

## 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.

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 a banana of this same size equals one fruit serving.



One ounce of cheese or nuts equals one handful.



A starch serving of injera per meal is about half of a full slice or 1½ rolled pieces.



A cup of cooked pasta, rice or lentils is about the size of a small ladle.



A teaspoon of salt fits into the center of the hand.



2 tablespoons of oil should fit into the smallest spoon.



**ንሕማም ሽኩርኩም ምቀጽጻር ዝሕግዙ ትበልዑዎም ዓቕናት መግቢ**

እቲ ክትበልዑዎ ዝመረጽኩም ዓቕና መግቢ ኣገዳሲ ክፋል ናይቲ ናይ ሕማም ሽኩርኩም መቲጻጸሪ ኢዩ። ገምጋም ናይቲ እትበልዑዎ ዓቕናት መግቢ ክህልወኩም ነዞም ቀጸሉ-ም ተረቕሑም ዘሉ-ዉ ምዕደታት ተጠቐሙ።

3 እውንስ ዝኸብደቲ ስጋ ማለት ማዕረ ክብዲ ኢድኩም ብዘይካ እጻብዕ ወይ ዓቢ-ዓበይቶ ኢዩ።



ማእለይ ዓቕና ናይ ጥፋሕ ወይ ብርቱኻን ማለት ብግንት ማዕረ ዕማኹ ኢድ ኢዩ። ፍርቲ ባናና ናይዚ ዓቕና'ዚ ማዕረ ኣደ ናይ ፍረ ሰርቪን ኢዩ ዝኸውን።



1 እውንስ ቺዝ ወይ ናትስ ማዕረ 1 ሙሉእ ዕማኹ ኢድ ኢዩ።



እብ ነፍሰወከፍ መእዲ ዝተጠዕ ኢንጆራ ዝርከብ ስታርቕ ማዕረ ፍርቲ ናይ ሙሉእ ባዲ ቀራጽ ወይ ኣደን ፈረቓን ዝተጠቐሰሉ ቀራጸት ኢዩ።



ኣደ ኮቢያ ዝበሰለ ፓስታ፣ ሩዝ፣ ወይ ብርሰን ማዕረ ኣደ ንእሹቶ ጭልፋ/ማንካ ኢዩ።



ኣደ ንእሹቶ ናይ ሻሂ ማንካ ዝመልእ ዉው ልክዕ ክንዲ'ታ ማእከል ክብዲ ኢድ ይኸውን።



2 መብልዲ ማንካ ዝመልእ ዘይቲ ልክዕ ክንዲ'ታ ዝሕሰት ጭልፋ ይኸውን።

