

**ትምህርቲ ንሕግም ሽኮር  
ዘሎዎ ሰብን ስድራቤትን**

**መሰረታዊ ዓይነት መግቢ ናይ ሕግም ሽኮር ዘሎዎም ሰባት**

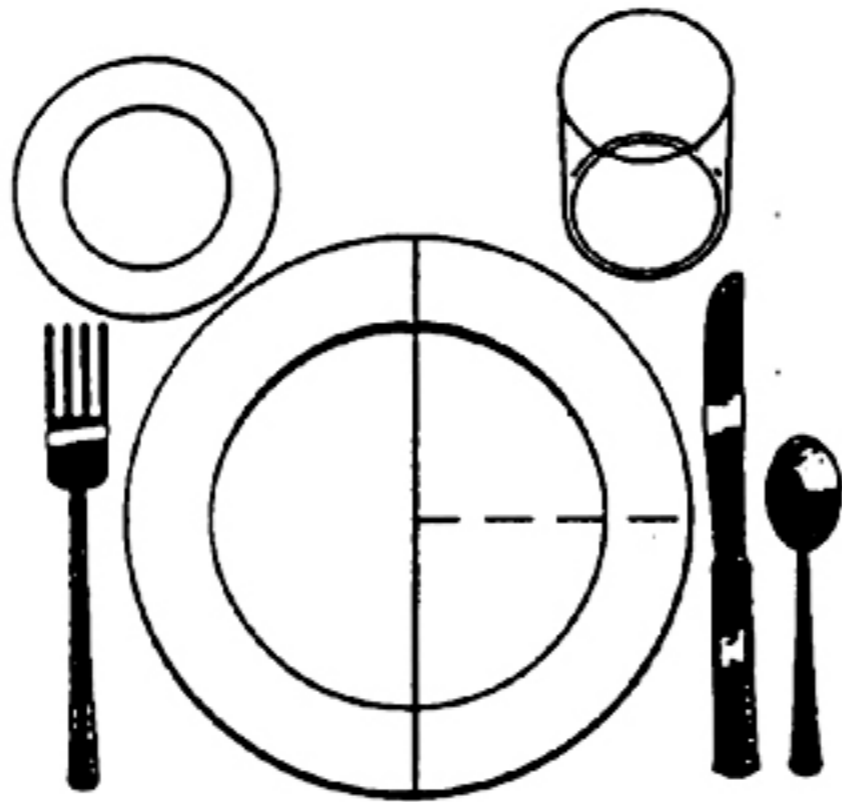
ንጥንብን ጥዕና ዝተመርጹ መግቢታት ብምግባር ነቲ ናይ ሕግም ሽኮርኩም ከትቋጸጸኩም ይሕግዘኩም ኢኩም። ንዘም እብ ታሕቲ ተረቕቑዎ ዘሎ-ዉ ዓይነታት መግቢ ተጠቒምኩም ቀሊል መግቢ ከተዓልዉ ትኸእሉ ኢኹም። ናብቲ መግቢ ዉዉ ዘይብሉም ቀመማትን ነሓሽቲ እትበልጉን ብምንሰናስ ምቁር ከትገብሩዎ ትኸእሉ ኢኹም። ዕጽፊ ዓቕን መግቢ ወይ ካላይ ራብዓን ካብ ምጥጠዕ ከትቀጠቡ ፈትኑ። እዚ ናይ መግቢ መደብ'ዚ ምስቲ ናይ መግቢ ዓይነት ዝተጠዕ መሰረታዊ መግቢ ዝመዘዘን ኢዩ። እብ ነፍሳወኩም መግቢ እትበልጡ እዋን ኣደኣደ ካብሊ እብ ታሕቲ ተረቕቑዎ ዘሎ መግቢታት ኣቐዊሎም ብልዑ። ናይ ነፍሳወኩም ዓይነት መግቢ ዓቕን እብቲ ክፋል ናይ ኮንትሮል ሃንደቡክ ተገቢዩ እሉ

**ፍረታት**

- ኣዲሽ ፍረ
- ናይ ታኒካ ፍረ
- ጸግቕ ፍረ

**ካብ እዝርእቲ እኸሊ ዝርከብ ዓይነት መግቢ (ስታርቺ)**

- 1 ኮዛያ ኦድልስ ወይ ባሕታ
- 2 ቀራጸት ባሪ
- 1/2 (ፍርቂ) ቀራብ ኢንጀራ
- 1 ኮዛያ ፍዝ
- 1 ኮዛያ ዕፋን
- 1 ኮዛያ ባልጸንጓ/ፋጀሊ
- 1 ኮዛያ ደንሽ
- 1 ኮዛያ ሰረፍል (ዘራእቲ እኸሊ)
- 1 ኮዛያ ዝተጸጸየ ዓይኒ ዓተር
- 1 ኮዛያ ብርሰን
- እሕምልቲ
- ብርኮሊ
- ካርት
- ቀጠልያ ባልጸንጓ
- ኣምላይ እቕጽልቲ
- ባርናች
- ኮምፖሪ/ጸብሒ እቡን
- ጥቕሉል ኣምሊ
- እድሪ: ባልጸንጓ/ፋጀሊ (ቢንብ)
- ቤል



**ጸባ ወይ ርግእ (ዮገርት)**

- ጸባ (ላህመት ዝተገፈ: 1% ወይ 2% ሰብሒ ዘሎዎ ጸባ)
- ንጹር ወይ ፊሶሽ ርግእ ብራክ

**ሰጋ ወይ መተካእትኡ ፕሮቲን**

- ደርህ
- ዓባ
- ሰብሒ ዘይብሉ ሰጋ ዕየት
- ጤል
- እንቋቕሖ
- እጅቦ
- እብ ገዛ ዝሰራሕ እጅቦ (ላህመት ዝተገፈ ወይ 1% ጸባ)

**ንናይ ደም ሽኮር ሳዕቤን ዘይብሉም ዓይነታት መግቢ**

- ቦርቦሪ
- 1 መሉእ መብልፒ ግንካ ካቕለፕ
- 1 መሉእ መብልፒ ግንካ እድሪ: ሰናፍጭ (ዝተጣሕነ እድሪ)
- 2 ወይ 3 ኩባያታት ቡን ወይ ሻሂ ብዘይ ሽኮር
- ሽኮር እልቦ ልብሉብ መስተ
- ዘይተፈጥራዊ መግቕርቲ ከም ኢኳል: ባዊት ኤንድ ሱ: ወይ ስፕላንጻ

**ብዛዕባ ናይ እግጋግባ መደባት ብዘያዳ ከትፈልጡ ዮድሊ**



HMC 022001-ver1.doc  
Diabetes meal plan basics  
Tigrigna/English  
Translated Diabetes Project, 731-2000

# Diabetes Meal Plan Basics

Eating healthy foods will help you control your diabetes. You can create easy meals using the list of foods below. You can add salt-free herbs and spices to make food tasty. Try to limit double portions or second helpings. This meal plan represents a typical meal. Each meal, choose one item from each of the food groups listed. Portions of each food group are described on the Portion Control Handout.

## Fruit

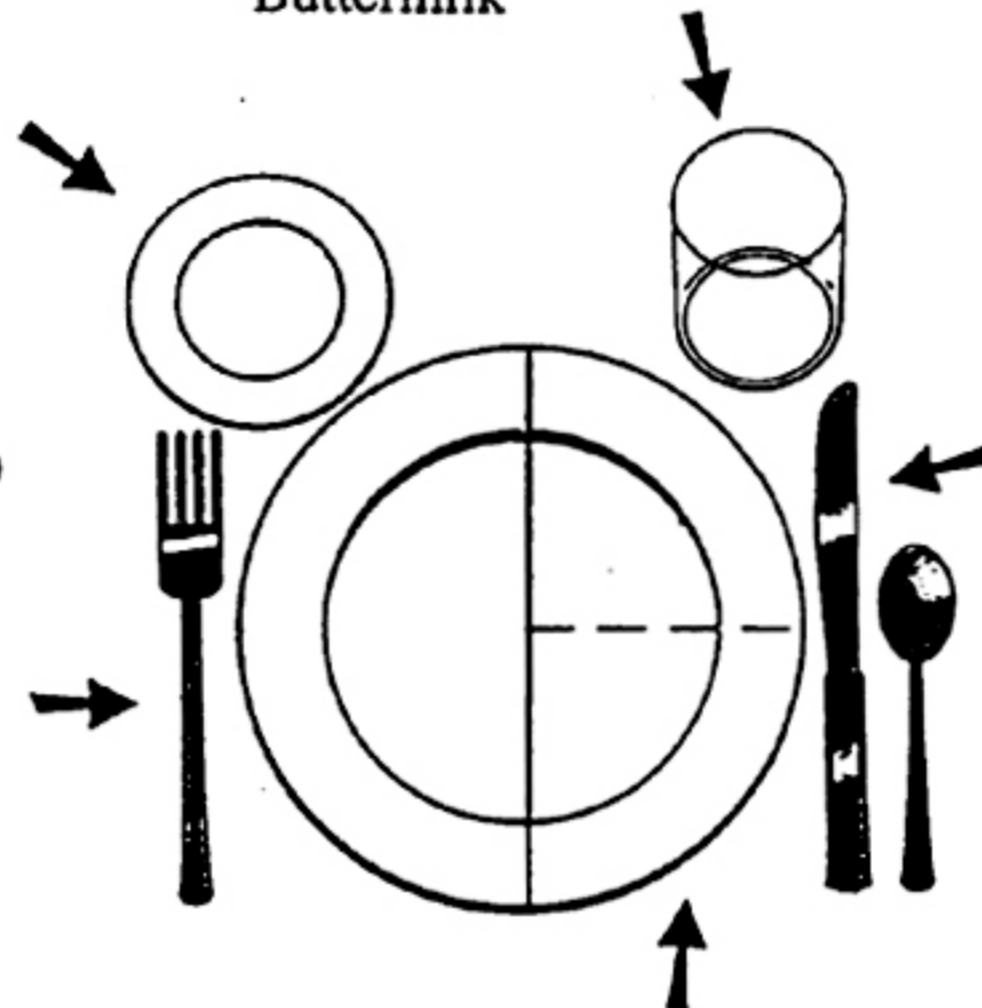
Fresh fruit  
Canned fruit  
Fruit juice

## Milk or Yogurt

Milk (skim, 1% or 2%)  
Plain or light yogurt  
Buttermilk

## Starchy Food

1 cup noodles or pasta  
2 slices bread  
½ piece Injera (Ethiopian bread)  
1 cup rice  
1 cup corn  
1 cup beans  
1 cup potatoes  
1 cup cereal  
1 cup split peas  
1 cup lentils



## Meat or Other Protein

Chicken  
Fish  
Lean beef  
Lamb  
Goat  
Egg  
Cottage cheese  
Homemade cheese (skim or 1%)

## Vegetables

Broccoli  
Carrots  
Green beans  
Greens  
Spinach  
Tomatoes (or sauce)  
Cabbage  
Collard greens  
Kale

## Foods That Do Not Affect Blood Sugar

Pepper  
1 Tbsp catsup  
1 Tbsp mustard  
2 or 3 cups coffee or tea with no sugar  
Diet soda pop  
Artificial sweetener such as Equal, Sweet & Lo, or Splenda

## Learn more about planning meals

Be sure to see your dietician often. She will help you plan meals for controlling your diabetes. Ask your doctor for an appointment with the dietician.



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