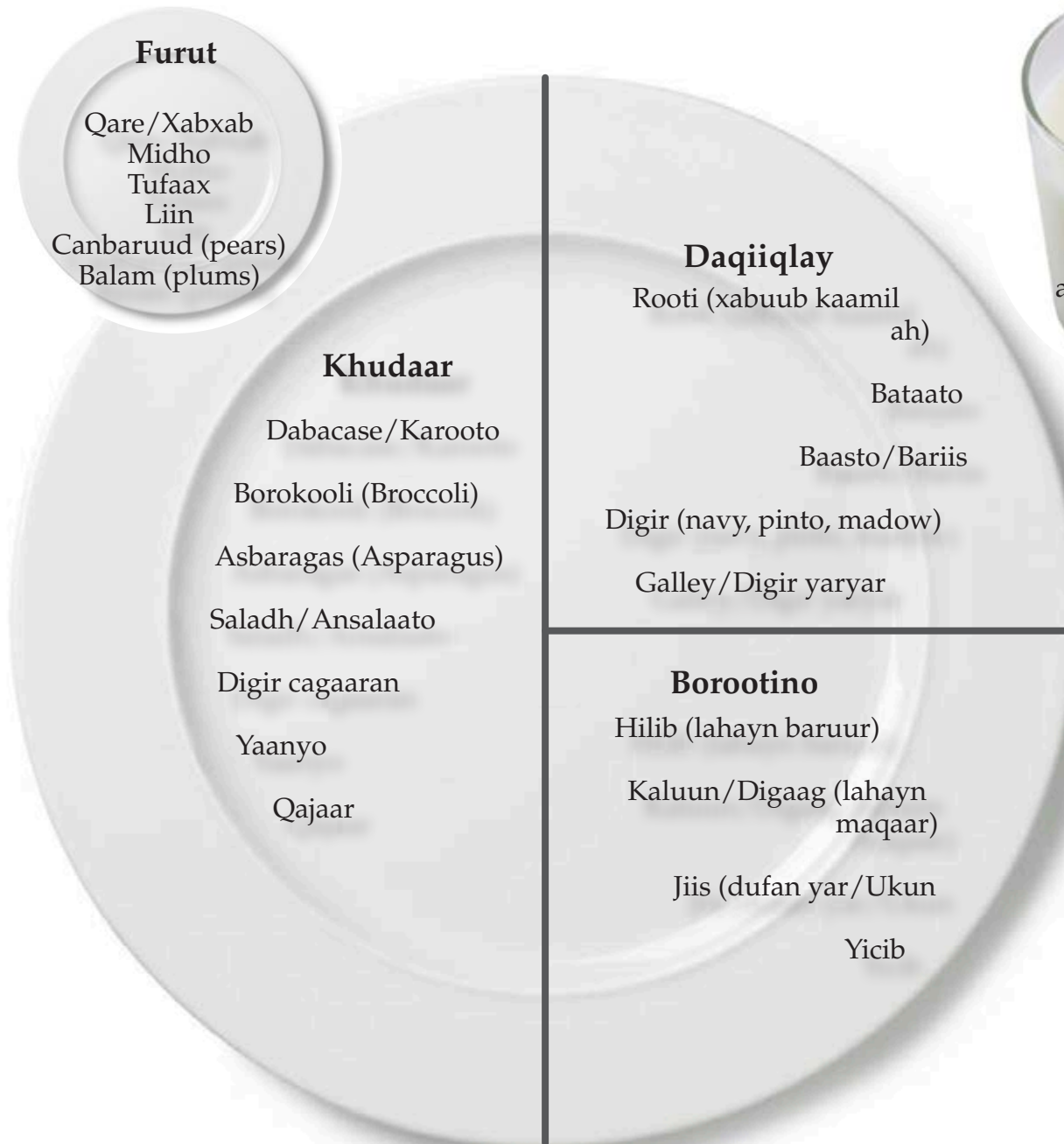


Maxaa la Rabaa Inaad Saaratid Saxankaaga?



Caano aan subag lahayn ama subag yar

Marka aad qorsheynaysid cuntooyinkaaga, isku day inaad ka fikirtid sida uu eekaan karo saxankaagu.

Waa quraacda:

- kala badh saxankaagu waa inuu yahay daqiiqlay (starches)
- badhka kale waa inuu u qaybsan yaahy borootiin iyo furut.

Waa qadada iyo cashada:

- kala badh saxankaagu waa inuu ka buuxo khudaar aan ahayn daqiiqlay
- badhka kale waa inuu u qaybsan yaahy borootiin iyo daqiiqlay
- saxan yar oo ah furut, haddii aad rabtid.

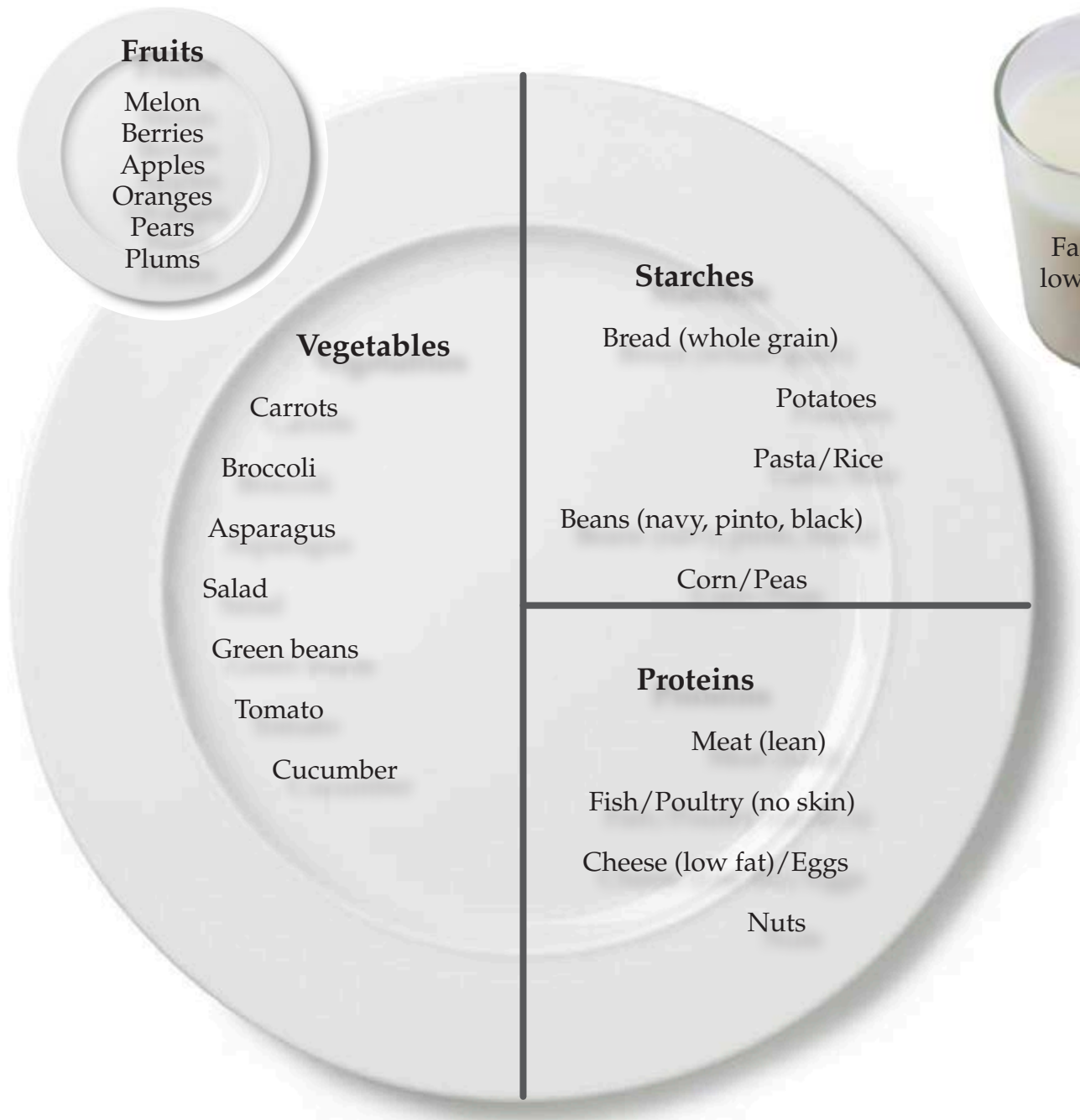
Waxa la cabbo:

Cabbitaanka sonkorta leh iyo juusku waxay kordhin karaan kalooriyo madhan iyo karbohaydrayt. Yaree ama iska dhaaf cabbitaanada leh sonkor, sida shaaha barafeysan, liimonaati, soodha, biyaha dhadhan leh, iyo cabbitaan kasta oo ay ku qoran tahay “waa la macaaneeyay” (sweetened). Beddel ahaan, dooro:

- 1 koob oo ah caano dufanka laga saaray (skim) ama caano ah boqolkiiba 1
- ½ koob juus ah boqolkiiba 100
- 1 koob oo ah kafee ama shaah (ma leh sonkor)
- 8 wiiqiyadood oo ah soodhaha fudud (diet soda)
- water.

(over)

What Should You Put on Your Plate?



When you are planning your meals, try to think about what your plate should look like.

For breakfast:

- half of your plate should be starches
- the other half should be split between protein and fruit.

For lunch and dinner:

- half of your plate should be full of non-starchy vegetables
- the other half should be split between protein and starches
- a small dish of fruit, if you want.

What to drink:

Sugary drinks and juice can add empty calories and carbohydrates. Limit or avoid drinks that contains sugar, such as iced tea, lemonade, soda, flavored waters, and any drink that is labeled as "sweetened." Instead, choose:

- 1 cup skim or 1 percent milk
- ½ cup 100 percent juice
- 1 cup coffee or tea (no sugar)
- 8 ounces diet soda
- water.

(over)

Waxa Cabbirada Cuntooyinku Dhab Ahaan u Eeg Yihiin

Marka aad diyaarinaysid cuntooyinka, ka fiiro cabbiradan cunto:

- baasto/bariis: 1/3 koob la kariyay*
- hilib: 3 wiqiyadood
- jiis: 1 wiqiyad
- subag laws/iidaan saladh: 1 qaaddo cunto
- subag/mayoonees: 1 qaaddo shaah

*Cabbirkani wuxu la mid yahay hal doorasho karbohaydrayt. Badi dadka qaba sonkorow waxay qaadan karaan 3 illaa 4 doorasho oo ah karbohaydrayt halkii wakhti cunto.

Haddii aad dooratid inaad dhammaan doorashooyinkaaga karbohaydrayt u qaadatid baasto ahaan, waxa aad u baahan doontaa inaad iska daysid cuntooyinka kale ee ah karbohaydrayt (sida caano, furut, khudaar ah daqiiqlay iyo macmacaan) wakhtigaas cunto.



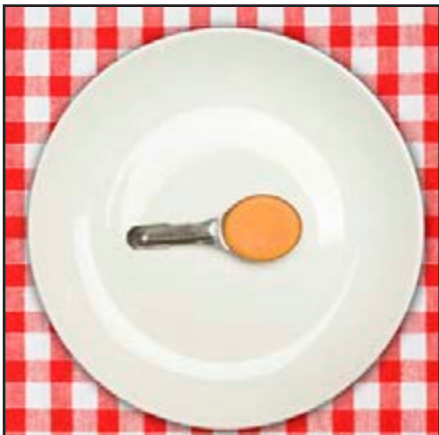
Hal qaadasho oo ah jiis.



Hal qaadasho oo ah digaag.



Hal qaadasho oo ah subag.



Hal qaadasho oo ah iidaan saladh.



Hal qaadasho oo ah baasto.



Hal qaadasho oo ah subag laws.



Cuntooyinka kor ku sawiran waxay dul saaran yihiin saxan casho oo ah sagaal inji.

(over)

What Real Portion Sizes Look Like

When preparing meals, consider these portion sizes:

- pasta/rice: $\frac{1}{3}$ cup cooked*
- meat: 3 ounces
- cheese: 1 ounce
- peanut butter/salad dressing: 1 tablespoon
- butter/mayonnaise: 1 teaspoon

*This portion equals one carbohydrate choice. Most people with diabetes can have three to four carbohydrate choices per meal.

If you choose to have all of your carbohydrate choices in pasta, you will need to avoid other carbohydrate foods (such as milk, fruit, starchy vegetables and dessert) at that meal.



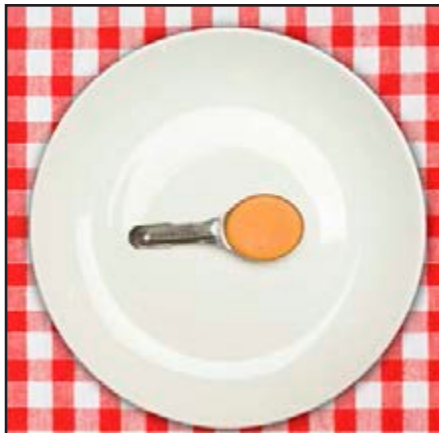
One serving of cheese.



One serving of chicken.



One serving of butter.



One serving of salad dressing.



One serving of pasta.



One serving of peanut butter.



The foods pictured are on a nine-inch dinner plate.