

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.



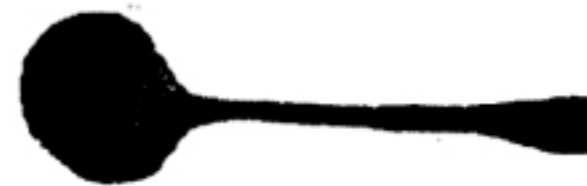
One ounce of cheese or nuts equals one handful.



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.



HARBORVIEW
MEDICAL
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HMC 022001ver1.doc
Portions to eat
English/Tigrigna
Translated Diabetes Project, 731-2000

ንሕግም ሽኮርኩም ምቀጽጽር ዝሕግዙ ትበልዑዎም ዓቕናት መግቢ

እቲ ክትበልዑዎ ዝመረጽኩዎ ዓቕን መግቢ እገዳሲ ክፋል ናይቲ ናይ ሕግም ሽኮርኩም መቄጸጸሪ ኢዩ። ገምጋም ናይቲ እትበልዑዎ ዓቕናት መግቢ ክህልወኩም ነዞም ቀጸለ-ም ተረቕሖኩም ዘሉ-ዉ ምዕደታት ተጠቐሙ።

3 ኣውንስ ዝኸብደቱ ስጋ ግለት ግዕሪ ከብዲ ኢድኩም ጠይቅ እጸብዕ ወይ ዓቢ-ዓብይቶ ኢዩ።



ግእከይ ዓቕን ናይ ጥፋሕ ወይ ብርቱጂን ግለት ብግንት ግዕሪ ዕግኹ ኢድ ኢዩ። ፍርቂ ባናና ናይዚ ዓቕን'ዚ ግዕሪ ኣደ ናይ ፍረ ሰርቪን ኢዩ ዝኸውን።



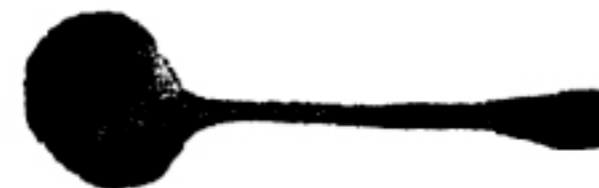
1 ኣውንስ ቺዝ ወይ ናትስ ግዕሪ 1 መሉእ ዕግኹ ኢድ ኢዩ።



ኣብ ነፍሰወከፍ መኣዲ ዝጠዕ ኢንጀራ ዝርከብ ስታርች ግዕሪ ፍርቂ ናይ መሉእ ባኒ ቀራጽ ወይ ኣደን ፈረቓን ዝተጠቐሰሉ ቀራጽት ኢዩ።



ኣደ ኩባያ ዝበሰለ ፓስታ፣ ሩዝ፣ ወይ ብርስን ግዕሪ ኣደ ንእሽቶ ጭልፋ/ግንካ ኢዩ።



ኣደ ንእሽቶ ናይ ሻሂ ግንካ ዝመልእ ዉው ልክዕ ከንዲ'ታ ግእከል ከብዲ ኢድ ይኸውን።



2 መብልዲ ግንካ ዝመልእ ዘይቲ ልክዕ ከንዲ'ታ ዝእሰት ጭልፋ ይኸውን።

