

Diabetes

Dijabetis

Bosnian

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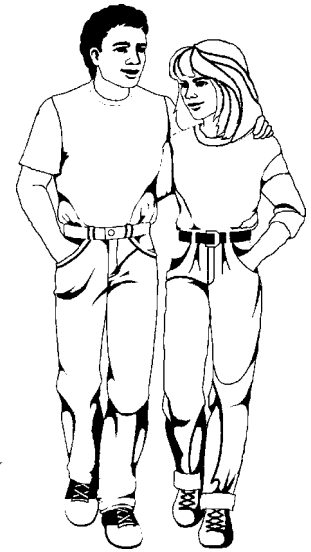
Ovi materijali su napravljeni od strane projekta Obrazovanje o ishrani novih Amerikanaca , Odjeljenje za Antropologiju i Geografiju pri Georgia State Univerzitetu, Atlanata, Georgia. Placeno sredstvima Odjeljenja Sjedinjenih Americkih Drzava za Poljoprivredu i Potrosace hrane, za familije ukljucene u Food Stamp program. U skladu za federalnim zakonom i pravilima U.S. Odjeljenja za poljoprivredu, ovoj instituciji je zabranjena diskriminacija na osnovu rasne pripadnosti, boje koze, nacionalnosti, pola, godina, religije, politickih uvjerenja ili nesposobnosti za rad.

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Diabetes

Dijabetis



What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

Sta je dijabetis (secerna bolest)? Dijabetis ili secerna bolest je oboljenje zbog kojeg tijelo ne proizvodi ili nepravilno upotrebljava insulin.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

Insulin je hormon koji pretvara secer, skrob ili drugu hranu u energiju koja je potrebna za tvoj svakodnevni zivot.

How is diabetes managed?

Kako rukovoditi sa dijabetisom?

The management of diabetes has three parts:

Rukovodjenje dijabetisom se obavlja na tri nacina:

- ◆ Healthy Eating
Zdrava ishrana
- ◆ Physical Activity
Fizicke aktivnosti
- ◆ Medication (if needed)
Lijekovi (ako su potrebni)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

Kako ja mogu kontrolisati moj dijabetis? Mozes pomoci kontrolisati tvoj secer u krvi (koji se takodje zove i glukoza) i dijabetis kada jedes zdravu hranu, obavljas dovoljno fizickih aktivnosti i ako ostanes u zdravoj tezini.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Zdrava tezina ti takodje pomaze da kontrolises masnocu u tvojoj krvi (kolesterol) i smanjuje tvoj krvni pritisak.

Many people with diabetes also need to take medicine to help control their blood sugar.

Mnogi ljudi sa dijabetisom takodje trebaju upotrebljavati lijekove koji im pomazu da kontrolisu njihov secer u krvi.

Eat Healthy Kako ja mogu jesti zdravo?



Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

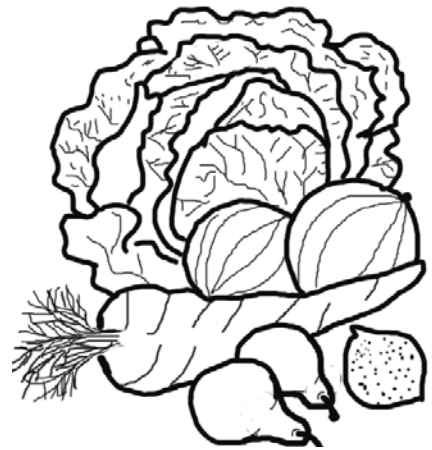
Ako upotrebljavas Upute Piramide Ishrane to ce ti pomoci ti da jades raznoliku hranu. Raznolika ishrana znaci jesti hranu iz svake grupe ,svaki dan. Kada jades razlicitu hranu svaki dan, dobijas vitamine I minerale koji su ti potrebni.

Here is an example of getting a variety of foods each day.
Ovo je primjer kako mozes jesti raznoliku hranu svaki dan.

	Day 1 Dan 1	Day 2 Dan 2
Grains:	tortilla	brown rice
Zito:	tortilja	smedja riza
Fruit:	apple	mango
Voce:	jabuka	mango
Vegetable:	broccoli	tomatoes
Povrce:	brokoli	paradajz
Dairy:	milk	yogurt
Mlijecni proizvodi:	mlijeko	jogurt
Protein:	chicken	beans
Proteini:	piletina	grasak, grah

Eat From all the Food Groups

Jedi hranu iz svih grupa



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.

Kupi hljeb i zitne pahuljice sa cijelim zrnima.

Primjeri su : hljeb sa zitaricama, zitne pahuljice sa

mekinjama, smeđja riza, tjestenina sa pšenice brašnom, bulgur i amarant.

- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Jedi manje pržene i masne tjestenine i peciva kao što su kolaci, biskviti ili mafins.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Svježe voće je najbolji izbor. Kad kupuješ konzervirano voće traži ono sa naznakom “konzervirano u sopstvenom soku”.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Kupuj manje komade voća i pij voćne sokove u manjim količinama.
- ◆ Eat raw and cooked vegetables with very little fat.
Jedi svježe ili kuhano povrće sa vrlo malo masnoće.
- ◆ Use mustard instead of mayonnaise on a sandwich.
Upotrebljavaj senf umjesto majoneze na sendviču.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Upotrebljavaj ulje od povrća u spreju za kuhanje umjesto ulja, putera ili margarina ili masti kada kuhaš jela.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
Nacini kuhanja koji su dobri za tebe su: pečenje, prženje bez masnoće u rerni (brojling), kuhanje, prženje u tavi bez masnoće, kuvanje na pari, dinstanje i gril.

Eat From All the Food Groups (continued)

Jedi hranu iz svih grupa

- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Izaberi komade mesa sa manje mesnoce kao sto su: piletina, curetina. Kada kupujes svinjetinu, govedinu ili sunku odstrani visak masnoce sa mesa.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Izaberi nemasno (skim) ili nisko-masno (1%) mlijeko ili mlijecne proizvode.

Grains, Beans and Starchy Vegetables

Zitarice, Grah, Grasak i Skrobno Povrce



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

Sta su skrob ili ugljeni hidrati?

Skrob je u hljebu, zitaricama, zitnim pahuljicama, grahu, grasku ili skrobnom povrcu. Jedi malo skroba/ugljenih hidrata u svakom obroku. Ljudi ti mogu reci da ne jedes skrob/ugljene hidrate, ali to vise nije ispravan savjet. Jesti skrob/ugljene hidrate je zdravo za svakoga, ukljucujuci i ljude sa dijabetisom.

How many starches/carbohydrates do I need each day? 6–11 servings each day

Koliko skroba/ugljenih hidrata ja trebam svaki dan? 6 do 11 serviranja svaki dan

The number of servings you should eat each day depends on:

Broj serviranja koje trebas jesti svaki dan zavisi od:

- ◆ The calories you need
Kalorija koje trebas
- ◆ Your diabetes plan
Tvog dijabetis tretman plana

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

Sta skrob I ugljeni hidrati rade za moje tijelo? Skrob daje tvom tijelu energiju, B vitamine, minerale I vlaknasta tkiva (fiber). Cijele zitarice su zdravije jer imaju vise vitamina, minerala i vlaknastih tkiva (fibera). Vlaknasta tkiva ti pomazu u regulisanju stolice. Oni ti takodje pomazu da bolje regulises tvoj secer u krvi.

Grains, Beans and Starchy Vegetables (continued)

Zitarice, Grah, Grasak i Skrobno Povrce

How much is one serving of starch/carbohydrate?

Koliko je jedno serviranje skroba/ugljenih hidrata?

- ◆ 1 slice of bread
1 kriska hljeba
- ◆ 1 small potato, casaba or plantain
1 mali krompir, kasaba ili plantejn (zelena banana)
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ cup kuhanih pahuljica kao sto je zobna ili psenicna kasa
- ◆ ¾ cup dry cereal such as corn flakes
¾ cup suvih pahuljica kao sto su kukuruzne
- ◆ ⅓ cup of cooked rice
⅓ cup kuhane riže
- ◆ 1 small tortilla, roti bread or enjira bread
1 mala tortija, roti hljeb ili endjira hljeb

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:
Ti ces mozda trebati da jades jedno, dva ili tri serviranja skroba/ugljenih hidrata u jednom obroku. Ako trebas da jedes vise od jednog serviranja u obroku, izaberi razlicitu hranu iz ove vrste hrane. Na primjer:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings

Dorucak: ¾ cup suvih pahuljica i 1 kriska hljeba—2 serviranja

Lunch: ⅓ cup of rice and ½ cup of cooked plantains—2 servings

Rucak: ⅓ cup rize I ½ cup kuhanih plantejns—2 serviranja

Dinner: ½ cup of pasta and one bread stick—2 servings

Vecera: ½ cup tjestenine i 1 bredstik—2 serviranja

Snack: 6 crackers—1 serving

Uzina: 6 krekeri—1 serviranje

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Ukupno za jedan dan: 7 serviranja. Mozes primijetiti da su ugljeni hidrati pravilno raspoređeni po obrocima. Ovo ti moze pomoci da kontrolises svoj secer u krvi.

Vegetables

Povrce



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Povrce je zdrava hrana za svakoga, uključujući i ljude sa dijabetesom. Jedi svjeze ili kuhano povrce svaki dan. Povrce ti daje vitamine, minerale, vlaknasta tkiva (fiber) i vrlo malo kalorija. Traži povrce koje je svjetlije boje. Primjeri su : mrkva, paprika, patlidzan, brokoli, paradajz i spinac.

You should have 3 to 5 servings every day.
Trebali bi imati 3 do 5 serviranja svaki dan.

How much is a serving of vegetables? Koliko je jedno serviranje povrca?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
½ cup kuhanog povrca, kao sto je kuhana zelena buranija, patlidzan, spinat ili tikva
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
1 cup svježeg povrca, kao sto je salata, stapici mrkve ili komadici krastavca
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
½ cup soka od povrca, kao sto je sok od paradajza ili sok od mrkve

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

Mozda ces trebati jesti jedan, dva ili tri serviranja povrca u jednom obroku. Ako trebas da jades vise nego jedno serviranje u obroku, izaberi razlicite vrste povrca ili uzmi dva ili tri serviranja jednog povrca.

Fruits

Voce

Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

Voce je zaista zdravo za svakoga, uključujući i ljude sa dijabetisom. Voce ti daje energiju, vitamine i minerale i vlaknasta tkiva (fiber).



How many servings of fruit do I need?

Koliko serviranja voca trebam?

2 to 4 servings

2 do 4 serviranja

What is a serving of fruit?

Sta je jedno serviranje voca?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 mala jabuka ili kruska (otprilike velicina zenske sake)
- ◆ ½ cup of apple or orange juice
½ cup soka od jabuke ili narandze
- ◆ ½ of a grapefruit
½ grejpfruta
- ◆ 1 small banana or ½ of a large banana
1 mala banana ili ½ velike banane
- ◆ ½ cup of chopped fruit
½ cup isjeckanog voca
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ cup grozdjica ili susenog voca (otprilike onoliko koliko ti moze stati na dlan)

You might need to eat one or two servings of fruit at a meal.

Mozda ces trebati da jades jedno ili dva serviranja u obroku.

How should I eat fruit?

Kako treba da jedem voce?

- ◆ Eat fruits raw, or as juice with no sugar added.
Jedi sirovo voce ili sok od voca bez dodatog secera.
- ◆ Buy smaller pieces of fruit.
Kupuj manje komade voca.

Milk and Yogurt Foods

Mlijeko i Jogurt

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Nemasno i nisko-masno mlijeko i jogurt su zdravi za svakoga, uključujući i ljude sa dijabetesom. Mlijeko i jogurt ti daju energiju, proteine, kalcijum, vitamin A i druge vitamine i minerale.



Drink fat-free (skim or nonfat) or low-fat (1%) milk each day.

Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Pij nemasno (skim ili nonfat) ili nisko-masno (1%) mlijeko svaki dan. Jedi nisko-masni ili nemasni jogurt. Oni imaju manje ukupne masnoće, zasićene masnoće i kolesterola.

How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

Koliko serviranja trebam svaki dan? 2 do 3 serviranja svaki dan. *Napomena: Ako ste trudni ili dojite bebu, jedite četiri do pet serviranja mlijeka i jogurta svaki dan.*

How much is a serving of milk and yogurt?

Koliko je jedno serviranje mlijeka ili jogurta?

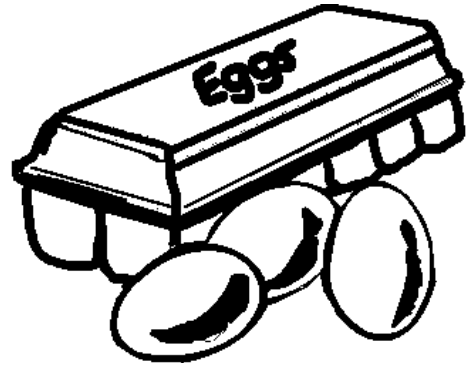
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 cup nemasnog jogurta bez dodataka (traži jogurt sa dodatkom aspartama također)
- ◆ 1 cup skim or low-fat milk
1 cup nemasnog ili nisko-masnog mlijeka

Note: Avoid yogurts that say, "fruit on the bottom." They contain high amounts of added sugar.

Napomena: Izbjegavaj jogurt na kojem stoji, "voće na dnu". On sadrži velike količine dodatog šećera.

Meat, Poultry, Fish, Eggs and Nuts

Meso, perad, riba, jaja i orasaste sjemenke (orasi, bademi, ljesnjaci)



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Ova grupa hrane sadrzi meso (govedina, svinjetina, jagnjetina), piletinu, curetinu, jaja, ribu, orasaste sjemenke i tofu ili sojine proizvode. Jedi manje kolicine neke od ove hrane svaki dan. Sva ova hrana daje nasem tijelu proteine.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Hrana sa proteinima pomaze da tvoje tijelo izgradjuje tkivo i misice. Ona takodje daje tvom tijelu vitamine i minerale.

How many protein foods do I need each day? 2 to 3 servings

Koliko hrane sa proteinima ja trebam svaki dan? 2 do 3 serviranja

How much is a serving of meat, poultry, fish, eggs and nuts?

Koliko je jedno serviranje mesa, peradi, ribe, jaja ili orasastih sjemenki?

- ◆ 2 to 3 ounces of cooked fish
2 do 3 unca (60–80 grama) kuhane ribe
- ◆ 2 to 3 ounces cooked chicken
2 do 3 unca (60–80 grama) kuhane piletine
- ◆ 3 to 4 ounces tofu (½ cup)
3 do 4 unca (80–110 grama) tofu (½ cup)
- ◆ 1 egg (equals one ounce of protein)
1 jaje (isto sto I jedan unc proteina)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
1 komad sira ili jedna unca sira (otprilike velicina baterije D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 supene kasike putera od kikirikija (isto sto I jedna unca)

Meat, Poultry, Fish, Eggs and Nuts (continued)

Meso, perad, riba, jaja i orasaste sjemenke (orasi, bademi, ljesnjaci)

Helpful Tips:

Savjeti koji mogu pomoci:

- ◆ The serving size you eat now may be too big.
Velicina serviranja koje ti sada jedes je mozda previse velika.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Pogledaj tezinu paketa karata za igranje. To je otprilike tezina 2 do 3 unca.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Kupi komade govedine, svinjetine, sunke ili jagnjetine koji imaju malo masnoce. Odstrani visak masnoce sa njih.
- ◆ Eat chicken or turkey without the skin.
Jedi piletinu ili curetinu bez koze.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Kuhaj hranu sa proteinima sa malo masnoce: u rerni, gril, u tavi, na pari, kuhano ili dinstano.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Upotrebljavaj male kolicine ulja kada kuhas meso, ili upotrebljavaj sprej za kuhanje umjesto ulja.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Jedi obrok bez mesa. Probaj grasak, grah ili tofu kao izvor proteina.

Fats, Oils and Sweets

Masnoce, Ulja i Slatkisi



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Masnocu i ulja sadrže puter, margarin, mast i ulja koje mi dodajemo u hranu i upotrebljavamo za kuhanje. Neka ulja su od suncokreta, maslina ili povrća. Masnoce se nalaze također u mesu, mliječnim proizvodima, snekovima i nekim slatkisima. Da bi kontrolisao svoj dijabetis, najbolje je jesti hranu sa manje masnoce i manje zasícene masnoce (masnoca koju dobijamo iz mesa i zivotinjskih proizvoda).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Slatkisi su hrana sa secerom koja ima kalorije ali ne mnogo vitamina i minerala. Neki slatkisi takodje sadrže visoku masnocu—kao sto su kolaci, slatke pite i keksi.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Jedenje previse slatkisa i visoko-masne hrane otezava kontrolu tvog secera u krvi i kontrolu tvoje tezine. Ako jedes masti i slatkise, jedi male porcije.

How much is a serving of fats, oils and sweets?

Koliko je jedno serviranje masnoce, ulja ili slatkisa?

- ◆ 1 teaspoon oil
1 čajna kasika ulja
- ◆ 1 tablespoon regular salad dressing
1 supena kasika regularnog preлива za salatu
- ◆ 2 teaspoons light mayonnaise
2 čajne kasike nisko-masne majoneze
- ◆ 1 strip of bacon
1 narezak slanine
- ◆ 1 cookie
1 keks
- ◆ 1 plain doughnut
1 nenamazan donat
- ◆ 1 tablespoon syrup
1 supena kasika slatkog sirupa
- ◆ 10–15 chips
10–15 cipsova

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