

Diabetes

Ọria mamari

Igbo

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

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Ndi Department nke Anthropology na Geography na Georgia State University, di na Atlanta, Georgia meputara ije ozi nkea a na akpo Nutrition Education for New Americans. O bukwa ndi United States Department nke Agriculture Food and Consumer Service maka ezi na ulo ji Food Stamp eri nri kwuru ugwo ije ozi ndia nile. Na nguzosike nke iwu na achi obodo Amerika nile, ndi Department nke Anthropology na Geography na Georgia State University, di na Atlanta, Georgia, adighi emegide mmadu maka agburu ya, ucha ahu ya, mba o siri bia, ibu nwoke ma o bu ibu nwanyi ya, ika nka, okpukpe, nkwenye usoro ochichi, ma o bu mmeru ahu.

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Diabetes

Ọria mamari

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

Gini bụ ọria mamari? Ọria mamari bụ ọria nke na eme ka ahụ mmadu ghara idi ike imeputa ma ọ bụkwa iji insulin rụa ọrụ nke ọma.

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

Insulin bụ ụdi homonu nke na agbanwe shuga, nriuko na nri ndi ọzọ ka nye ike na ahu mamadu nke di mkpa maka idi ndu ubochi nile.

How is diabetes managed?

Kedu ka esi elekwata ọria mamari?

The management of diabetes has three parts:
Ọdi ụzọ atọ esi elekwata ọria mamari:

- ◆ Healthy Eating
Iri nri di kwesiri
- ◆ Physical Activity
Imeghari ahu
- ◆ Medication (if needed)
Iñu ọgwụ (ma ọ di nkpa)

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.

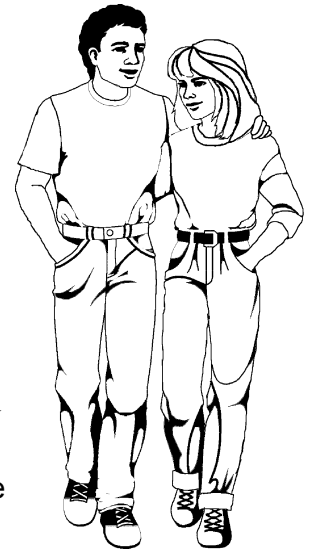
Kedu ka m ga esi lekwata ọria mamari nke m? I ga enye aka ilekwata shuga di na obara gi (bụkwa nke a na akpọ glukos) na ọria mamari site na iri nri kwesiri, megharia ahu nke ukwu, ma lezikwa anya maka ibu ibu.

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

Ebughi oke ibu na enyekwara gi aka ilekwata abubara di na ọbara gi (bukwa nke a na akpọ kolestorol) na iwetukwa mmani obara gi.

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

Ndi na aria ọria mamari kwesikwara iñu ọgwu nke ga enye aka ilekwata shuga di na ọbara ha.



Eat Healthy

Eri nri kwesiri

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.

Iri nri dika usoro ihe oriri na egosi ga enyere gi aka iri udiri nri di iche iche kwesiri ekwesi. Iri nri di iche iche putara iri nri site na udi nrigasi sit na usoro ihe oriri kwa ubochi. Mgbe I na eri nri di iche iche kwa ubochi, ahu gi na enweta vitamin na mineral gasi nke I choro.

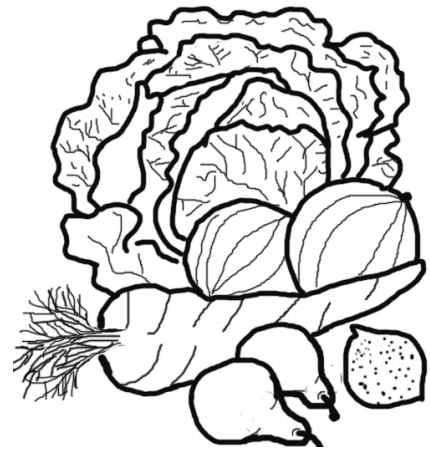
Here is an example of getting a variety of foods each day.
Nke a bu ihe ngosi maka inweta udi ihe oriri di iche iche kwa ubochi.



	Day 1	Day 2
	Ubochi 1	Ubochi 2
Grains:	tortilla	brown rice
Nri di mkpuru:	tortilla	eresi uburutu
Fruit:	apple	mango
Mkpuru osisi:	ugiri (apple)	mangoro
Vegetable:	broccoli	tomatoes
Akwukwo nri:	broccoli	tomato
Dairy:	milk	yogurt
Mmiri ara anumanu:	mmiri ara ehi	yogot
Protein:	chicken	beans
Proten:	anu okuko	agwa

Eat From all the Food Groups

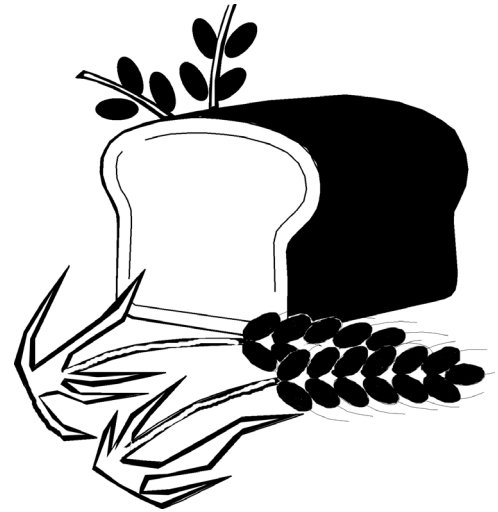
Usor ihe oriri di iche iche



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Zuta achicha eji mkpuru oka di iche iche mee. Ufodu na ime ha bu achicha eji oka di iche iche mee, bran flakes, eresi uburutu, pasta nke e ji nani wiit mee, bulgur na amaranth.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Erila nnukwu nriuko eghere eghe dika pastries, biskit ma o bu muffin.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Mkpuru osisi kachasi ihe ndia nile mma. I na azuru mkpuru osisi mkpo, lee anya ka ihu okwu ndia “canned in its own juice”. Nkea putara: agbara ya na mkpo na ime umi mmiri ya.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Zuru mpekere mkpuru osisi, na añukwana umi mmiri mkpuru osisi nke ukwu.
- ◆ Eat raw and cooked vegetables with very little fat.
Rie akwukwo nri nke di ndu na nke esiri esi etigwara obere abubara.
- ◆ Use mustard instead of mayonnaise on a sandwich.
Were mustard kama iji mayonnaise taa sandwich.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Were mmanu akwukwo nri sie nri kama iji mmanu nri, shortening, bota ma obu majarine, ma o bukwa lard.
- ◆ 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.
Uzo isi nri ga akara gi mma bu: isi nri na oven, isi nri na oku, isi nri ka ogboo, ighe nri ma na atugharikwa ya mgbe I na eghe ya, imikpo anu, isighe ihe oriri na oku, ofe stoo na imi anu ami. Kwusi isi nri na ime mmanu buru ibu.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Rikaria anu enweghi abubara dika: okuko na toki. Mgbe I na egoro anu ezi, anu ehi ma o bu apata ukwu anu ezi, buru uzo bechapu abubara di ha na ahu.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Ñukaria mmiri ara ehi nke enweghi abubara (skim) ma o bukwana nke nwere obere abubara (1%).

Grains, Beans and Starchy Vegetables

Nkpuru nri, Agwa na Akwukwo Nri di n'eko eko



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.

Gini bu nri kabohaidret?

Nriuko bu achicha bredi, nkpuru aki di iche iche, oka di iche iche, pasta, agwa ma obu akwukwo nri di abubara. Rie nriuko/kabohaidret oge iri nri gi. Otutu ndi mmadu nwere ike igwa gi erila udiri nri a, ma nkea abughizikwa ndumdodu bara uru. Iri nriuko/kabohaidre di mma na ahụ maka mmadu dum, ma ndi nwere oria mamari.

How many starches/carbohydrates do I need each day? 6–11 servings each day
O bu ugboro ole kam kwesiri iri nriuko/kabohaidret kwa ubochi? Rie ugboro nri 6 ruo 11 kwa ubochi

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

Ugboro ole I nwere ike iri ha ga:

- ◆ The calories you need
Di ka kalori ole I kwesiri iri kwa ubochi siri di
- ◆ Your diabetes plan
Na dika usoro ogwugwo oria mamari gi sikwara di

Grains, Beans and Starchy Vegetables (continued)

Nkpuru aki, Agwa na Akukwo Nri di Abubara

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.

Gini ka nriuko na nri kabohaidret na aru na ahu m? Nriuko na enye ahu gi ike, vitamin B, mineral, faiba. Oka zuruoke ka mma na ahu maka ha nwere vitamin, minerals, na faiba karia. Faiba na enyere gi aka ije mposi nke oma. Ha na enyere gi aka ilekwata shuga di na obara gi.

How much is one serving of starch/carbohydrate?

Gini di na ugboro nri nriuko/kabohaidret mu na eri?

- ◆ 1 slice of bread
1 ibe achicha bredi
- ◆ 1 small potato, casaba or plantain
1 obere potato, jigbo ma obu kwa unere
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
½ nke iko oka esiri esi dika oatmeal ma o bu cream wheat
- ◆ ¾ cup dry cereal such as corn flakes
¾ nke iko oka eghere eghe dika corn flakes
- ◆ ⅓ cup of cooked rice
⅓ nke eresi esiri esi
- ◆ 1 small tortilla, roti bread or enjira bread
1 tortilla, roti bredi ma o bu otu bredi 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: I nwere ike iri ugboro nri 1, 2 ma obu 3 nke nriuko/kabohaidret mgbe iri nri gi. I choo iri karia ole, hoputa nri ndi ozo di iche iche na otu nri nkea. Dika:

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

Nri ututu: ¾ nke iko oka eghere eghe na 1 ibe bredi—ugboro nri 2

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

Nri ehihe: ⅓ nke iko eresi na 1/2 okara nke iko unere esiri esi—ugboro nri 2

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

Nri anyasi: ½ nke iko pasta, 1 ibekere bredi—ugboro nri 2

Snack: 6 crackers—1 serving

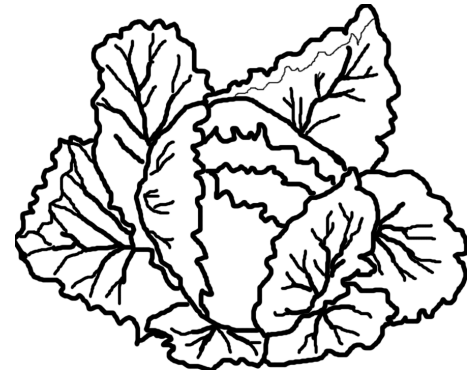
Nri mmegheri onu: mkpuru achicha crackers 6—1 Ugboro nri

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

Nchikota ha na ubochi: ugboro nri 7. Ghotu na kabohaidret zuru oke mgbe iri ihe oriri. Nkea nwere ike inyere gi aka ilekwata shuga obara gi.

Vegetables

Akwukwo nri



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.

Akwukwo nri di mma maka onye obula, ma ndi na ariakwa oria mamari. Rie akwukwo nri ndu na nke esiri esi ubochi nile. Akwukwo nri na enye gi vitamin na mineral ma faiba nke nwere obere kalori. Chokaria akwukwo nri nke chara otutu ucha. Ufudu na ime ha bu: karot, ose, anara, broccoli, tomato, na akwukwo nri spinach.

You should have 3 to 5 servings every day.

Ikwesiri iri ihe ndi a ugboro ato rue ugboro ise kwa ubochi.

How much is a serving of vegetables?

Ole ka akpa nri akwukwo nri bu?

- ◆ $\frac{1}{2}$ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
Okara ($\frac{1}{2}$) iko akwukwo nri esiri esi dika agwa esiri esi, añara, na akwukwo nri spinach na anu
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
Otu iko (1) akwukwo nri ndu dika salad, osisi karot ma obu otu iko kokumba
- ◆ $\frac{1}{2}$ cup vegetable juice, like tomato juice or carrot juice
Okara iko ($\frac{1}{2}$) mmiri umi akwukwo nri dika mmiri umi tomato ma o bu nke karot

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.

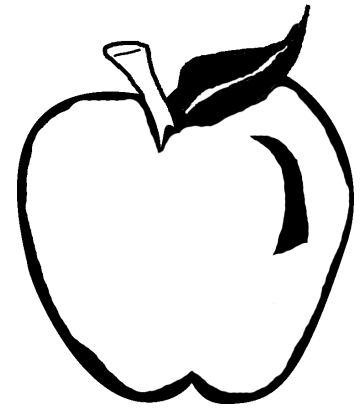
I nwere ike iri akwukwo nri otu ugboro, ugboro abua ma o bu ato mgbe I na eri nri. I choo iri karia ole a mgbe I na eri nri, hoputa udi akwukwo nri di iche iche ma o bu rie uzo akwukwo nri abua di iche iche.

Fruits

Nkpuru osisi

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

Nkpuru osisi di mma maka onye obula, ma ndi oria mamari. Nkpuru osisi na enye ike, vitamin na mineral na faiba.



How many servings of fruit do I need?

Ugboro ole kwesiri ka m rie nkpuru osisi?

2 to 4 servings

Site ugboro 2 rue ugboro 4

What is a serving of fruit?

Gini bu akpa nri nkpuru osisi?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
1 obere ugiri (apple) ma o bu ube pear (dika opipi aka okpo nwayi)
- ◆ ½ cup of apple or orange juice
½ nke iko umi mmiri ugiri ma o bu oroma
- ◆ ½ of a grapefruit
½ iko oroma grape
- ◆ 1 small banana or ½ of a large banana
Ntakiri unere ma o bu ½ unere buru ibu
- ◆ ½ cup of chopped fruit
½ nkpuru osisi ebere eber
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ nke fraisins ma o bu kwa nkpuru osisi nke amiri ami (ihe dika nke ga eju obo aka gi)

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

I nwere ike iri akpa nri nkpuru osisi abua mgbe iri nri gi.

How should I eat fruit?

Kedu ka m ga esi rie nkpuru osisi?

- ◆ Eat fruits raw, or as juice with no sugar added.
Rie ha na ndu, ma o bu dika umi mmiri nke etinyeghi shuga.
- ◆ Buy smaller pieces of fruit.
Zuru umu obere nkpuru osisi.

Milk and Yogurt Foods

Mmiri ara ehi na yogot



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.

Mmiri ara ehi enweghi abubara na nke nwere ntakiri abubara na yogot di mma maka onye obula, tinyere ndi oria mamiri. Mmiri ara ehi na yogot na enye ike, proten, calcium, vitamin A, vitamin na mineral ndi ozogasi..

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.

Ñuo mmiri ara ehi nke enweghi abubara (nke esere ese ma o bu nke abughi abubara) ma o bu nke nwere ntakiri abubara (1%) kwa ubochi. Rie yogot nke nwere obere abubara ma obukwanu nke enweghi abubara chacha. Ha nwere abubara ntakiri na nchikota ha, abubara furu afu na kolesterol.

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.*

Ugboro ole ka m kwesiri iri ha kwa ubochi? Ugboro abua ma o bu ato kwa ubochi. *Okwa: I di ime ma o bu na enye nwa ara, rie yogot ugboro ano ma o bu ise kwa ubochi.*

How much is a serving of milk and yogurt?

Gini bu akpa nri mmiri ara ehi na yogot?

- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 iko nke yogot enweghi abubara (chokwa yogot nke etigwara ihe uto aspartame)
- ◆ 1 cup skim or low-fat milk
1 iko mmiri ara ehi esere ese ma o bu nke nwere ntakiri mmiri ara ehi

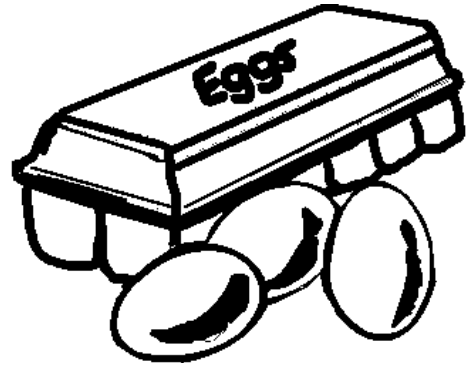
Note: Avoid yogurts that say, “fruit on the bottom”. They contain high amounts of added sugar.

Okwa: Zeere yogot edere “fruit on the bottom” (nkpuru osisi di na ike iko ya). Ha nwere ike nwee nnukwu shuga na ime ha.

Meat, Poultry, Fish, Eggs and Nuts

Anu, Anu okuko,
Azu, Akwa na

Nkpuru aki di iche iche



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.

Uzo nri ndi nwere anu (anu ehi, anu ezi, anu aturu), anu okuko, toki, akwa, azu, nkpuru aki di iche iche, tofu na ihe oriri sitere na soy. Rie ufodu na ime ihe ndia kwa ubochi. Nri ndi a na enye ahu mmadu proten.

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

Nri proten na enyere ahu mmadu aka iruzi anu ahu na mozul. Ha na enyekwa ahu mmadu vitamin an mineral.

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

O bu uboro nri proten ole ka m kwesiri iri kwa ubochi? 2 to 3 servings

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

Kedu kwanu maka anu, anu okuko, azu, akwa, na nkpuru aki di iche iche?

- ◆ 2 to 3 ounces of cooked fish
Nkeji ounce 2 ma obu 3 nke azu esiri esi
- ◆ 2 to 3 ounces cooked chicken
Nkeji ounce anu okuko 2 ma o bu 3 esiri esi
- ◆ 3 to 4 ounces tofu (½ cup)
Nkeji ounce tofu 3 ma obu 4. Dika okara iko (½)
- ◆ 1 egg (equals one ounce of protein)
Otu akwa (na otu ounce proten bu otu ihe)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
Otu ibe chiiz ma obu otu ounce (nke ibu ya ha ka D-batri)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
Ngaji nri 2 nke bota ahuekere (di ka 1 ounce proten)

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

Anu, Anu okuko, Azu, Akwa na Nkpuru aki di iche iche

Helpful Tips:

Nkowa bara uru:

- ◆ The serving size you eat now may be too big.
Ugboro nri nke I na eri ugbua nwere ike idi ukwu karia ka okwesiri.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Lee ntuko kadi. Nke a na ounce 2 ma o bu 3 ha.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Zuta anu ebere ebe nke ehi, ezi, apata ukwu ezi na aturu nke nwere obere abubara.
Bechapu abubara mara uma na ha.
- ◆ Eat chicken or turkey without the skin.
Rie anu okuko ma obu toki nke ebechapuru akpukpo ahu ya.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Sie nri nwere proten na uzo abubara di nta: sichuo, mia, ghee, huo, sikwa, sie ma obu ghe ofe stoo eghe.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Jiri ntakiri mmanu mgbe I na esi anu, ma o bu kwanu were mmanu nfesa di mma karia iji mmanu nri nkiti.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Rie nri mgbe ufodu na erigh anu. Ritu agwa ma o bu tofu dika uzo inweta proten.

Fats, Oils and Sweets

Abubara, Mmanu na Ihe na ato uto



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).

Abubara na manu bu bota, majarin, lard na mmanu di iche iche nke anyi ji esi nri na nke anyi na etinye na ihe osisi anyi. Ufodu na ime mmanu ndia bu, canola, olive na mmanu akwukwo nri. Abubara na adi na ime anu, na ime mmiri ara ehi na ihe enwetagasiri na mmiri ara ehi na ewu na aturu, nri mmeghari onu na ihe na ato uto ndi ozo. Iji lekwata oria mamari gi nke oma, o kachasi mma iri nri nke enweghi abubara obula udi abubara a na enweta na anu (na ihe oriri ndi ozo a na esi na ahụ anu enwetagasi).

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.

Ihe na ato uto bu nri nwere shuga nke nwere otutu kalori na enweghi vitamin ma obu minaeral. Ufodu na ime ihe na ato uto na enwekwa abubara nke ukwu—dika achicha cake, kpof – kpof, na achicha cookies.

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.

Iri nri na ato biri biri nke gbakwara abubara nke ukwu na egbochi ilekwata shuga di na obara gi ya na ibu ibu gi. I choo iri ihe nwere abubara na ihe na ato uto, rie ha ole na ole.

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

Ugboro ole ka m kwesiri iri nri abubara, mmanu na ihe na ato uto?

- ◆ 1 teaspoon oil
1 ngaji mmanu
- ◆ 1 tablespoon regular salad dressing
Tinye 1 ngaji mmanu nri na salad
- ◆ 2 teaspoons light mayonnaise
Tinye ngaji nri 2 nke mayonnaise di fere fere
- ◆ 1 strip of bacon
1 mpekere anu ezi bacon
- ◆ 1 cookie
1 cookie
- ◆ 1 plain doughnut
1 kpof-kpof
- ◆ 1 tablespoon syrup
1 ngaji nri sirop
- ◆ 10–15 chips
Mpekere potato 10 ma o bu 15 eghere eghe

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