# Sida Cuntooyinku u Saameeyaan Sonkorta Dhiiga Sonkorowga qaba

# Jannaayo 2025 - Jannaayo 2026

## Diabetes and Healthy Eating Calendar - Somali/English

January 2025 - January 2026

2 0
2 5

# Cuntooyinka Borotiinka ah

Protein Foods

**Marka aad cunto cunayso, ku dar cuntooyinka borotiinka. Borotiinku wuxuu caawiyaa in u gaabiyo dheef shiidista cuntada. Marka dheef shiidku gaabiyo wuxuu caawiyaa inay gaabiso ku sii daynta sonkor dhiigaaga. Tani waxay caawineysaa in sonkorta dhiiga la xakameeyo. Cunista borotiinka xilliyada raashin cunista sidoo kale waxay kaa caawin kartaa inaad dareento dharagsanaan muddo dheer.**

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.

# JANNAAYO /JANUARY

| AXAD/SUN | ISNIIN/MON | TALAADO/TUE | ARBACO/WED | KHAMIIS/THU | JIMCO/FRI | SABTI/SAT |
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
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# Cabitaanada

Drinks

**Kuwani waa beddelayaasha sonkorta. Waxa loo isticmaali karaa sonkor ahaan. Sonkorta dhiiga kor uma qaadaan.**

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

**Kafeega iyo shaahu sonkorta dhiiga kor uma qaadaan. Xawaashyada lagu daro kafeegu sonkorta dhiiga kor uma qaadaan.**

Simple tea and coffee do not raise blood sugar. Spices added to coffee do not raise blood sugar.

**Ku darista sonkor ama malab kafeega ama shaaha ayaa sonkorta dhiiga kor u qaada.**

Adding sugar or honey to coffee or tea raises blood sugar.

# FEBRAAYO/FEBRUARY

| AXAD/SUN | ISNIIN/MON | TALAADO/TUE | ARBACO/WED | KHAMIIS/THU | JIMCO/FRI | SABTI/SAT |
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# Ramadaan

Ramadan

**Sida wakhtiyada kale ee sannadka oo dhan, hubso inaad ku darto borotiin cuntadaada wakhtiga Ramadaanta. Tani waxay caawinaysaa xakamaynta sonkorta dhiiga. Waxay kalooy kaa caawinaysaa in wakhti yara dheer aad iska dharagsanaato.**

**Si aad hoos ugu dhigto harraadka, waxaa ku caawin kara inaad dhinto cunista cuntooyinka shiilan iyo cusbada.**

**Haddii aad wax cunto dhawr jeer habeenkii, hubso inaad kala fogayso wax cunista 2 ilaa 3 saacadood habeenkii oo.**

**Xusuusnoow in cuntooyinkan oo dhani sare u qaadaan sonkorta dhiiga. Isku day inaanad ka cunin hal wax ka badan kuwaas markiiba.**

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 full longer.

To decrease thirst, it will be helpful to cut down on fried foods and salt.

If you eat several meals during the night, be sure to space meals out by 2 to 3 hours throughout the night..

Remember that these foods all raise blood sugar. Try not to eat more than one of these at a time.

# MAARSO /MARCH

| AXAD/SUN | ISNIIN/MON | TALAADO/TUE | ARBACO/WED | KHAMIIS/THU | JIMCO/FRI | SABTI/SAT |
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| 30 | 31 | | | | | |

# Ramadaan

Ramadan

**Marka aad afurayso, qaado 2 ama 3 xabbo oo timir ah oo isticmaal Splenda ama macaaneeye kale ku dar kafeegaaga ama shaahaaga.**

When breaking the fast, take only 2 or 3 dates and use Splenda or another sugar substitute in your coffee or tea.

**Ka dib marka aad afurto, haddii aad rabto inaad wax kale cunto, isticmaal rubuc kaliya saxankaaga cuntooyinka sare u qaada sonkorta dhiiga. Ka buuxi inta saxanka ka dhiman khudaar iyo borotiin.**

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.

**Cab biyo badan. Biyuhu wayka caafimaad badan yihiin casiirka,soodhada ama cabitaanada sonkorta leh. Biyuhu wuxuu kaa caawin biyeenta jirkaaga.**

Drink plenty of water. Water is healthier for you than soda, juice, or other sugary beverages. Water will help you stay hydrated.

# ABRIIL /APRIL

| **AXAD**/SUN | **ISNIIN**/MON | **TALAADO**/TUE | **ARBACO**/WED | **KHAMIIS**/THU | JIMCO/**FRI** | SABTI/**SAT** |
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# Waxyaabaha cuntada lagu darsado

Extras

**Waxaad ka samayn kartaa waxyaalaha dusha lagaga daro saladhka liin dhanaan, khal ama saliid. Tani sare u qaadi mayso sonkorta dhiigaaga.**

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

**Xawaashyadu kor uma qaadaan sonkorta dhiiga.**

Spices do not raise blood sugar.

# MAAJO /MAY

| AXAD/SUN | ISNIIN/MON | TALAADO/TUE | ARBACO/WED | KHAMIIS/THU | JIMCO/FRI | SABTI/SAT |
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# Cuntada uu ku badan yahay kaarboohaaydareeytka

Starches

**Digirahani waa istaarjis, laakiin sidoo kale waxay leeyihiin in borotiin ah. Maadaama ay yihiin cuntada uu ku badan yahay kaarboohaaydareeytka waxay sare u qaadaan sonkorta dhiiga. Waxayna kor u qaadaan sonkorta dhiiga si ka badan kalluunka, ukunta, iyo hilibka. Waa caafimaad iyagu, laakiin waa inaad in yar ka cunto.**

These legumes and beans are starches, but they also have some protein. Because they are starches, they will raise blood sugar. They raise blood sugar more than plain fish, eggs, and meats. They are healthy, but you should eat small amounts of them.

# JUUN/JUUNYO /JUNE

| AXAD/SUN | ISNIIN/MON | TALAADO/TUE | ARBACO/WED | KHAMIIS/THU | JIMCO/FRI | SABTI/SAT |
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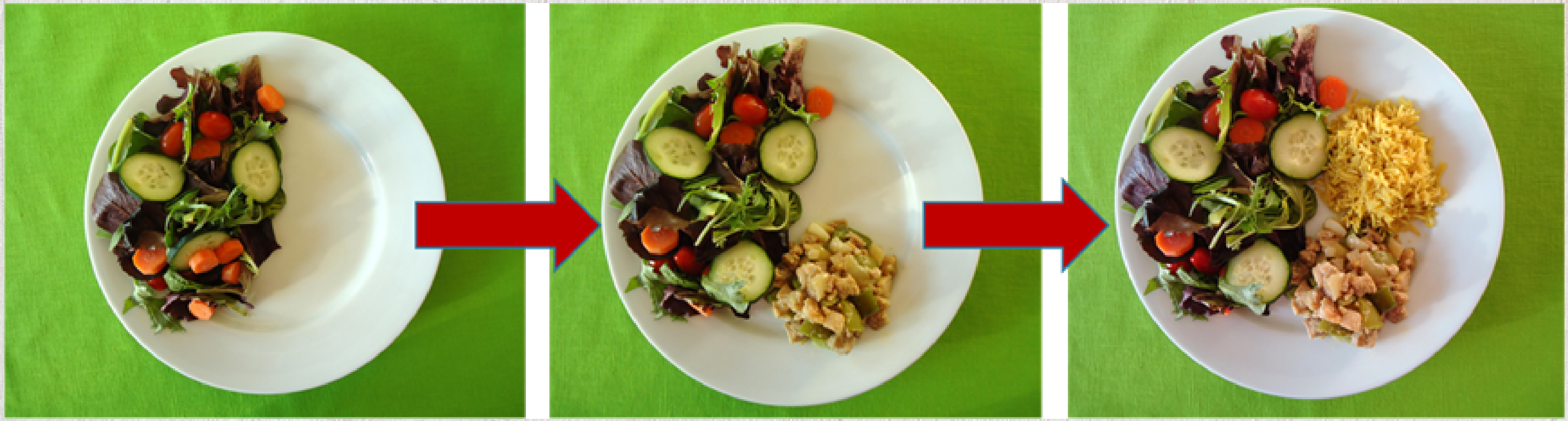
# Xilliyada cunto cunista

Meals



**Hal qaab oo loo caawiyo xakamaynta qaybta waa in lagu gurto saladh ama khudaar saxanka ugu horrayn, ka dib lagu daro borotiinka, ka dib lagu daro khudaarta**

**Cuntada uu ku badan yahay kaarboohaaydareeytka ah, bariis, ama baastana ugu dambaynta.**

One way to help with portion control is to add salad or vegetables to the plate first, then add the protein, then add starchy vegetables, rice, or pasta last.

# LUULYO /JULY

| AXAD/SUN | ISNIIN/MON | TALAADO/TUE | ARBACO/WED | KHAMIIS/THU | JIMCO/FRI | SABTI/SAT |
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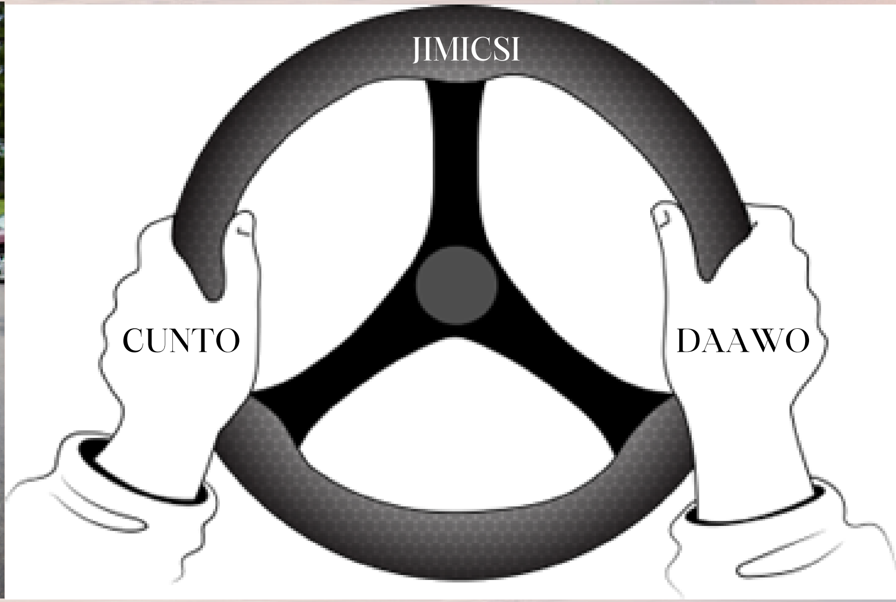
# Jimicsiga iyo Sonkorta

Exercise and diabetes

Photo permission from The Alley Newspaper. Photo credit: Jenn Ackerman.




**Jimicsigu wuxu kaa caawin karaa:**
**In sonkorta ku jirta dhiigaaga aanay dhaafin heerka la rabo, in misaankaagu ahaado mid caafimaadka u fiican, inad lahaatid tamar fiican in uu kaa yaraado giigsanaantu ama istereeska.**

Exercise can help you:
Keep your blood glucose in your target range, maintain a healthy weight, have more energy, and lower your stress.

# AGOOSTO /AUGUST

| AXAD/SUN | ISNIIN/MON | TALAADO/TUE | ARBACO/WED | KHAMIIS/THU | JIMCO/FRI | SABTI/SAT |
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| 31 | | | | | | |

# Cantoobaha
Portions

**Hal cantoob oo bariis karsani qiyaastii waa hal koob. Hal camtoob oo baasto karsani qiyaastii waa hal koob. Hal koob wuxuu qiyaastii la mid yahay gacantaada oo duuban.**

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.

**Kuwani waa qeybo furut ah oo caafimaad leh. Cunista hal qayb oo midho ah laba jeer maalintii way fiican tahay isnaakis ahaan (inta u dhaxaysa xilliyada raashin cunista).**

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

# SEBTEMBAR/SEPTEMBER

| AXAD/SUN | ISNIIN/MON | TALAADO/TUE | ARBACO/WED | KHAMIIS/THU | JIMCO/FRI | SABTI/SAT |
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# Cuntooyinka Khudaarta

Vegetables

**Khudaartani kor uma qaadaan sonkorta dhiiga.**

These vegetables do not raise blood sugar.

# OKTOOBAR /OCTOBER

| AXAD/SUN | ISNIIN/MON | TALAADO/TUE | ARBACO/WED | KHAMIIS/THU | JIMCO/FRI | SABTI/SAT |
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# Istaarjis

Starches

**Qofka sonkorowga leh, cunista bariis yar ayaa hoos u dhigi kara sonkorta dhiiga. Bariiska cad ama ka bunniga ah kii aad doontaba, in yar ka cun. Cunista laxoox ama canjeero yar iyo khudaar badan, suugo, ama suqaar ayaa caawiya 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.

# NOFEMBAR /NOVEMBER

| AXAD/SUN | ISNIIN/MON | TALAADO/TUE | ARBACO/WED | KHAMIIS/THU | JIMCO/FRI | SABTI/SAT |
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# Istaarjis

Stretches

- **Ku-talogal Jimicsi**
- **Dhakhtarkaaga la tasho ka hor intaanad bilaabin barnaamij jimicsi ah.**
- **Dooro firfircooni ama hawlgal aad ka heshid sida socodka, dabaasha, baasgeel wadista iyo qoob-ka-ciyaarka.**
- **Sii qaado dhalo biyo ah.**
- **Dooro goorta aad jimicsi samayn doontid kuna qor taariikh-qorahaaga.**
- **Badbaadi cagahaaga. Gasho sharabaad cudbi ah una hubso in kabuhu si fiican kuu leeg yihiin.**
- **10,000 oo talaabo ayaa maalin kasta lagugula talinaya.**

Plan for Exercise:
Check with your doctor before you start an exercise program.
Choose activities you enjoy like walking, swimming, bicycling and dancing.
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.
10,000 steps is recommended daily.

# DISEMBAR /DECEMBER

| AXAD/SUN | ISNIIN/MON | TALAADO/TUE | ARBACO/WED | KHAMIIS/THU | JIMCO/FRI | SABTI/SAT |
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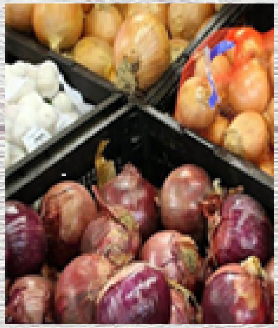
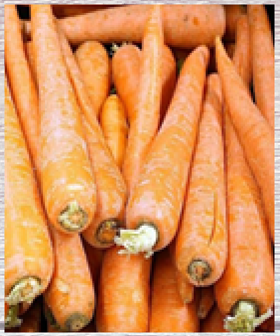
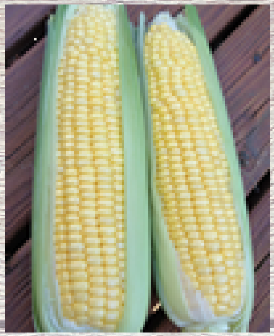
# Istaarjis

Starches







**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.

# JANNAAYO /JANUARY 2026

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