

# Diabetes Ntshaav Qaab Zib

Hmong

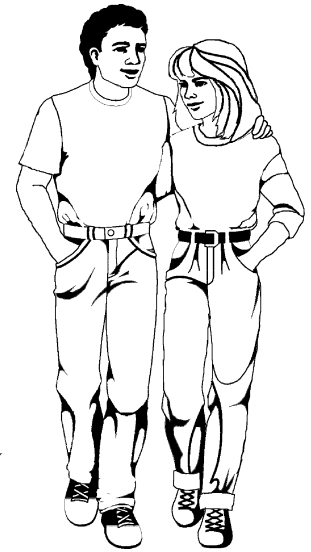
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# Diabetes

## Ntshaav Qaab Zib



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

**Ntshaav Qaab Zib Yog Dlaab Tsi?** Ntshaav qaab zib yog ib yaam mob kws thaum yug lub cev tsi muaj peev xwm ua los yog tsi txawj siv cov kuas dlej (insulin) kom hum yug.

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

Cov kuas dlej (insulin) yog ib yaam kua (hormone) kws hloov cov suabthaa huv lub cev, tej kws ua moov, hab lwm yaam khoom noj es txha le muaj taug zug txhua nub.

### **How is diabetes managed?**

#### **Yuav Tswj Ntshaav Qaab Zib Ua Le Caag?**

The management of diabetes has three parts:  
Kev tswj ntshaav qaab zib muaj peb yaam:

- ◆ Healthy Eating  
Kev Noj Khoom Zoo
- ◆ Physical Activity  
Kev Dliha Ua Si
- ◆ Medication (if needed)  
Kev Siv Tshuaj (yog tas tsim nyog)

**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.

**Yuav Ua Le Caag Es Kuv Txha Le Tswj Tau Kuv Kev Mob Ntshaav Qaab Zib?** Koj muaj peev xwm lug tswj koj cov ntshaav qaab zib yog tas koj noj yaam zaub mov zoo, dliha ua si kom txaus, hab luj koj tug kheej kom qhov nyaav nuav nyob txug le qhov zoo xwb.

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

Yog koj lub cev nyaav txug le qhov zoo xwb, nwg yuav paab kom koj tswj tau tej roj ntshaa rog (cholesterol) hab paab kom koj cov ntshaav nqeg tuaj.

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

Muaj ntau tug tuabneeg kws mob ntshaav qaab zib yuav tau siv tshuaj lug paab tswj puab cov tshaav hab.

# Eat Healthy

## Yaam Khoom Twg

### Es Txha Le Zoo



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.

Nyob rua dlaim ntawv kws hu ua “Food Guide Pyramid”, nwg qha txug ntau yaam zaub mov kws zoo rua koj lub cev. Koj yuav tau noj txhua txhua yaam zaub mov kws lua qha txug nyob rua dlaim ntawv hov. Thaum koj noj txhua yaam zaub mov, koj lub cev yuav tau taag nrho tej vivtasmeees hab mineral kws koj xaav tau.

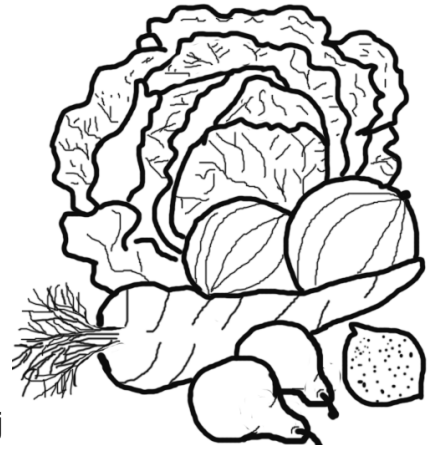
Here is an example of getting a variety of foods each day.

Qhov nuav yog ib qhov ua pib txwv qha txug noj txhua txhua yaam zaub mov nyob rua txhua nub.

	<b>Day 1</b>	<b>Day 2</b>
	<b>Nub 1</b>	<b>Nub 2</b>
Grains:	tortilla	brown rice
Mov:	tortilla	mov dlaaj
Fruit:	apple	mango
Tej Txiv Maab		
Txiv Ntoo:	txiv avpum	txiv tsaum npua
Vegetable:	broccoli	tomatoes
Tej Zaub:	zaub broccoli	txiv lwg sua
Dairy:	milk	yogurt
Tej Yaam		
Kua Mig:	nyuj mig	yaubnkawm
Protein:	chicken	beans
Tej Yaam Kws		
Muaj Zug:	nqaj qab	taum

# Eat From all the Food Groups

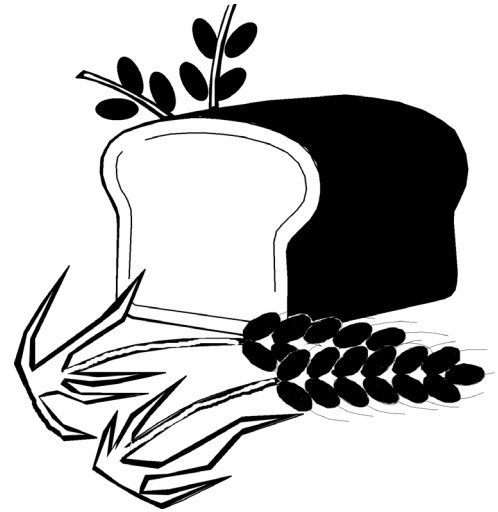
## Noj Txhua Yaam Zaub Mov



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.  
Yuav hlo ib pob qhobcij hab cov xeebyaum. Pevtxiv le tej pob qhobcij, tej dlaim qhobnoom nkig, mov dlaaj, tej pob pasta, bulgar hab amaranth.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.  
Noj tsawg zog rua cov khoom kib hab cov khoom kws muaj tsoj ntau xi les qhobcij qaab zib, biscuits, los yog cov muffins.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”  
Txiv maab txiv ntoo tshab yog cov zoo tshaaj. Thaum koj yuav cov txiv kws lua tub muab tso rua huv lub poom lawd, ntshav cov kws muaj lu lug, “canned in their own juice”.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.  
Yuav tej nplai txiv maab txiv ntoo kom yau zog hab haus cov kua txiv kom tsawg zog.
- ◆ Eat raw and cooked vegetables with very little fat.  
Noj zaub nyoog hab zaub sav kws muaj roj tsawg le kws tsawg tau.
- ◆ Use mustard instead of mayonnaise on a sandwich.  
Siv cov mustard es tsi txhob siv cov mayonnaise lug pleev dlaim qhobcij.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.  
Siv cov roj zaub kws ua ib lub poom tsuag es txhob siv tej tsoj nqaj yog thaum twg kib zaub noj.
- ◆ 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.  
Kev ua zaub mov noj kws zoo rua koj yog: muab txhab, muab ci, muab hau, kib xyaw zaub, ci ntawm suav tawg, cub, hau ntsug zaub hab ci sau ib lub hlau. Tsi txhob siv tsoj ntau ntau thaum ua zaub mov noj.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.  
Siv tej nqaj kws tsi muaj tsoj pes tsawg zoo le: nqaj qab, nqaj thawbkim. Thaum yuav ua nqaj npuas, nqaj nyug hab nqaj ham, muab cov tsoj hlais tseg.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.  
Xaiv tej nyuj mig kws tsi muaj tsoj los yog tsoj tsawg (1%).

# Grains, Beans and Starchy Vegetables

## Moov Nplej, Taum hab Zaub



### 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.

### Starches los yog carbohydrates yog dlaab tsi?

Starches yog qhobcij, moov nplej, xeebyaum, pasta, taum los yog moov zaub. Noj tej yaam khoom nuav txhua pluag mov yuav paab rua yug tsi muaj mob. Txawm yog tug tuabneeg muaj ntshaav qaab zib los yeej paab tau rua nwg cov ntshaav txhob nce sab hab.

### How many starches/carbohydrates do I need each day? 6–11 servings each day Kuv yuav tsum noj cov moov nplej/carbohydrates ntau npaum le caag tuaj ib nub? 6-11 serving tuaj ib nub

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

Qhov yuav noj ntau hab noj tsawg tuaj ib nub yog nyob rua ntawm:

- ◆ The calories you need  
Koj toobkaas cov calories ntau npaum le caag
- ◆ Your diabetes plan  
Kev kws khu koj cov ntshaav qaab zib

**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.

**Tej moov nplej hab carbohydrates nuav yuav ua le caag rua huv kuv lub cev?** Cov moov nuav yuav ua rua kom koj lub cev muaj zug, muaj vivtamees B, muaj minerals hab fiber. Cov khoom noj kws lug ntawm nplej, pob kws, xeebyaum yuav zoo tshaaj vim muaj vivtamees, minerals, hab fiber ntau dlua. Fiber paab kom koj moog tawm rooj tau. Nwg yuav paab kom koj tswj tau koj cov ntshaav qaab zib hab.

## Grains, Beans and Starchy Vegetables (continued)

Moov Nplej, Taum hab Zaub

### How much is one serving of starch/carbohydrate?

#### Ib qhov serving starch/carbohydrate nua yog ntau npaum le caag?

- ◆ 1 slice of bread  
1 dlaim qhobcij
- ◆ 1 small potato, casaba or plantain  
1 thooj qos miv
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat  
½ ib khob xeebyaum kws sav lawm zoo le cov oatmeal los yog cream of wheat
- ◆ ¾ cup dry cereal such as corn flakes  
¾ ib khob xeebyaum qhuav zoo le cov nyuas pob kws qhuav
- ◆ ⅓ cup of cooked rice  
⅓ khob mov sav
- ◆ 1 small tortilla, roti bread or enjira bread  
1 dlaim tortilla, qhobcij roti losyog enjira

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: Ib pluag mov twg, yuav tau noj ib, ob, losyog peb serving ntawm cov moov nplej/carbohydrates. Yog koj xaav noj kom ntau tshaaj hov, koj yuav tau xaiv noj tsaw le huv nuav:

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

*Noj tshais:* ¾ ib khob xeebyaum qhuav hab ib dlaim qhobcij—2 zag

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

*Noj Sus:* ⅓ khob mov hab hab ib khob zaub sav—2 zag

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

*Noj Mo:* ½ ib khob pasta hab ib tug qhobcij—2 zag

*Snack:* 6 crackers—1 serving

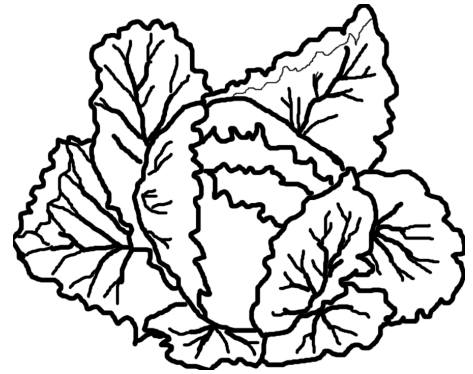
*Noj khoom txom ncauj:* 6 dlaim qhobnoom—1 zag

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

*Taag nrho tuaj ib nub:* 7 zag. Cov carbohydrates yeej muaj taag nyob cov khoom noj nuav lawm. Qhov nuav yuav paab tau rua koj tswj tau koj cov ntshaav qaab zib.

# Vegetables

## Zaub



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.

Zaub mas yeej zoo rua txhua tug txawm tas koj mob ntshaav qaab zib hab los tsi mob. Noj zaub nyoog hab zaub sav txhua nub. Zaub yuav muaj vivtamees, minerals, hab fiber rua koj lub cev. Siv cov zaub kws muaj xim tshab tshab. Tej zaub nuav xi le: carrots, hov txob, txiv lwg, broccoli, txiv lwg suav, hab zaub ntsuab.

You should have 3 to 5 servings every day.

Koj yuav tsum noj 3 txug rua 5 zag (servings) txhua txhua nub.

### How much is a serving of vegetables?

#### Yuav siv ib zag zaub nua ntau npaum les caag?

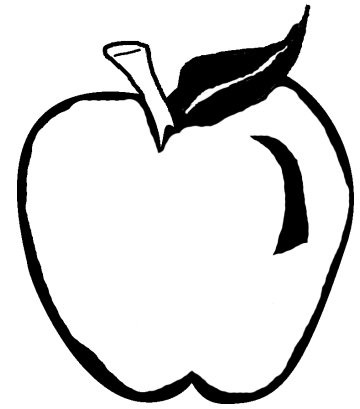
- ◆  $\frac{1}{2}$  cup cooked vegetables, like cooked green beans, eggplant, spinach and squash  
 $\frac{1}{2}$  khob zaub sab zoo le taum nruab, txiv lwg, zaub nruab hab taub nruab
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers  
1 khob zaub nyoog zoo le xamlav, carrot losyog dlib ua tej nplais
- ◆  $\frac{1}{2}$  cup vegetable juice, like tomato juice or carrot juice  
 $\frac{1}{2}$  khob kua zaub zoo le kua txiv lwg suav los yog kua carrot (caag zaub dlaaj)

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.

Koj yuav tau noj ib, ob, lossis peb zag zaub tuaj ib pluag mov. Yog koj yuav noj tshaaj le ib zag zaub nyob rua ib pluag mov twg, xaiv ob peb yaam zaub txhawv los yog noj ib yaam zaub ob peb zag.

# Fruits

## Txiv maab txiv ntoo



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

Txiv maab txiv ntoo mas yeej zoo rua txhua leej txhua tug txawm tas muaj ntshaav qaab zib los tsi muaj. Txiv maab txiv ntoo yuav ua kom koj muaj zug, muaj vivtamees, minerals hab fiber.

### How many servings of fruit do I need?

#### Kuv yuav tsum noj pe tsawg zag txiv maab txiv ntoo?

2 to 4 servings

2 rua 4 zag

### What is a serving of fruit?

#### Ib zag txiv maab txiv ntoo yog npaum twg?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)  
1 lub txiv avpum los yog pear (luaj les ib tug qua puj lub ntshig)
- ◆ ½ cup of apple or orange juice  
½ khob kua txiv avpum los yog majkeeb
- ◆ ½ of a grapefruit  
½ khob kua txiv maab txiv ntoo
- ◆ 1 small banana or ½ of a large banana  
1 lub txiv tsawb miv aiv los yog ½ lub txiv tsawb luj
- ◆ ½ cup of chopped fruit  
½ khob txiv maab txiv ntoo kws muab txav ua tej nplai tej nplai lawm
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)  
¼ khob txiv grape qhuav los yog cov txiv maab txiv ntoo kws muab zab qhuav lawm (pub nkaus koj lub xib teg xwb)

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

Tej zag koj yuav tsum tau noj ib los yog ob serving txiv maab txiv ntoo tuaj ib pluag.

### How should I eat fruit?

#### Kuv yuav noj cov txiv maab txiv ntoo zoo le caag?

- ◆ Eat fruits raw, or as juice with no sugar added.  
Noj nyoog losyog haus cov kua kws tsi txhob xyaw naabtaa.
- ◆ Buy smaller pieces of fruit.  
Yuav tej nplais txiv maab txiv ntoo kws yau zog.

# Milk and Yogurt Foods

## Mig hab Yaubnkawm yog



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.

Cov kua mig kws tsi muaj tsoj los yog tsoj tsawg hab yaubnkawm mas yeej zoo rua txhua tug noj tsi has tug muaj mob ntshaav qaab zib los tsi muaj. Kua mig hab yaubnkawm yuav ua rua kom koj muaj zug, pob txhaa tawv, vivtamees A, hab dlua lwm yaam vivtames hab mineral.

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.

Hau cov kua mig kws tsi muaj tsog los yog tsog tsawg kws yog le 1% xwb tuaj ib nub. Noj cov yaubnkawm kws tsi muaj tsog los yog tsog tsawg. Cov nuav txha les tsi muaj tsoj ntau.

**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.*

**Kuv yuav noj pes tsawg serving tuaj ib nub?** 2 moog rua 3 zag tuaj ib nub. *Ceeb Toom: Yog tas koj xeeb tub lawm los yog taab to tseem pub mig ntawm cev rua mivnyuas noj, koj yuav tsum hau plaub moog rua tsib zag kua mig hab noj yaubnkawm tuaj ib nub.*

**How much is a serving of milk and yogurt?**

**Haus ib zag kua mig hab noj yaubnkawm yog ntau npaum le caag?**

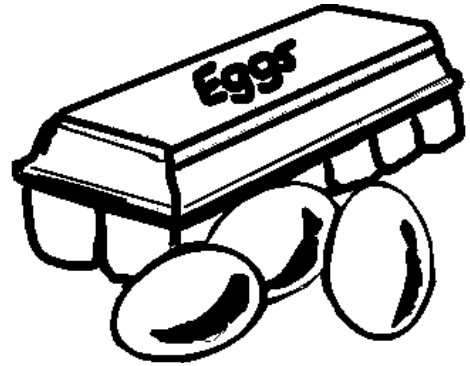
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)  
1 khob yaubnkawm kws tsi muaj tsoj (yog cov yaubnkawm kws muaj aspartame nyob huv)
- ◆ 1 cup skim or low-fat milk  
1 khob kua mig kws tsi muaj tsoj

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

*Ceeb Toom: Tsi txhob noj cov yaubnkawm kws luas sau tas, "fruit on the bottom". Txhais tau tas muaj txiv maab txiv ntoo nyob rua huv qaab khob. Cov nuav muaj naabtaas ntau heev xyaw.*

# Meat, Poultry, Fish, Eggs and Nuts

## Nqaj, Nqaj Qab, Nqaj Ntseg, Qai hab Txiv Qaab Tsog



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.

Pawg khoom nuav yog muaj nqaj (nyug, npuas, yaaj), qab, thawbkim, qai, ntseg, txiv qaab tsog hab taum zum los yog tej yaam kua taum. Yuav tau noj cov khoom nuav ib yaam ib ntsiv tuaj ib nub hab. Taag nrho cov khoom noj nuav yuav ua kom peb lub cev muaj zug (protein).

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

Cov koom noj kws muaj zug nuav yuav lug paab kom koj lub cev muaj kaab hab muaj zug tuaj. Cov khoom noj nuav yuav ua kom koj lub cev muaj vivtamees hab mineral tub si hab.

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

**Kuv yuav tsum noj cov khoom kws muaj zug (protein) ntau npaum le caag tuaj ib nub?** 2 moog rua 3 zag

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

Ib zag nqaj nyug los yog npuas, nqaj qab, nqaj ntseg, qai hab txiv qaab tsog nua yuav ntau npaum le caag?

- ◆ 2 to 3 ounces of cooked fish  
2 moog rua 2 ooj nqaj ntseg sav
- ◆ 2 to 3 ounces cooked chicken  
2 moog rua 3 ooj nqaj qab sav
- ◆ 3 to 4 ounces tofu (½ cup)  
3 moog rua 4 ooj taum (½ kob)
- ◆ 1 egg (equals one ounce of protein)  
1 lub qai (yog ntau npaum le ib ooj protein)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)  
1 dlaim tshij los yog ib ooj tshij (ntau npaum le ib lub tsoj teeb D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)  
2 dlav luj txiv laum fuab txhib (yog ntau npaum ib ooj)

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

### **Nqaj, Nqaj Qab, Nqaj Ntseg, Qai hab Txiv Qaab Tsog**

#### **Helpful Tips:**

Tej yaam kws zoo siv:

- ◆ The serving size you eat now may be too big.  
Ib zag kws koj noj taam sim nuav tej zag luj zog lawm.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.  
Koj sim saib ib pob phaib. Qhov nuav yog muaj le 2 moog rua 3 ooj.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.  
Yuav tej nqaj nyuj, npua, ham hab yaaj kws muaj tsoj tsawg tsawg xwb. Yog muab tsoj ntau, muab hlai tseg.
- ◆ Eat chicken or turkey without the skin.  
Txhob noj dlaim tawv qab hab dlaim tawv thawbkim.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.  
Ua cov khoom noj kws muaj protein le nuav xwb: Muab Ci, Kib, Kib Xyawg Zaub, Cis Txhab, Cub, hab Hau.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.  
Siv tsoj tsawg le kws tsawg tau thaum ua nqaj noj lawm.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.  
Noj tej pluag mov txhob nrug nqaj. Sim noj cov taum losyog tej taum zum xwb los yeej ua rua yug muaj zug lawm.

# Fats, Oils and Sweets

## Tsog, Tsoj hab

### Qaab



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).

Tsog hab tsoj xis le yog butter, margaine, tsoj nqaj mas yog tej yaam kws peb ntxiv rua tej zaub hab siv lug ua zaub noj. Muaj tej cov tsoj yog nyob huv poom, tsoj ntoo, hab tsoj zaub. Tsog muaj nyob rua huv tej nqaj, tej khoom noj txhua nub, hab khoom noj ua si hab tej khoom qaab zib. Yog le yuav kom tswj tau koj cov ntshaav qaab zib, koj yuav tsum noj tej yaam kws muaj tej tsoj nuav tsawg le kws tsawg tau (xis le txhob siv tej tsoj kws muab lug ntawm tej tsaj txug lug).

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.

Khoom qaab zib yog cov zaub mov kws muaj calories tabsis tsi muaj vivtamees hab mineral. Ib txha qaab zib muaj tsog heev—zoo les cake, phais, hab qhobnoom.

*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.*

*Yog noj tej khoom qaab zib ntau yuav nyuaj heev rua koj lug tswj koj cov ntshaav qaab zib hab koj qhov kws nyaav. Yog koj xaav noj heev los yuav tau noj tsawg le kws tsawg tau.*

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

Ib qhov serving kws yog tsog, tsoj hab qaab zib yog npaum twg?

- ◆ 1 teaspoon oil  
1 dlav tsoj miv
- ◆ 1 tablespoon regular salad dressing  
1 dlav luj kws siv xyaw cov xamlav
- ◆ 2 teaspoons light mayonnaise  
2 dlav yau kws siv mayonnaise tsawg
- ◆ 1 strip of bacon  
1 dlaim qhaj ci nyag
- ◆ 1 cookie  
1 lub khuvkim
- ◆ 1 plain doughnut  
1 lub ntoobnam kws tsi muaj suabthaaaj
- ◆ 1 tablespoon syrup  
1 dlav luj kws siv syrup
- ◆ 10–15 chips  
10–15 dlaim chips

Hmong

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