqiiqleyda ah oo la qaatay hal wakhti cunto.



- ◆ Cabbirka milixda ah ee lagu taliyay in maalintii oo dhan la qaato wuxu leeg yahay caarada suulka.



- ◆ Caaradda suulka waa cabbirka qaadashada subaga ama saliidda, taasoo la eg 1 qaaddo yar.



Portions to Eat to Control Your Diabetes

The amount of food that you choose is an important part of your diabetes control. Use these tips to estimate your food portions.

- ◆ 85 grams (3 ounces) of meat is about the size of the palm of your hand without fingers or thumb.



- ◆ A medium apple or orange is about the size of a fist. One half of a banana of this same size equals one fruit serving.



- ◆ One handful of rice or pasta or lentils is the amount that counts as a starch serving per meal.



- ◆ The tip of the thumb is the amount of salt that is recommended for the entire day.



- ◆ The tip of the thumb is the serving size for butter or oil, which is equal to 1 teaspoonful.

