

Diabetes

Dayabitisi

Yourba

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Egbe eko nipa ounje fun ise awon Amerika tuntun lati dipatimenti antiropoloji ati jiojirafi ni unifasiti ipinle Georgia, Atlanta, Georgia, ni o ko awon apejuwe yii. United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. Gege bi ofin ijoba giga ati U.S. Department of Agriculture, ile eko yii ko gbodo se nnkan biburu nitoria awo ara eniyan, ilu ti eniyan ti wa, asa eniyan, oye odun ti eniyan je, egbe ti eniyan ba fe ki o wa ni ijoba tabi boya eniyan je alaro. Fun alaye pe (404) 651-2542



Diabetes

Dayabitisi



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

Kini Dayabitisi? Dayabitisi je arun ti kii je ki ara wa lo insolini.

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

Insolini je nkan ti owa ni inu ara wa ti o maa n je ki ounje orisirisi fun wa ni agbara ni ojojumo.

How is diabetes managed?

Bawo ni a se le toju dayabitisi?

The management of diabetes has three parts:

Itoju dayabitisi je nnkan ti o ni apa meta:

- ◆ Healthy Eating
Ji je ounje ti o dara
- ◆ Physical Activity
Si se ere idaraya
- ◆ Medication (if needed)
Li lo oogun (nigba ti o ba ye)

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.

Bawo ni mo se le foju so dayabitisi ? A le toju suga inu eje wa (gulukoosi inu eje) ati dayabitisi nigbati o ba jeun ti o dara, sere idaraya ati ti a ba le foju so ora ti o wa ni inu eje wa.

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

Bi a ba moju to bi a se sanra si, a le toju ora ti o wa ni inu eje wa.

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

Opolopo eniyan pelu dayabitisi nilo lati lo oogun lati moju to suga inu eje won.

Eat Healthy

Jeun ti o dara

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.

Bi a ba lo piramiidi ounje, a ran wa lowo lati jeun orisirisi ti o ye. Itumo orisirisi ni wipe a gbodo je ouje lati egbe awon ounje ni ojojumo. Nigbati a ba je ounje orisirisi ni ojojumo, a fun wa ni faitamini ati miniraali ti ara wa ni lo.

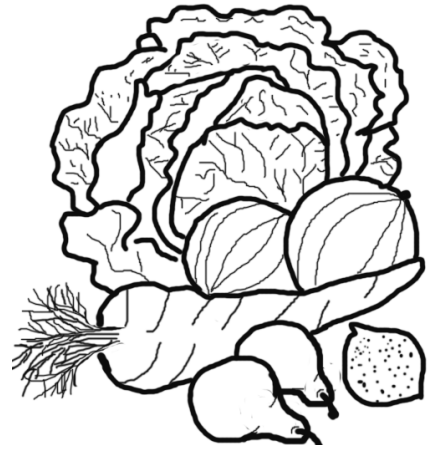
Here is an example of getting a variety of foods each day. Awon apere bi a sele jeun orisirisi ti o dara.



	Day 1 Ojo kini	Day 2 Ojo keji
Grains:	tortilla	brown rice
Eso kekere:	totiya	lresi
Fruit:	apple	mango
Eso:	apuulu	mango
Vegetable:	broccoli	tomatoes
Efo:	burokiili	tomati
Dairy:	milk	yogurt
Nnkan miliiki:	miliiki	yogooti
Protein:	chicken	beans
Puroteeni:	adie	ewa

Eat From all the Food Groups

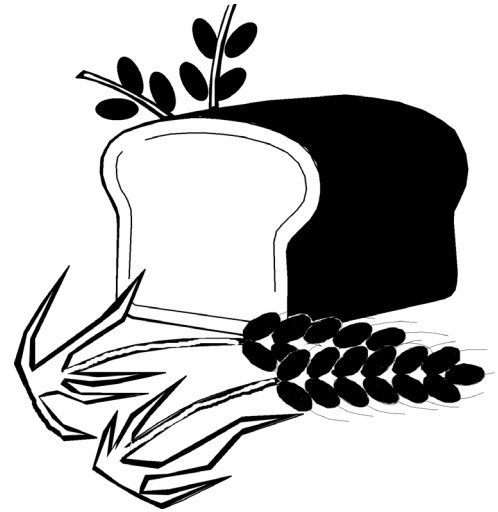
Je ounje lati awon egbe ounje orisirisi



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Ra buredi ati ogi. Fun apere, buredi, ogi, iresi, pasita, bolugo ati amaraanti.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Je awon ounje dindin ati ounje ti o ni sitaasi bii bisikiiti ati mofiini ni iwonba.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Eso tutu ni o dara ju. Nigbati a ba n ra eso alagolo, lo awon eso ti won re ni inu omi ara won.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Ra awon eso ti o kere, si mu omi eso ni iwonba.
- ◆ Eat raw and cooked vegetables with very little fat.
Je efo tutu ati efo sise pelu ora die.
- ◆ Use mustard instead of mayonnaise on a sandwich.
Lo mositaadi dipo mayoneesi ni ori buredi.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Lo ororo inu agolo ti a le fin jade dipo epo, bota tabi ora eran nigbati a ba n se ounje.
- ◆ 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.
Iru awon ona ounje sise ti o datra fun wa ni: Beeki, bibo, buroili, ati be be lo.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Yan awon eran ti ko ni ora ti o poju fun apere: Adie, tolotolo. Nigbati a ba n ra elede, maalu ati awon eran miran, ge ora ara won kuro.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Mu miliki ti ko ni ora rara (skim) tabi eyi ti o ni ora die (1%).

Grains, Beans and Starchy Vegetables

Awon eso kekeke, ewa ati efo sitaasi



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.

Kini sitaasi tabi kabohayidireeti?

Apere awon sitaasi ni buredi, kooro, ogi, pasita, ewa tabi efo sitaasi. Je kabohayidireeti nigba ti o ba jeun. Awon eniyan le so fun e wipe ki om a je sitaasi/kabohayidireeti pupo, sugbon eyi ko ye. Iru awon ounje sitaasi/kabohayidireeti yii dara fun wa. Won dara fun awon ti o ni dayabitiisi naa.

How many starches/carbohydrates do I need each day? 6–11 servings each day Sitaasi/Kabohayidireeti melo ni mo ni lo ni ojojumo? Iwon mefa si mokonla ni ojojumo

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

Iwon ti o ye ki o je ni ojojumo:

- ◆ The calories you need
Kalori ti o ni lo
- ◆ Your diabetes plan
Itoju dayabitiisi re

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.

Kini sitaasi ati Kabohayidireeti maa n se fun ara mi? Sitaasi maa n fun wa ni agbara, faitamiini B, miniraali ati fayiba. Awon eso kekere dara fun wa nitori won ni , faitamiini , miniraali ati fayiba pupo. Fayiba maa n je ki a ya igbe nigbati o ba ye. Won si maa n moju to suga inu eje wa.

Grains, Beans and Starchy Vegetables (continued)

Awon eso kekeke, ewa ati efo sitaasi

How much is one serving of starch/carbohydrate?

Kini iwon fun Sitaasi/Kabohayidireeti?

- ◆ 1 slice of bread
Buredi kan
- ◆ 1 small potato, casaba or plantain
Isu kan, ege kan tabi ogede kan
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
Abo coobu ogi
- ◆ ¾ cup dry cereal such as corn flakes
Coobu kan din die eko mimu
- ◆ ⅓ cup of cooked rice
Coobu abo iresi ti won ti se
- ◆ 1 small tortilla, roti bread or enjira bread
Totiya tabi buredi kekere kan

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:

O le je iwon kan, meji tabi ,meta sitaasi/kabohayidireeti nigbati o ba jeun. Ti o ba fe jeun ju iwon kan, yan ounje orisirisi lati awon egbe ounje yii. Fun apere:

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

Ounje Aaro: Iwon coobu kan din die ogi ati buredi kan—iwon meji

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

Ounje Osan: abo coobu iresi ati abo coobu ogede sise—iwon meji

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

Ounje Ale: abo coobu pasita ati igi buredi kan—iwon meji

Snack: 6 crackers—1 serving

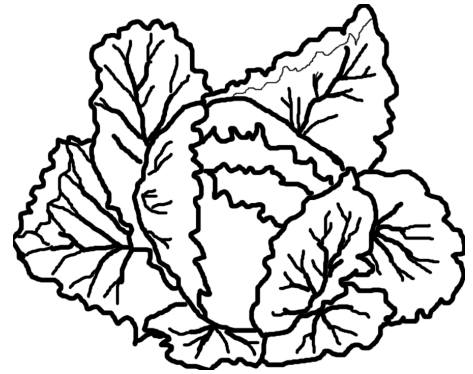
Ounje kekere: Bisikiiti mefa—iwon kan

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

Oye ounje fun ojo kan: iwon meje. Fi mo pe kabohayidireeti je bakan naa ni gbogbo awon ounje. Eyi le ba e moju to suga inu eje re.

Vegetables

Efo



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.

Efo dara fun gbogbo eniyan lati je, paapaa fun awon eniyan ti o ni dayabitiisi. Je efo tutu ati efo sise ni ojojumo. Efo maa n fun wa nio faitamiini, miniraali pelu iwonba kalori. Iru awon efo ti o ye ki a maa je ni karooti, ata, burokiili, tomati ati efo amunututu.

You should have 3 to 5 servings every day.
Oye ki o je iwon meta si marun ni ojojumo.

How much is a serving of vegetables?

Ki ni iwon efo kan?

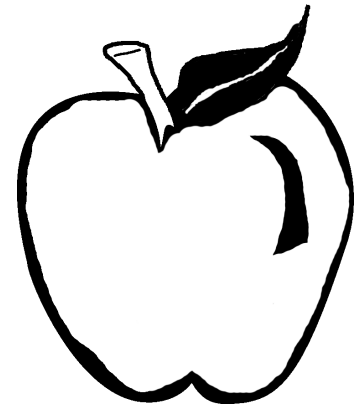
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
Abo coobu efo sise fun apere ewa giriini pelu efo amunututu ati efo sukuwaasi
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
Coobu efo kan ti a ko tii se fun apere, salaadi, karooti ati kukunba
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
Abo coobu juusi efo fun apere, juusi tomati ati karooti

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.

Waa ni lo lati je iwon efo kan, meji tabi meta nigba ti o ba jeun. Ti o ba je ju iwon efo kan, je efo orisirisi. Sugbon ti o ba je iru efo kan, je iwon meji si meta.

Fruits

Eso



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

Eso jije dara fun gbogbo wa, paapaa awon ti o ni dayabitiisi. Eso maa n fun wa ni agbara, faitamiini ati miniraali pelu fayiba.

How many servings of fruit do I need?

Iwon eso melo ni mo nilo?

2 to 4 servings

Iwon meji si meta

What is a serving of fruit?

Kini iwon eso kan?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
Apuulu kekere kan (o tobi to owo obirin)
- ◆ ½ cup of apple or orange juice
Abo coobu omi osan
- ◆ ½ of a grapefruit
Abo coobu omi osan kikoro
- ◆ 1 small banana or ½ of a large banana
Ogede kekere kan tabi abo ogede nla kan
- ◆ ½ cup of chopped fruit
Abo coobu eso ti won ge si wewe
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
Idaji abo coobu eso gbigbe (iba eso ti o le bu si owo re)

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

Waa ni lo lati je iwon eso kan si iwon eso meji nigbati o ba jeun re.

How should I eat fruit?

Bawo ni mo se gbodo je eso?

- ◆ Eat fruits raw, or as juice with no sugar added.
Je eso tutu, tabi mu omi eso ti o ko fi suga si.
- ◆ Buy smaller pieces of fruit.
Ra awon eso kekere.

Milk and Yogurt Foods

Awon ounje miliki ati yogooti



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.

Miliki ati Yogooti ti ko ni ora je ounje ti o dara fun gbogbo eniyan ati awon ti o ni dayabitiisi. Miliki ati yogooti maa n fun eniyan ni agbara, puroteeni, kalisoomu, faitamiini A ati orisirisi faitamiini ati miniraali.

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.

Mu miliki tabi yogooti ti ko ni ora tabi eyi ti o ni ora die ni ojojumo. Awon mejeji yii ni ora die.

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.*

Iwon melo ni mo nilo ni ojojumo? Iwon meji si meta ni ojojumo. *Imaran: mo wi pe, ti o ba loyun ti ti o ba n fun omo loyan, oye ki o je iwan merin si marun miliki ati yogi ni ojojumo.*

How much is a serving of milk and yogurt?

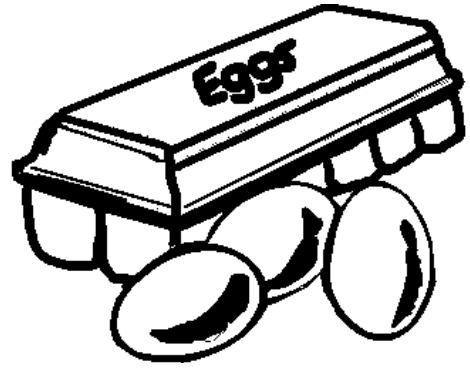
Kini iwon miliki ati yogooti kan?

- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
Coobu yogooti kan (wa awon ti oni asipataami naa)
- ◆ 1 cup skim or low-fat milk
Coobu miliki ti o ni ora rara tabi eyi ti o ni ora die

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar. Imoran: Ma je yogooti ti o ba so wipe, "eso wa ni abe." Won maa n ni suga ti o poju.

Meat, Poultry, Fish, Eggs and Nuts

Eran, Adie, Eja, Eyin ati Epa



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.

Egbe ounje yii ni eran (maalu, elede, aguntan), adie, tolotolo, eyin, eja, epa ati awon nnkan ti a fi ewa se. Je awon ounje orisirisi yii ni iwonba ni ojojumo. Gbogbo awon ounje yii maa n fun wa ni puroteeni.

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

Ounje puroteeni maa n ran arawa lowo lati fun wa ni eran ati isan fun agbara. Won si maa n fun wa ni faitamiini ati miniraali.

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

Ounje puroteeni melo ni o ye ki a je ni ojojumo? Iwon meji si meta

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

Kini iwon kan fun awon Eran, Adie, Eja, Eyin ati Epa?

- ◆ 2 to 3 ounces of cooked fish
Awunsi meji si meta eja ti won ti se
- ◆ 2 to 3 ounces cooked chicken
Awunsi meji si meta adie ti won ti se
- ◆ 3 to 4 ounces tofu ($\frac{1}{2}$ cup)
Awunsi meta si merin ewa tofu (aabo coobu)
- ◆ 1 egg (equals one ounce of protein)
Eyin kan (eyin kan je awunsi puroteeni kan)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
Silaisi siisi kan tabi awunsi siisi kan (o tobi to batiri D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
Sibi meji bota elepa (eyi je awunsi kan)

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

Eran, Adie, Eja, Eyin ati Epa

Helpful Tips:

Ona iranlowo:

- ◆ The serving size you eat now may be too big.
Iwon ounje ti o n je nisisiyii le poju nnkan ti o ye ki o maa je.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Wo bi kaadi tita se tobi si. Bayii ni awunsi meji si meta se tobi to.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Ra iwonba eran maalu, elede ati aguntan ti o ni ora die lara. Ge awon ora yii kuro.
- ◆ Eat chicken or turkey without the skin.
Je eran adie ati tolotolo ti ko ni awo lara.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Se ounje puroteeni ni ona ti ko nilo ororo: Buroili, bibo, sisun ati be be lo.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Lo ororo die nigbati o ba n se eran tabi lo ororo inu agolo ti a le fin jade.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Je ounje ti ko ni eran rara. Je ewa tabi tofu fun puroteeni ti ara wa ni lo.

Fats, Oils and Sweets

Ora, ororo ati suwiiti



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).

Apere ora ati ororo je bota, majiriini, ora eran ti a maa n se pelu ounje wa. Apere awon ororo je kanola, oliifu, ati ororo efo. Ora maa n wa ni inu eran, miliki, bisikiiti ati suwiiti. Ona ti o dara ju lati moju to dayabitiisi ni lati je ounje ti o ni ora ni iwonba (ati lati je ora eran ni iwonba.)

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.

Suwiiti je ounje ti o dun ti o si ni kalori pupo, sugbon ko ni faitamiini tabi miniraali pupo. Awon suwiiti wa ti o ni ora pupo -bii keeki, paayi ati kuki.

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.

Ti a ba je ounje ti o ni aadun pupo ati ora pupo, a ko ni le moju to suga inu eje wa ati ora ti o maa n mu wa sanra. Je awon nnkan yii ni iwonba ti o ba maa je won.

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

Kini awon iwon fun Ora, Ororo ati Suwiiti?

- ◆ 1 teaspoon oil
Sibi ororo kan
- ◆ 1 tablespoon regular salad dressing
Sibi epo salaadi kan
- ◆ 2 teaspoons light mayonnaise
Sibi meyoneesi meji
- ◆ 1 strip of bacon
Bekooni kan
- ◆ 1 cookie
Kuki tabi bisikiiti kan
- ◆ 1 plain doughnut
Donooti kan
- ◆ 1 tablespoon syrup
Sibi oyin kan
- ◆ 10–15 chips
Chips mewa si marun din logun

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