

Cuntada caafimaadka ah

Cuntada kaarboonhayderedka leh waxaa laga helaa shidaalka jidhkeenu u baahanyahay iyo tamar. Waxay kaloo kala qaybisaa kuluukosta si ay tamar inoo siiso. Inkastoo kaarboonheydered cuntada lihi sare u qaado sonkorta dhiiga hadana aad bay u wacantahay inaad cunta walba oo aad cunaysaa Kaarboonhaydered laga helo. Markaad cunto diyaarsanayso ha ahaato mid isu dheeli tiran oo ka kooban nafaqa ama borotiin, baruur iyo kaarboonhaydered.

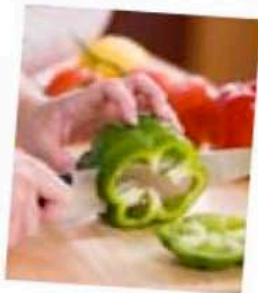
Cuntadu maaha oo kaliya meesha aan ka helno tamarta iyo nafaqada jidhkeenu u baahanyahay ee waxay kaloo tahay mid aan ku raaxaysano cunideeda. Inaad sonkor qabtaa kama dhigna inaad mar walba cunto gooni ah samaysato ama aadan faakihiysan. Markuu cunto diyaarsanayo qofka sonkorta qabaa wuxuu raacaa qaabka qof kastoo caafimaad cunta leh diyaarsanayaa uu raaco si uu caafimaadkiisa u dhowro.

Ka dhig saxanka cuntadaada sidan oo kale!



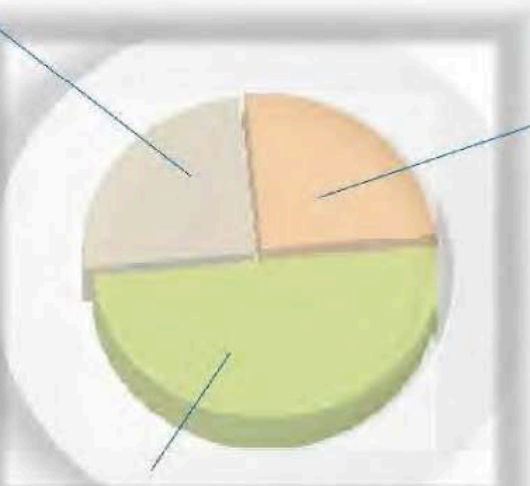
Carbohydrates (kaarboonheyderedka)

Cuntada kaarboonheyderedka leh waxaa ka mid ah qudaar, caano, ama caano la fadhisiyay oo aan dufan lahayn baasto yar yar, galay, digirta yar yare ee cagaaran, misir, baradha macaan, , bankeegga, mac macaanka, kalunka, tunada ah, digirta guduudan, digirta la yidhaahdo soy, baradhada, bariiska, kuskuska, rootiga qabandiga ah, tortila, ceeshka, english maffin, (rootiga beegal ah), bocorka.



khudaarta

Artijoog, asbaragas, digir isbaroot, beets, broccoli, brussel sprouts, kaabash, carrots, cauliflower, bidingaal, cagaar, digirta cagaaran, baamiye, basal, barasnibas, bii bods, barbarooni, koosto, bocor, tamaandho xabuub, water jestnets, qanbool (salari, qajaar, basasha cagaaran, geed waraabe, redhis iyo ansalaato qudaartan oo dhan intaad doonto ayaad ka cuni kartaa).



Protein (Borootiin=Nafaqa)

digaaga, turkiga, kaluunka, hilibka lo,ada ee baruurta lahayn, hilibka doofarka ee baruurta lahayn, hilibka idaha oo jiidh ah, dhaylo jiiska aan dufanka lahayn, ukunta/waxa bedelkeeda noqon kara, subaga lowska, tofu, edamame



Sida miisaanka loo xakameeyo

Si miisaanka loo xakameeyo, waxyaabaha cayilka keena waa la dhimaa (sida, saladhka waxyalaha lagu darsado, avakaadhada, midhaha, lawska, subaga, suugada, kareemka la cunee dhanaan, kareemka burcadka laga sameeyay).

Heerarka Daryeelka

Heerarka Daryeelku waa tilmaamo kuwaasi oo caawin kara dadka sonkorowga qabaa inay noolaadaan nololo dhaadheer, oo caafimaad qaba.

Baadhitaanada	La-socodyada	Inta Jeer ee Baadhista	Bartilmaameedyada ADA	Natiijada Baadhista u Dambaysay	Date
A1c	Celceliska sonkorta dhiiga 2-3 bilood	3 ilaa 6 bilood kasta	Ka yar boqolkiiba 7 (ama sida uu ku taliyey dhakhtarkaagu		
Cadaadiska Dhiiga	Hubiyaa xooga dhiiga u dhexsocda xididada	Booqashada dhakhtar kasta	In ka yar 130/80 mm/Hg		
- Cholesterol(Xeydha jidhka) - Triglycerides - HDL (cholesterol fiican) - LDL (cholesterol xun)	Halista wadne xanuun	Sannadle	- Chol ka yar 200 mg/dl - Trig ka yar 150 mg/dl - HDL: Ragga ka badan 40 mg/dl Haweenka ka badan 50 mg/dl - DL ka yar 100 mg/dl		
Microalbumin (baadhista kaadida)	Shaqada kallida	Sannadle	Ka yar 30 mcg/dl		
Baadhista Isha (furid)	Cudurka isha	Sannadle	Caadi		
Baadhista Cagta	Dhibaatooyinka cagta	Booqashada dhakhtar kasta	Caadi		
Mudista/Talaalka Hargabka		Sannadle			
Tallaalka Oofwareenka		Marka ogaanshaha cudurka Ku celi kadib 65 jirka			