

# Diabetes

# Sonkorowgu

Somali

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# Diabetes

## Sonkorowgu



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

**Waa maxay Kaadi Sonkorowgu?** Sonkorowgu waa cudur uusan jirku soo saarin insuliinta ama uusan si hagaagsan u isticmaalin.

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

Insuliintu waa hormoon u bedela sonkorta, starjka iyo cuntooyinka kale tamarta looga baahan yahay nolol maalmeedka.

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

**Sidee baa loo Maamulaa Sonkorowga?**

The management of diabetes has three parts:

Maamulka sonkorowgu wuxuu leeyahay saddex qaybood:

- ◆ Healthy Eating  
Cunitaanka cunto caafimaad leh
- ◆ Physical Activity  
Waxqabad jireed
- ◆ Medication (if needed)  
Daaweyn (haddii loo baahdo)

**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.

**Sidee baan u xaddidi karaa Sonkorowgayga?** Waxaad ku caawin kartaa oo aad ku xaddidi kartaa sonkorta dhiigaaga ku jirta ( oo sidoo kale loogu yeero kulukoosta dhiiga) iyo sonkorowga markaad cunto cunto caafimaad leh, aadna hesho waxqabad jireed kugu filan, oo aad lahaato culeys caafimaad qaba.

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

Culeyska caafimaadka leh wuxuu sidoo kale kaa caawinayaa inaad xaddido barruurtaada dhiiga ( kalastarool) iyo inaad hoos u dhigto dhiig karkaaga.

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

Dad badan oo qaba sonkorowga ayaa sidoo kale u baahan inay qaataan daawo si ay uga caawiso xadiddaada sonkorta dhiigooda ku jirta.

# Eat Healthy

## Cun cunto caafimaad

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.

Isticmaalida Tusaha Cuntada ee Ahraamta (Pyramid) ayaa kaa caawinaya cunida cuntooyin kala duwan oo caafimaad leh. Kala duwan micnaheedu waxaa weeye cunida cuntooyin ka kooban qaybaha cuntada isu dheelitaan maalin kasta. Markaad cunto cuntooyin kala duwan maalin kasta, waxaad helayaa fiitamiinada iyo macdanaha aad u baahan tahay.

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

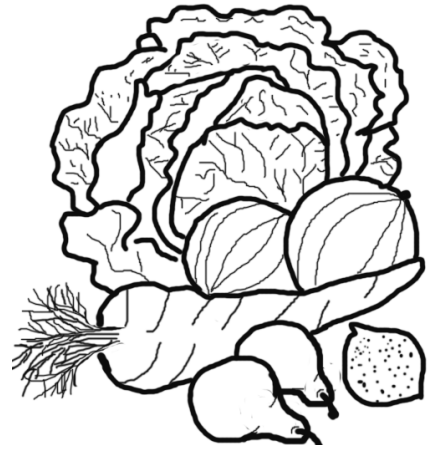
Halkan waxaa ku qoran tusaale ah cuntooyinka kala duwan ee maalin kasta.



	<b>Day 1</b> <b>Maalinta 1 aad</b>	<b>Day 2</b> <b>Maalinta 2 aad</b>
Grains:	tortilla	brown rice
Heed:	tortiile	bariiska kafeega ah
Fruit:	apple	mango
Miro:	tufaax	cambe
Vegetable:	broccoli	tomatoes
Khudaar:	barakooli	yaanyo
Dairy:	milk	yogurt
Cunto xoolaad:	caanno	yoogad
Protein:	chicken	beans
Boratiin:	diggaag	digir

# Eat From all the Food Groups

## Cun dhammaan qaybaha cuntooyinka oo dhan



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.  
Soo iibso rootiga ka sameysan badarka iyo heeda. Tusaalayaasha qaarkood waa rootiga badar keliya laga sameeyo, xabuubka baraanka, rootiga kafeega ah, baastada qamadiga keliya laga sameeyo, qamadi la burburiyey iyo geed caleen cagaaran.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.  
Wax yar ka cun staarjka la dubay iyo ka baruurtu ku badan tahay sida waxyaalaha la dubo, biskutka, ama doolshe qamadi laga sameeyey.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”  
Miraha cusub ayaa ah waxa ugu wanaagsan in la cunno. Markaad gadaneyso miraha qasacadeysan ka raadi erayada ah, “waxaa lagu qasacadeeyey biyahooda”
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.  
Iibso qaybo yar yar oo miro ah miraha la miirona wax yar ka cab.
- ◆ Eat raw and cooked vegetables with very little fat.  
Cun khudaarta cayriin iyo kuwa la kariyey ee dufanka yar leh.
- ◆ Use mustard instead of mayonnaise on a sandwich.  
Isticmaal shey ansalaatada dusha lagaga shubo(mustard) meeshii aad uga isticmaali lahayd (waa shey laga sameeyo ukunta oo ansalaatada oo kale dusha lagaga shubo (mayonnaise) hilibka iyo rootiga la is dhexgaleyo.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.  
Isticmaal saliida khudaarta ka sameysan ee buufiska ah meeshii aad ka isticmaali lahayd saliid, dhimayana, burcad ama margrine, ama subag markaa wax karineyso.
- ◆ 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.  
Xeeladaha wax karinta ee kuu wanaagsan adiga waxaa weeye: wax dubidda, dab ku karin, karkarinta, dubbida, foorneynta, uumiku karinta, isteeki ka dhigada iyo giriilka ku karinta. Iska ilaali ku karinta cuntada saliid badan.

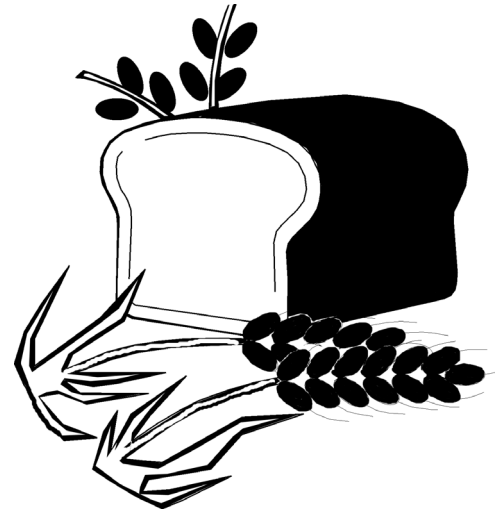
## **Eat From All the Food Groups (continued)**

Karo dhammaan qaybaha cuntooyinka oo dhan (socota)

- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.  
Dooro hilib barruurtu ku yar tahay sida: diggaaga, turkey. Markaad iibsaneyso hilib doofaar, hilibka lo'da, hilibka doofaarka, ka jar barruurta dheeraadka ah.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.  
Dooro caannaha aan barruurta laheyn (skim) ama ay ku yar tahay (1%), ma cuntooyinka xoolaha.

# Grains, Beans and Starchy Vegetables

## Heedu, Digirtu iyo khudaarta Istaarku



### 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.

### Maxay yihiin Istaarj ama karbohaydarku?

Istaarjisku waa rootiga, badarka, heedda, baastada, digirta ama khudaarta Istaarjka. Cun waxooga istaarj ah/karbohaydareyd ah cunto kasta. Waxaa laga yaabaa inay dadku kuu sheegaan inaad cunin istaarj/karbohaydareyd badan, laakiin taasi ma aha hadda tallo sax ah. cunnitaanka istaarj iyo karboheyd ku waa cunno caafimaad u leh qof kasta, oo ay ku jiraan dadka qaba sonkorowga.

**How many starches/carbohydrates do I need each day?** 6–11 servings each day  
**Intaa istaarj/karbohaydareyd ayaan u baahanahay maalin kasta?** 6–11 cunto maalin kasta

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

Intaad ka cuneyso maalin kastaa waxay ku xirnaaneysaa maalin kasta:

- ◆ The calories you need  
Kaloriga aad u baahan tahay
- ◆ Your diabetes plan  
Qorshahaaga daaweynta sonkorowga

**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.

**Maxay u qabtaan istaarjka iyo karbohaydareydku jirkeyga?** Istaarjku waxay siiyaan jirkeyga tamar, fitimiinada B, macdanaha iyo fiber. Badarka dhami waxay leeyihiin caafimaad sababtoo ah waxay leeyihiin fitamiin badan, macdano iyo fiber. Fiber waxay kaa caawineysaa socodka caadiga ah ee caloosha. Waxay sidoo kale kaa caawinayaan xaddida sonkorta dhiigaaga.

## Grains, Beans and Starchy Vegetables (continued)

Heedu, Digirtu iyo khudaarta Istaajku (socota)

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

#### Intee ayaa la cunayaa istaarjka/karboheydareydka?

- ◆ 1 slice of bread  
1 jeex oo rooti ah
- ◆ 1 small potato, casaba or plantain  
1 baradho yar, casaba ama plantain
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat  
½ koob ah heed sida oatmeal ama kareemka qamadiga
- ◆ ¾ cup dry cereal such as corn flakes  
¾ koob oo ah heed la qalajiyey sida galeyda
- ◆ ⅓ cup of cooked rice  
⅓ koob oo ah bariis la kariyey
- ◆ 1 small tortilla, roti bread or enjira bread  
1 tortilla oo yar, rooti ama canjeelo

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:

Waxaa laga yaabaa inaad u baahato cunitaanka, mid, laba ama saddex istaarj/karbohaydareyd halkii mar ee cunto cunid ahba. Haddii aad u baahan tahay inaad cunto wax ka badan hal raashin, ka dooro cuntooyin ka duwan kooxda cuntadan. Tusaale:

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

*Quraac:* ¾ koob ah heed qalalan iyo 1 jeex oo rooti ah—laba jeer

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

*Gaddo:* ⅓ koob oo bariis ah iyo ½ koob oo plantains la kariyey ah – laba jeer

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

*Cashada:* ½ koob oo baasta ah iyo hal rooti ah—2 jeer

*Snack:* 6 crackers—1 serving

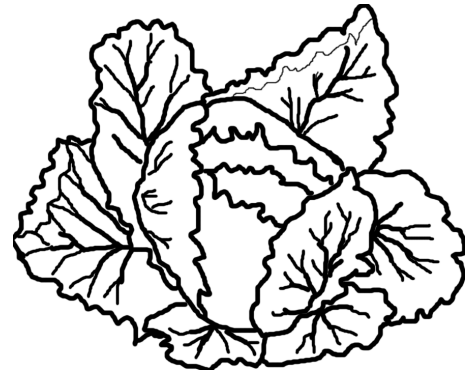
*Cunto fudud:* 6 biskut oo dhuuban – hal mar

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

*Maalintii oo dhan:* 7 jeer. Ogsoonow in karboheydareydka lagu dheeli tiray cuntooyinka. Tanina waxay kaa caawineysaa sonkorta dhiigaaga.

# Vegetables

## Khudaartu



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.

Khudaartu caafimaad ayey u leedahay qof kasta, iyadoo ay ku jiraan dadka qaba sonkorowga. Cun khudaar la kariyey iyo mid ceyriin maalin kasta. Khudaartu waxay ku siinaysaa fitamiin, macdan iyo fiber iyadoo leh kalori aad u yar. Raadi khudaarta midabkoodu dhalaalayo. Xooggaa tusaale ahi waa: dabacasaha, basbaaska, geedka ukunta oo kale ah, barokooli, yaanyada iyo isbinaajka.

You should have 3 to 5 servings every day.  
Waa inaad cuntaa 3 ilaa 5 jeer maalin kasta.

### How much is a serving of vegetables? Khudaarta intee laga cuni karaa?

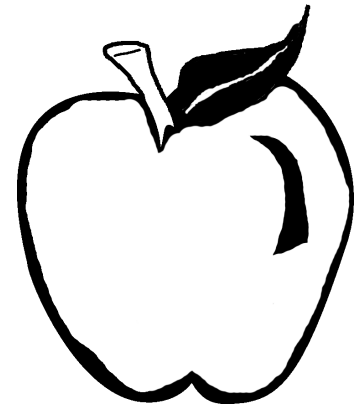
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash  
½ Koob oo ah khudaar la kariyey Sida digirta cagaaran oo la kariyey, eggplant, isbinaaj iyo iskuwash
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers  
1 koob oo khudaar ceyriin ah sida ansalaatada, dabacasaha ama kakabaarka oo la googooyey
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice  
½ Koob oo ah khudaar la miirey sida yaanyada ama dabacasaha oo la miirey

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.

Waxaa laga yaabaa inaad u baahato cunida mid , laba ama aad halkii cuntaba aad ku cunto saddex khudaar ah. haddii aad dooneyso inaad ku cunto wax ka badan cuntadiiba, dooro khudaar kala duwan ama laba ama saddex ka cun halkii kudaar ah ee isku mid ah.

# Fruits

## Miruhu



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

Miruhu caafimaad bay u leeyihiin qof walba, oo ay ku jiraan dadka qaba sonkorowga. Miruhu waxay ku siinayaan tamar, fitamiino iyo macdano iyo fiber.

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

#### **Intee ayaan uga baahanahay miraha inaan ka cunno?**

2 to 4 servings

2 ilaa 4 jeer

### **What is a serving of fruit?**

#### **Intee laga cunayaa miraha?**

- ◆ 1 small apple or pear (approximately the size of a woman's fist)  
1 tufaax ah oo yar ama biir ( qiyaastiina le'eg sacabka qof dumar ah)
- ◆ ½ cup of apple or orange juice  
½ koob ah liin ama tufaax miiran
- ◆ ½ of a grapefruit  
½ canab ah
- ◆ 1 small banana or ½ of a large banana  
1 koob yar oo moos ama ½ oo ah moos weyn
- ◆ ½ cup of chopped fruit  
½ koob ah oo mirro la googooyey
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)  
¼ koob oo ah canab macaan oo la qalajiyey ama miro kale oo la qalajiyey (qiyaastii wax leekaan kara calaacasha gacantaada)

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

Waxaa laga yaabaa inaad u baahato inaad ku cunto hal ama laba mar miro Cuntada.

### **How should I eat fruit?**

#### **Sidee baan u cunayaa miraha?**

- ◆ Eat fruits raw, or as juice with no sugar added.  
Cun miro ceyriin, ama la miirey oo aan wax sonkor ah lagu darin.
- ◆ Buy smaller pieces of fruit.  
Miro yar yar soo iibso.

# Milk and Yogurt Foods

## Caanaha iyo cuntooyinka yoogadku



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.

Caanaha aan layn dufanka ama dufanka ku jiraa uu hooseeyo iyo yoogadku qofkasta caafimaad ayey u leeyihiin, iyadoo ay ku jiraan dadka qaba sonkorowga, caanaha iyo yoogadku waxay siiyaan tamar, borotiin, kaalshiyam, fitimiin A, iyo fitimiino iyo macdano kale.

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.

Cab caanaha aan dufanka lahayn (skim, ama aan dufanba lahayn) ama ay ku yar tahay (1%) maalin kasta. Cun yoogadka dufanku ku yar yahay ama uusan lahayn. Waxay leeyihiin dufan ka yar, mida aadka u dufanka badan iyo kolostorool.

**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.*

**Intaa ayaan u baahanahay inaan ka cuno maalin kasta?** 2 ilaa 3 jeer maalin kasta. *Ogow: Haddii aad uur leedahay ama nuujineyso, cun ama cab afar iyo shan jeer caanno iyo yoogad maalin kasta.*

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

**Intee ayaan ka qaadanayaa Caanaha iyo Yoogadka?**

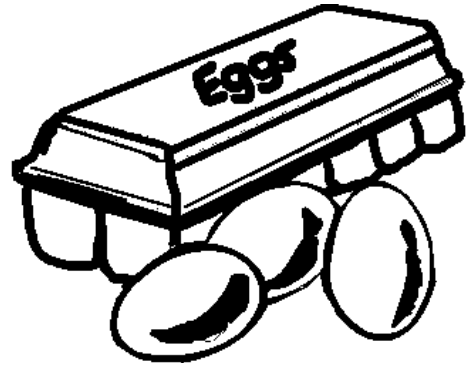
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)  
1 koob oo ah yoogad keligeed ah oo aan dufan lahayn ( raadi sidoo kale yoogadka lagu carfiyey aspartame)
- ◆ 1 cup skim or low-fat milk  
1 koob oo ah caanno aan dufan lahayn ama hooseyso inta ku jirtaa

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

*Ogow: Iska ilaali yoogadka ay ku qoran tahay, “miro ayaa salka ku jira”. Waxaa ku jira sonkor aad u badan oo lagu daray.*

## **Meat, Poultry, Fish, Eggs and Nuts**

# **Hilib, Diggaag, kalluun, Ukun iyo Miro**



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.

Cuntada noocan ahi waxaa ku jira hilib ( hilibka lo'da, doofaarka, hilibka ariga), diggaaga, turkeyga, ukunta, kalluunka, miraha iyo tofu ama cuntooyinka soy ga ka sameysan. wax yar ka cun cuntooyinkan maalin kasta. Cuntooyinkan oo dhama waxay siinayaan jirkeena borotiin.

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

Cuntooyinka borotiinka leh waxay ka caawiyaan jirkaaga inay dhisaan unugyada iyo muruqyada. Waxay sidoo kale siiyaan jirkaaga fitamiino iyo macdano.

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

**Intee baan uga baahanahay cuntooyinka borotiinka leh maalin kasta?** 2 ilaa 3 jeer

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

**Intee laga cunayaa hilibka, diggaaga, Kalluunka, Ukunta iyo Miraha?**

- ◆ 2 to 3 ounces of cooked fish  
2 ilaa 3 rubuc kiilo oo ah kalluun la kariyey
- ◆ 2 to 3 ounces cooked chicken  
2 ilaa 3 rubuc kiilo oo ah diggaag la kariyey
- ◆ 3 to 4 ounces tofu ( $\frac{1}{2}$  cup)  
3 ilaa 4 rubuc kiilo oo ah tofu (koob  $\frac{1}{2}$ )
- ◆ 1 egg (equals one ounce of protein)  
1 ukun ah ( waxay la mid tahay hal rubuc kiilo oo borotiin ah)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)  
1 go' oo ah burcad ama hal rubuc kiilo oo ah burcad (oo qiyaastii le'eg bateriga D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)  
2 qaado oo ah burcadka miraha laga sameeyo (wuxuu la mid tahay rubuc)

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

### **Hilib, Diggaag, kalluun, Ukun iyo Miro (socota)**

#### **Helpful Tips:**

#### **Tallooyin ku caawinaya:**

- ◆ The serving size you eat now may be too big.  
Inta aad ka cuneysaa waxaa laga yaabaa inay aad ubadan tahay.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.  
Fiiri dusha turubka. Xajmigani wuxuu le'eg yahay ilaa 2 ilaa 3 rubuc kiilo.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.  
libso hilibka lo'da, ka doofaarka, iyo ka ariga ee leh barruur yar oo keliya. Kana goo barruurta saa'idka ah.
- ◆ Eat chicken or turkey without the skin.  
Cun diggaaga ama turkey da oo aan lahayn maqaarka.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.  
U kari cuntooyinka borotiinka leh siyaallo baruurta uga yareynayo: Broil, Grill, Stir-fry, foornee, uumi ku kari, kar kari, isteeg ka dhig.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.  
Isticmaal saliid aad u yar marka aad karineyso hilibka, ama aad isticmaaleyso saliida lagu buufiyo meeshii aad saliid ka isticmaali lahayd.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.  
Cun cunto aan hilib lahayn. Iskuday digir ama tofu si waxyaalaha aad ka hesho borotiinkaaga oo kale.

# Fats, Oils and Sweets

## Baruurtu, Saliida iyo Macmacaanku



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).

Baruurta iyo saliida waxay ku jiraan burcadka, margarine, subaga iyo saliida aynu ku darno cuntada ee aynu u isticmaalno inaynu cuntooyinka ku karino. Saliida qaarkeed waa canola, oliva iyo ta khudaarta. Baruurta waxaa sidoo kale laga helaa hilibka, cuntooyinka xoolaha, cuntooyinka fudud iyo macmacaanka qaarkii. Si aad u xaddido sonkortaada, waxaa wanaagsan inaad cunto cuntooyin ay ku yar tahay baruurta iyo baruurta aan aad u subaga badneyn (baruurta aan ka helno hilibka iyo cuntooyinka xoolaha).

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.

Macmacaanku waa cuntooyinka leh sonkorta ee leh kolariska laakiinse aan lahayn fitamiin iyo macdan aad u badan. Macmacaanka qaarkiis waxaa aad ugu badan baruurta – sida doolshaha, bur khudrad lagu dhex sameeyo (pies), iyo waxyaalaha la dubo.

*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.*

*Cunida waxyaalo badan oo sonkor leh iyo cuntooyinka baruurta ku badan tahay waxay adkeynayaan sidii aad ku xaddidi lahayn sonkorta jirkaaga iyo culeyska. Haddii aad cunto baruur iyo macmacaan, wax yar ka cun.*

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

#### Intee laga cunayaa baruurta, saliida iyo macmacaanka?

- ◆ 1 teaspoon oil  
1 qaado oo saliid ah
- ◆ 1 tablespoon regular salad dressing  
1 qaado oo ah waxyaalaha caadiga ah ee ansalaatada korka lagaga daro
- ◆ 2 teaspoons light mayonnaise  
2 qaado oo ah mayonnaise fudud
- ◆ 1 strip of bacon  
1 jeex oo ah qaansiir
- ◆ 1 cookie  
1 wax duban ah
- ◆ 1 plain doughnut  
1 bur oo aan waxba lahayn
- ◆ 1 tablespoon syrup  
1 qaado oo sharaab ah
- ◆ 10–15 chips  
10–15 jibis

Somali

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