

Diabetes

Diabetis

Swahili

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Diabetes

Diabetis



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

Diabetis ni nini? Diabetis ni ugonjwa unaosababisha mwili kutoweza kujifanyia au kutokuwa na matumizi ya kutosha ya insulin.

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

Insulin ni vyombo viitwavyo homoni vyenye uwezo wa kubadilisha umbo wa sukari, wanga, na vyakula vingine kuwa kani ya uhai wa kila siku.

How is diabetes managed?

Utibu wa Diabetis Ukoje?

The management of diabetes has three parts:

Utibu wa diabetis una sehemu tatu:

- ◆ Healthy Eating
Kula Kwenye Afya
- ◆ Physical Activity
Mazoezi ya Mwili
- ◆ Medication (if needed)
Madawa (kama yanahitajika)

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.

Nitawezaje Kuitawala Diabetis Yangu? Unaweza kuitawala kiwango cha sukari damuni mwako (kinaitwa pia glukos ya damu) na diabetis ukila chakula chneye afya, kufanya mazoezi ya mwili, na kuwa na uzito wa mwili wenye afya.

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

Uzito wenye afya unakusaidia kutawala pia unono uliomo damuni mwako (kolesterol) na kupunguza msongo wa damu.

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

Watu wengi wenye diabetis wanahitaji pia kutumia dawa kusaidia kutawala sukari damuni mwao.

Eat Healthy Kwa Afya

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.

Kutumia Mwongozo wa Malazi kutakusaidia kula vyakula mbalimbali vyenye afya. Vyakula mbalimbali vina maana ya kula vyakula kutoka kila moja ya vikundi vya vyakula kila siku. Uanpokula vyakula mbalimbali kila siku, utapata vitamin na minerali unazohitaji.

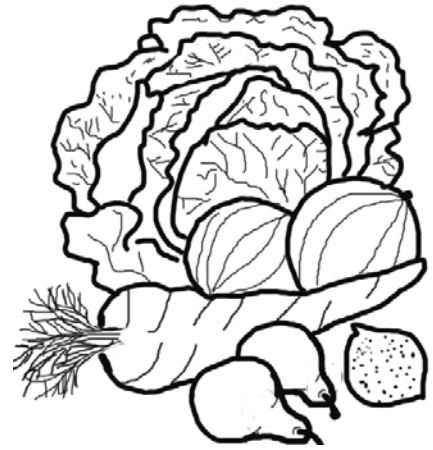
Here is an example of getting a variety of foods each day.
Huu ni mfano wa kupata aina mbalimbali ya vyakula kila siku.



	Day 1 Siku ya Kwanza	Day 2 Siku ya Pili
Grains:	tortilla	brown rice
Mbegu:	chapati	mchele wa rangi
Fruit:	apple	mango
Tunda:	tofaa	embe
Vegetable:	broccoli	tomatoes
Mboga:	brokoli	nyanya
Dairy:	milk	yogurt
Maziwa:	Maziwa	Mtindi
Protein:	chicken	beans
Unyama:	Kuku	Maharagwe

Eat From all the Food Groups

Kula Vyakula katika Vikundi Vyote



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Nunua mikate ya chembe na nafaka. Mifano kadhaa ni mikate ya chembe, bran flakes, mchele wa rangi, pasta ya ngano, chembechembe na mibegu ya amaranth.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Punguza vyakula vya kukaanga na vyenye unono kama maandazi, biskuti na muffin.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Matunda mabichi ni bora zaidi. Ukinunua matunda ya kwenye kopo, tazama maneno, “canned in their own juice”. (“yametayarishwa na matui”)
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Nunua matunda madogo madogo, na unywe matui kiasi kidogo kidogo.
- ◆ Eat raw and cooked vegetables with very little fat.
Kula mboga bichi na zilizopikwa bila mafuta mengi.
- ◆ Use mustard instead of mayonnaise on a sandwich.
Tumia haradali badala ya mchuzi kwenye mikate.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Tumia mafuta ya mboga badala ya mafuta ya kawaida, siagi, samli, au shahamu.
- ◆ 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.
Namna bora ya kupika ni: kuvumbika, kukaanga, kuchemsha, kutokosa, kuchoma, kwa mvuke, na kuoka. Usitumie mafuta mengi kupika.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Tumia nyama isiyo na unono kama: kuku, bata mzinga. Unaponunua nyama nguruwe, nyama ya ng’ombe na kiweo, kata unono wake.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Tumia maziwa yasiyo na unono, na vyakula vinavyotokana na maziwa bila unono

Grains, Beans and Starchy Vegetables

Punje, Maharagwe na Mboga yenye Kanji



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.

Kanji au Kabohaidreti ni nini?

Kanji ni mikate, punje, nafaka, pasta, maharagwe au mboga yenye kanji. Kula kanji ama kabohaidreti chache kila unapokula. Watu wanweza kukuambia usile kanji ama kabohaireti nyingi, lakini hilo si shauri bora siku hizi. Kula kanji ama kabohaidreti kuna faida za kiafya kwa kila mtu, ikiwa ni pamoja na watu wenye diabetis.

How many starches/carbohydrates do I need each day? 6–11 servings each day Ninahitaji kanji ama kabohaireti ngapi kila siku? Resheni 6 hadi 11 kila siku.

The number of servings you should eat each day depends on:
Idadi ya resheni unayotakiwa kula kila siku inategemea:

- ◆ The calories you need
Kalori unazohitaji
- ◆ Your diabetes plan
Mpango wa utibu wa hali yako ya diabetis

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.

Kanji na Kabohaidreti hufanya nini kwa mwili wangu? Kanji huupa mwili wako nguvu, vitamin aina ya B, minerali na vitembwe. Punje ni zenye afya zaidi kwa vile zina vitamin, minerali, na vitembwe. Vitembwe hukusaidia kupata choo. Pia hukusuaidia katika uwezo wa kutawala idadi ya sukari damuni mwako.

Grains, Beans and Starchy Vegetables (continued)

Punje, Maharagwe na Mboga yenye Kanji (yanendelea)

How much is one serving of starch/carbohydrate?

Resheni moja ya kanji ama kabohaidreti ikoje?

- ◆ 1 slice of bread
Kipande kimoja cha mkate
- ◆ 1 small potato, casaba or plantain
Kiazi kidogo, mhogo au ndizi moja
- ◆ ½ cup cooked cereal such as oatmeal or cream of wheat
Nusu kikombe cha nafaka ya kupika kama uji wa shayiri au ngano
- ◆ ¾ cup dry cereal such as corn flakes
Sehemu ya ¾ ya kikombe cha nafaka ngumu kama corn flakes
- ◆ ⅓ cup of cooked rice
Sehemu ⅓ ya kikombe cha wali
- ◆ 1 small tortilla, roti bread or enjira bread
Totiya moja, mkate wa roti au mkate wa 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: Unaweza kuhitaji kula resheni ya kanji moja, mbili au tatu katika kipindi kimoja cha malisho. Kama unahitaji kula zaidi ya resheni moja kwa kipindi kimoja, chagua vyakula mbalimbali kutoka kundi hili la chakula. Kwa mfano:

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

Chakula cha asubuhi: Sehemu ¾ ya kikombe cha nafaka ngumu na kipande kimoja cha mkate — resheni mbili

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

Chakula cha mchana: Sehemu 1/3 ya kikombe cha mchele na nusu kikombe cha ndizi ya kupika—resheni mbili

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

Chajio: Nusu kikombe cha pasta na kipande kimoja cha mkate—resheni mbili

Snack: 6 crackers—1 serving

Kitafunio: Biskuti sita —resheni moja

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

Jumla kwa siku: Resheni saba. Utaona kwamba kuna idadi sawa ya kabohaidreti katika vyakula hivyo. Hii itakusaidia kutawala idadi ya sukari katika damu yako.

Vegetables

Mboga



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.

Mboga ni bora kwa afya ya kila mtu, wakiwamo watu walio na ugonjwa wa diabetis. Kula mboga mbichi na ya kupikwa kila siku. Mboga zitakupatia vitamin, minerali, na nyuzi zenye kalori chache sana. Chagua mboga zenye rangi wazi. Mifano michache ni: karoti, pilipili, mbilingani, brokoli, nyanya, na mchicha.

You should have 3 to 5 servings every day.

Unatakiwa kupata vyakula hivi katika resheni 3 hadi 5 kila siku.

How much is a serving of vegetables?

Resheni moja ya mboga ni kiasi gani?

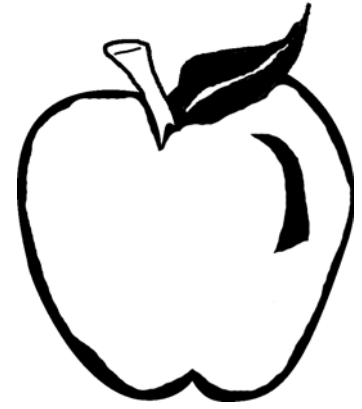
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
Nusu kikombe cha mboga uliopikwa kama maharagwe machanga yaliyopikwa kidogo, mbilingani, mchicha na skuash
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
Kikombe kimoja cha mboga mbichi kama saladi, karoti na matango yaliyokatwa
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
Nusu kikombe ya tui la mboga kama tui la nyanya au tui la karoti

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.

Pengine utapenda kula resheni moja, mbili ama tatu ya mboga kwa mara moja. Ukihitaji kula zaidi ya resheni moja katika kipindi kimoja, tumia aina mbalimbali ya mboga au ule resheni mbili au tatu za mboga.

Fruits

Matunda



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

Tunda ni asili ya afya kwa kila mtu, wakiwamo watu walio na shida ya diabetis. Tunda hukupatia nguvu, vitamin na minerali na nafaka.

How many servings of fruit do I need?

Ninahitaji resheni ngapi za matunda?

2 to 4 servings

Resheni mbili hadi nne

What is a serving of fruit?

Resheni moja ya matunda ikoje?

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
Tofaa ama pera moja (kadiri ya ngumi moja ya mwanamke)
- ◆ ½ cup of apple or orange juice
Nusu kikombe cha tui la tofaa ama chungwa
- ◆ ½ of a grapefruit
Nusu ya zabibu
- ◆ 1 small banana or ½ of a large banana
Ndizi moja dogo au nusu ya ndizi kubwa
- ◆ ½ cup of chopped fruit
Nusu ya kikombe cha matunda yaliyokatwa
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
Robo ya kikombe cha zabibu kavu au matunda makavu (kadiri ya kujaza mkono wako)

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

Pengine utahitaji kula resheni moja au mbili za matunda kwa kao moja la kula.

How should I eat fruit?

Nitakula matunda kwa jinsi gani?

- ◆ Eat fruits raw, or as juice with no sugar added.
Kula matunda mabichi, au matui yake bila kuongezea sukari.
- ◆ Buy smaller pieces of fruit.
Nunua matunda kwa vijipande vidogo vidogo.

Milk and Yogurt Foods

Maziwa na Vyakula vya Mtindi



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.

Maziwa yenye idadi ndogo ya unono na yasiyo na unono na mtindi yana afya kwa watu wote, wakiwamo watu wenye shida ya diabetis. Maziwa na mtindi yatakupatia nguvu, proteni, kalshium, vitamin A, na vitamin nyingine na minerali.

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.

Kunywa maziwa yasiyo na unono au kiasi kidogo cha unono (1%) kila siku. Kula mtindi usio na unono au wenye kiasi kidogo cha unono. Vina jumla dogo ya unono, shahamu na kolestrol.

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.*

Ninahitaji resheni ngapi kwa siku? Resheni mbili hadi tatu kila siku. *Tazama: Kama u mja mzito au unanyosha, kula resheni nne hadi tano za maziwa na mtindi kwa siku.*

How much is a serving of milk and yogurt?

Resheni moja ya Maziwa au Mtindi Ikoje?

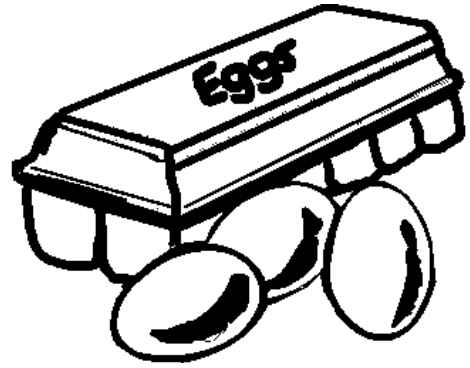
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
Kikombe kimoja cha mtindi ya kawaida (pata mtindi wenye ladha ya aspartame)
- ◆ 1 cup skim or low-fat milk
Kikombe kimoja cha maziwa yenye kiasi kidogo cha unono

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

Tazama: Usitumie mtindi unaosema, “fruit on the bottom” (“matunda katika sehemu ya chini”). Una kadiri kubwa ya sukari.

Meat, Poultry, Fish, Eggs and Nuts

Nyama, Kuku, Samaki, Mayai na Kokwa



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.

Kundi hili la chakula lina sehemu ya nyama (ng'ombe, nguruwe, mwana kondoo), kuku, bata mzinga, mayai, samaki, kokwa na tofu au soy. Kula sehemu ndogo ndogo ya baadhi ya vyakula hivi kila siku. Vyakula hivi vyote vinaipaitia unyama ya proteni miwili yetu.

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

Vyakula vyenye unyama ya proteni vinasaidia mwili wako kujenga misuli na mifupa. Pia vinaupa mwili wako vitamin na minerali.

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

Nahitaji kiasi gani cha vyakula vyenye unyama ya proteni kila siku?

Resheni mbili au tatu

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

Resheni moja ya Nyama, Kuku, Samaki, Mayai na Kokwa ikoje?

- ◆ 2 to 3 ounces of cooked fish
Wakia mbili au tatu ya samaki iliyopikwa
- ◆ 2 to 3 ounces cooked chicken
Wakia mbili au tatu ya kuku iliyopikwa
- ◆ 3 to 4 ounces tofu (½ cup)
Wakia tatu au nne ya tofu (nusu kikombe)
- ◆ 1 egg (equals one ounce of protein)
Yai moja (ni wakia moja ya proteni)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
Sehemu moja ya jibini au wakia moja ya jibini (kadiri ya ukubwa wa betri ya aina D)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
Vijiko viwili vya siagi ya njugu (ni wakia moja)

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

Nyama, Kuku, Samaki, Mayai na Kokwa (yanendelea)

Helpful Tips:

Mapendekezo ya Kusaidia:

- ◆ The serving size you eat now may be too big.
Resheni unayokula sasa pengine kubwa mno.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Angalia kunsanyiko la kaadi. Saizi hii ni kipimo cha wakia mbili ama tatu
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Nunua nyama ya ng'ombe, nguruwe, kiweo na kondoo yenye unono mdogo. Kata unono wa ziada.
- ◆ Eat chicken or turkey without the skin.
Kula kuku au bata mzinga bila ngozi.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Pika vyakula vyenye proteni kwa njia yenye mafuta madogo: Kukaanga, Kuoka, Kutokosa, Kuchoma, Kupika kwa mvuke ama Kuchemsha.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Tumia kiasi kidogo cha mafuta unapopika nyama, au mrashi wa kupika badala ya mafuta.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
Kula bila nyama. Jaribu maharagwe ama tofu kama njia yako ya kupata proteni.

Fats, Oils and Sweets

Unono, Mafuta au Tamutamu



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).

Unono na mafuta ni siagi, samli, shahamu na mafuta tunayotia kwenye vyakula na kutumia kupika. Mafuta kadhaa ni, kanola, halzeti na mboga. Unono unapatikana pia katika nyama, maziwa, vitafunio na tamutamu. Kutibu diabetes, ni bora kula vyakula vyenye unono au mafuta madogo na shahamu chache (unono tunaopata kutokana na nyama).

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.

Tamutamu ni vyakula vya sukari vyenye kalori na bila vitamin au minerali. Tamutamu chache zina kiasi kubwa cha unono—kama keki, pai, na biskuti.

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.

Kula vyakula vingi vyenye sukari na unono mwingi kunakuletea shida katika harakati za kutibu sukari katika damu yako na uzito wako. Kama unakula unono na tamutamu, kula kiasi kidogo.

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

Sehemu moja ya Unono, Mafuta au Tamutamu Ikoje?

- ◆ 1 teaspoon oil
Kijiko kimoja cha mafuta
- ◆ 1 tablespoon regular salad dressing
Jiko moja la mafuta ya saladi
- ◆ 2 teaspoons light mayonnaise
Vijiko viwili vya mayones
- ◆ 1 strip of bacon
Sehemu dogo moja ya bekon
- ◆ 1 cookie
Biskuti moja
- ◆ 1 plain doughnut
Andazi moja
- ◆ 1 tablespoon syrup
Kijiko kimoja cha sherbeti
- ◆ 10–15 chips
Chengachenga kumi hadi kumi na tano

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