Diabetes

English

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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Diabetes

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

How is diabetes managed? The management of diabetes has three parts:
♦ Healthy Eating
♦ Physical Activity
♦ Medication (if needed)

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.

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

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

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.

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

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
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</thead>
<tbody>
<tr>
<td>Grains:</td>
<td>tortilla</td>
<td>brown rice</td>
</tr>
<tr>
<td>Fruit:</td>
<td>apple</td>
<td>mango</td>
</tr>
<tr>
<td>Vegetable:</td>
<td>broccoli</td>
<td>tomatoes</td>
</tr>
<tr>
<td>Dairy:</td>
<td>milk</td>
<td>yogurt</td>
</tr>
<tr>
<td>Protein:</td>
<td>chicken</td>
<td>beans</td>
</tr>
</tbody>
</table>
Eat From all the Food Groups

♦ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
♦ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
♦ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice”.
♦ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
♦ Eat raw and cooked vegetables with very little fat.
♦ Use mustard instead of mayonnaise on a sandwich.
♦ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
♦ 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.
♦ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
♦ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Grains, Beans and Starchy Vegetables

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.

How many starches/carbohydrates do I need each day? 6–11 servings each day. The number of servings you should eat each day depends on:
- The calories you need
- Your diabetes treatment plan

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.

How much is one serving of starch/carbohydrate?
- 1 slice of bread
- 1 small potato, casaba or plantain
- ½ cup cooked cereal such as oatmeal or cream of wheat
- ¾ cup dry cereal such as corn flakes
- ¾ cup of cooked rice
- 1 small tortilla, roti bread or enjira bread

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:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings
Lunch: ½ cup of rice and ½ cup of cooked plantains—2 servings
Dinner: ½ cup of pasta and one bread stick—2 servings
Snack: 6 crackers—1 serving

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

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.

You should have 3 to 5 servings every day.

How much is a serving of vegetables?

♦ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
♦ 1-cup raw vegetables, like a salad, carrot sticks or cut up cucumbers.
♦ ½ cup vegetable juice, like tomato juice or carrot juice

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.
Fruits

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

How many servings of fruit do I need?
2 to 4 servings

What is a serving of fruit?
- 1 small apple or pear (approximately the size of a woman’s fist)
- ½ cup of apple or orange juice
- ½ of a grapefruit
- 1 small banana or ½ of a large banana
- ½ cup of chopped fruit
- ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)

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

How should I eat fruit?
- Eat fruits raw, or as juice with no sugar added.
- Buy smaller pieces of fruit.
Milk and Yogurt Foods

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.

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.

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.

How much is a serving of milk and yogurt?
- 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
- 1 cup skim or low-fat milk

Note: Avoid yogurts that say, “fruit on the bottom”. They contain high amounts of added sugar.
Meat, Poultry, Fish, Eggs and Nuts

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.

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

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

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

♦ 2 to 3 ounces of cooked fish
♦ 2 to 3 ounces cooked chicken
♦ 3 to 4 ounces tofu (½ cup)
♦ 1 egg (equals one ounce of protein)
♦ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
♦ 2 tablespoons of peanut butter (equals one ounce)

Helpful Tips:

♦ The serving size you eat now may be too big.
♦ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
♦ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
♦ Eat chicken or turkey without the skin.
♦ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
♦ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
♦ Have a meal without meat. Try beans or tofu as your protein source.
Fats, Oils and Sweets

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).

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.

_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._

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

- 1 teaspoon oil
- 1 tablespoon regular salad dressing
- 2 teaspoons light mayonnaise
- 1 strip of bacon
- 1 cookie
- 1 plain doughnut
- 1 tablespoon syrup
- 10-15 chips

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Diabetes
Diabetes

Spanish

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Diabetes

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

¿Qué es la Diabetes? La Diabetes es una enfermedad en la que el cuerpo no produce insulina, o no la usa apropiadamente.

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

La insulina es una hormona que convierte el azúcar, los almidones y otros alimentos en la energía necesaria para la vida diaria.

How is diabetes managed?

¿Cómo se maneja la Diabetes?

The management of diabetes has three parts:

El manejo de la diabetes consta de tres partes:

♦ Healthy Eating
   Alimentación Saludable

♦ Physical Activity
   Actividad Física

♦ Medication (if needed)
   Medicamentos (de ser necesarios)

How can I control my diabetes?

¿Cómo Puedo Controlar Mi 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.

Mantener un peso saludable también le ayuda a controlar las grasas en la sangre (colesterol) y a bajar su presión sanguínea.

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

Muchas personas con diabetes también necesitan tomar medicamentos para ayudar a controlar el nivel de azúcar en su sangre.
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.

El uso de la Pirámide Guía de Alimentos le ayuda a comer una variedad de alimentos saludables. La variedad significa comer alimentos de cada uno de los grupos alimenticios cada día. Cuando usted come diferentes alimentos cada día, obtiene las vitaminas y los minerales que necesita.

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

He aquí un ejemplo de cómo ingerir una variedad de alimentos cada día.

<table>
<thead>
<tr>
<th>Day 1</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Grains:</strong></td>
<td><strong>Brown Rice</strong></td>
</tr>
<tr>
<td>Tortilla</td>
<td>Arroz Integral</td>
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<tr>
<td><strong>Fruit:</strong></td>
<td><strong>Fruit:</strong></td>
</tr>
<tr>
<td>Apple</td>
<td>Mango</td>
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<tr>
<td><strong>Vegetables:</strong></td>
<td><strong>Tomatoes:</strong></td>
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<tr>
<td>Broccoli</td>
<td>Tomates</td>
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<td><strong>Dairy:</strong></td>
<td><strong>Yogurt:</strong></td>
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<td><strong>Beans:</strong></td>
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<td>Chicken</td>
<td>Frijoles</td>
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<td><strong>Protein:</strong></td>
<td><strong>Beans:</strong></td>
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<tr>
<td>Pollo</td>
<td>Frijoles</td>
</tr>
</tbody>
</table>
Eat From all the Food Groups
Coma Alimentos de todos los Grupos Alimenticios

♦ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Compre panes y cereales de grano entero. Algunos ejemplos son los panes integrales de grano entero, cereales de salvado, arroz integral, pastas integrales, trigo integral y amaranto.

♦ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Coma menos almidones fritos y de alto contenido graso como pastelería, bizcochería y panecillos.

♦ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Las frutas frescas son la mejor elección. Cuando compre frutas enlatadas, busque las palabras “enlatadas en su propio jugo” en la etiqueta.

♦ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Compre porciones más pequeñas de fruta y tome jugos de fruta en pequeñas cantidades.

♦ Eat raw and cooked vegetables with very little fat.
Coma vegetales crudos y cocinados con muy poca grasa.

♦ Use mustard instead of mayonnaise on a sandwich.
Use mostaza en lugar de mayonesa en sus emparedados.

♦ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Use aceite de cocina vegetal en aerosol en lugar de aceite, manteca, mantequilla, o manteca de cerdo para cocinar.

♦ 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.
Las técnicas de cocción benéficas para usted son: horneado, asado a la parrilla, hervido, freído revolviendo, asado al horno, al vapor, estofados y a la parrilla. Evite cocinar alimentos en grandes cantidades de aceite.
Eat From All the Food Groups (continued)
Comer Alimentos de todos los Grupos Alimenticios

♦ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
   Escoja los cortes de carne con menor contenido graso, tales como: pollo, pavo. Cuando compre cerdo, carne de res y jamón, límpieles el exceso de grasa.

♦ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
   Elija leches y productos lácteos libres de grasa (descremados) o leche de bajo contenido graso (1%).
Grains, Beans and Starchy Vegetables

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.

¿Qué son almidones y carbohidratos?
Los almidones son los panes, granos, cereales, pastas, fríjoles o vegetales almidonados. Coma algunos almidones/carbohidratos en cada comida. La gente puede decirle que no coma muchos almidones/carbohidratos, pero ese ya no es un consejo correcto. Comer almidones/carbohidratos es saludable para todo el mundo, incluyendo las personas con diabetes.

How many starches/carbohydrates do I need each day? 6–11 servings each day

¿Cuántos almidones/carbohidratos necesito cada día? De 6 a 11 porciones cada día

The number of servings you should eat each day depends on:
El número de porciones que usted debe comer cada día depende de:

♦ The calories you need
Las calorías que usted necesita

♦ Your diabetes plan
Su plan de tratamiento de la diabetes

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.

¿Qué hacen los almidones y carbohidratos por mi cuerpo? Los almidones le dan a su cuerpo energía, vitaminas B, minerales y fibra. Los granos enteros son más saludables porque tienen más vitaminas, minerales y fibra. La fibra le ayuda a mantener un movimiento intestinal regular. También le ayudan a controlar de mejor manera el nivel de azúcar en su sangre.
How much is one serving of starch/carbohydrate?
¿Qué tanto es una porción de almidones / carbohidratos?

♦ 1 slice of bread
   1 tajada de pan
♦ 1 small potato, casaba or plantain
   1 papa pequeña, casaba o plátano
♦ ½ cup cooked cereal such as oatmeal or cream of wheat
   ½ taza de cereal cocinado, tal como avena o crema de trigo
♦ ¼ cup dry cereal such as corn flakes
   ¼ de taza de cereal seco, tal como las hojuelas de maíz
♦ ½ cup of cooked rice
   ½ de taza de arroz cocinado
♦ 1 small tortilla, roti bread or enjira bread
   1 tortilla pequeña, pan roti o pan 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:
Puede que usted necesite comer una, dos o tres porciones de almidones / carbohidratos en una comida. Si necesita comer más de una porción en una comida, escoja diferentes alimentos de este grupo alimenticio. Por ejemplo:

   Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings
   Desayuno: ¾ de taza de cereal seco y una tajada de pan—2 porciones
   Lunch: ½ cup of rice and ½ cup of cooked plantains—2 servings
   Almuerzo: ½ de taza de arroz y ½ taza de plátanos cocinados—2 porciones
   Dinner: ½ cup of pasta and one bread stick—2 servings
   Cena: ½ taza de pasta y un palitoquet de pan—2 porciones
   Snack: 6 crackers—1 serving
   Tentempié: 6 galletas de soda—1 porción

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.
Total para el día: 7 porciones. Nótese que los carbohidratos están balanceados en las comidas. Esto puede ayudarle a controlar el nivel de azúcar en la sangre.
Vegetables

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.

Los vegetales son saludables para todo el mundo, incluyendo a las personas con diabetes. Coma vegetales crudos y cocinados todos los días. Los vegetales le suministran vitaminas, minerales y fibra con muy pocas calorías. Busque los vegetales de colores brillantes. Unos pocos ejemplos son: zanahorias, pimientos o morrones, berenjena o betabel, brócoli, tomates y espinacas.

You should have 3 to 5 servings every day.
Debe consumir entre 3 y 5 porciones cada día.

How much is a serving of vegetables?
¿Qué tanto es una porción de vegetales?

♦ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
  ½ taza de vegetales cocinados, por ejemplo judías verdes cocinadas, berenjena o betabel, espinaca y calabaza

♦ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
  1 taza de vegetales crudos, por ejemplo una ensalada, palitos de zanahoria o pepino cohombro cortado

♦ ½ cup vegetable juice, like tomato juice or carrot juice
  ½ taza de jugo de vegetales, por ejemplo jugo de tomate o jugo de zanahoria

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.
Usted puede tener que comer una, dos o tres porciones de vegetales en una comida. Si necesita comer más de una porción en una comida, elija diferentes tipos de vegetales o coma dos o tres porciones de un vegetariano.
Fruits
Frutas

Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.
Las frutas son saludables para todo el mundo, incluyendo las personas con diabetes. Las frutas le dan energía, vitaminas, minerales y fibra.

How many servings of fruit do I need?
¿Cuántas porciones de fruta necesito?
2 to 4 servings
De 2 a 4 porciones

What is a serving of fruit?
¿Qué es una porción de fruta?

♦ 1 small apple or pear (approximately the size of a woman’s fist)
1 manzana o pera pequeñas (aproximadamente del tamaño del puño de una mujer)

♦ ½ cup of apple or orange juice
½ taza de jugo de manzana o de naranja

♦ ½ of a grapefruit
½ toronja

♦ 1 small banana or ½ of a large banana
1 banano pequeño o ½ banano grande

♦ ½ cup of chopped fruit
½ taza de frutas picadas

♦ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ de taza de uvas pasas o frutas secas (aproximadamente lo que cabría en la palma de su mano)

You might need to eat one or two servings of fruit at a meal.
Puede que usted necesite comer una o dos porciones de fruta en una comida.

How should I eat fruit?
¿Cómo debo comer frutas?

♦ Eat fruits raw, or as juice with no sugar added.
Coma las frutas crudas, o en jugo pero sin agregarle azúcar.

♦ Buy smaller pieces of fruit.
Compre frutas más pequeñas.
Milk and Yogurt Foods
Los Alimentos
Lácteos y de Yogur

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.

La leche y el yogur libres de grasa o de bajo contenido graso son saludables para todo el mundo, incluyendo a las personas con diabetes. La leche y el yogur le dan energía, proteínas, calcio, vitamina A, y otras vitaminas y minerales.

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.

Tome leche libre de grasa (descremada o sin grasa) o leche baja en grasa (1%) cada día. Coma yogur de bajo contenido graso o libre de grasa. Ambos tienen menos grasas totales, grasas saturadas y colesterol.

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.

¿Cuántas porciones necesito cada día? De 2 a 3 porciones cada día. Nota: Si usted está embarazada o está lactando, coma de cuatro a cinco porciones de leche y de yogur cada día.

How much is a serving of milk and yogurt?
¿Cuánto es una porción de Leche y Yogur?

♦ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
1 taza de yogur natural libre de grasa (busque también yogures saborizados con aspartame)

♦ 1 cup skim or low-fat milk
1 taza de leche descremada o baja en grasa

Note: Avoid yogurts that say, “fruit on the bottom”. They contain high amounts of added sugar.
Nota: Evite los yogures que dicen “fruta en el fondo”. Ellos contienen grandes cantidades de azúcar agregada.
Meat, Poultry, Fish, Eggs and Nuts

Carnes, Aves, Pescados, Huevos y Nueces

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.

Este grupo de alimentos incluye las carnes (res, cerdo, cordero), pollo, pavo, huevos, pescados, nueces y tofu o productos de soya.

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

Los alimentos proteínicos le ayudan al cuerpo a construir tejidos y músculos. También le suministran vitaminas y minerales a su cuerpo.

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

¿Cuantos alimentos proteínicos necesito consumir cada día? De 2 a 3 porciones

How much is a serving of meat, poultry, fish, eggs and nuts?
¿Qué tanto es una porción de Carnes, Aves, Pescados, Huevos y Nueces?

♦ 2 to 3 ounces of cooked fish
  De 2 a 3 onzas de pescado cocinado

♦ 2 to 3 ounces cooked chicken
  De 2 a 3 onzas de pollo cocinado

♦ 3 to 4 ounces tofu (½ cup)
  De 3 a 4 onzas de tofu (½ taza)

♦ 1 egg (equals one ounce of protein)
  1 huevo (equivale a una onza de proteína)

♦ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
  1 tajada de queso o una onza de queso (aproximadamente del tamaño de una pila D)

♦ 2 tablespoons of peanut butter (equals one ounce)
  2 cucharadas soperas de mantequilla de maní (equivale a una onza)
Helpful Tips:
Consejos Útiles:

♦ The serving size you eat now may be too big.
Las porciones que usted come ahora pueden ser muy grandes.
♦ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Observe un mazo de cartas de juego. Este tamaño equivale a entre 2 y 3 onzas.
♦ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Compre cortes de carne de res, cerdo, jamón y cordero que tengan poca grasa. Recórteles la grasa extra.
♦ Eat chicken or turkey without the skin.
Coma el pollo o el pavo sin la piel.
♦ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Cocine los alimentos proteínicos de manera que utilice poca grasa: asados, a la parrilla, freído revolviendo, asados al horno, al vapor, hervidos o estofados.
♦ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Use solo pequeñas cantidades de aceite cuando cocine carnes, o use un aerosol de cocina en lugar de aceite.
♦ Have a meal without meat. Try beans or tofu as your protein source.
Consuma una comida sin carne. Ensaye los frijoles o el tofu como su fuente de proteína.
Fats, Oils and Sweets
Grasas, Aceites y Dulces

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).

Las grasas y aceites incluyen la mantequilla, margarina, manteca de cerdo y los aceites que le agregamos a las comidas o que usamos para cocinarlas. Algunos aceites son: de canola, de oliva y de vegetales. También se encuentran grasas en las carnes, productos lácteos, comidas de paquete y algunos dulces. Para controlar su diabetes lo mejor es ingerir comidas con menos grasa y menos grasa saturada (la grasa que obtenemos de la carne y los productos animales).

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.

Los dulces son alimentos azucarados que tienen calorías pero no muchas vitaminas y minerales. Algunos dulces también tienen alto contenido graso—como las tortas, pasteles y galletas.

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.

Comer demasiados alimentos azucarados y de alto contenido graso hace difícil controlar el nivel de azúcar en la sangre y el peso. Si usted come grasas y dulces, consuma porciones pequeñas.

How much is a serving of fats, oils and sweets?
¿Qué tanto es una porción de grasas, aceites y dulces?

♦ 1 teaspoon oil
   1 cucharadita de aceite
♦ 1 tablespoon regular salad dressing
   1 cucharada sopera de aderezo normal para ensaladas
♦ 2 teaspoons light mayonnaise
   2 cucharaditas de mayonesa dietética
♦ 1 strip of bacon
   1 tira de tocineta
♦ 1 cookie
   1 galleta
♦ 1 plain doughnut
   1 dona sencilla
♦ 1 tablespoon syrup
   1 cucharada sopera de sirope
♦ 10–15 chips
   De 10 a 15 papas chips
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. For more information call (404) 651-2542.

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Diabetes

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Diabetes
糖尿病

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.
什麼是糖尿病？糖尿病是一種由於身體不能正確地製造或使用胰島素而產生的病變。

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.
胰島素是一種荷爾蒙，它的作用是把糖、澱粉及其他食物轉變成我們日常生活所需的能量。

How is diabetes managed? 怎樣管治糖尿病？
The management of diabetes has three parts: 管治糖尿病有三部份:
◆ Healthy Eating 要有健康飲食
◆ Physical Activity 要有運動
◆ Medication (if needed) 藥物治療 (如有需要)

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.
我怎樣才能控制我的糖尿病？當你飲食健康，有足夠的運動，和保持健康的體重，你就可以控制你的糖尿病和血糖(血糖又叫血葡萄糖)。

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.
保持健康的體重可以幫助你控制血脂肪(膽固醇)同時又可以把血壓降低。

Many people with diabetes also need to take medicine to help control their blood sugar.
很多糖尿病人都有需要藥物來幫助控制他們的血糖。
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.

利用食食金字塔指南（Food Guide Pyramid）去選擇多樣化的食物。多樣化的意思是每天都吃各食物組別內介紹的食物。當你每天都吃各類食物，你就可以得到你需要的維他命和礦物質。

Here is an example of getting a variety of foods each day. 以下是一些例子教你每天如何選擇多樣化的食物：

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains:</td>
<td>tortilla brown rice</td>
</tr>
<tr>
<td>穀米類:</td>
<td>墨西哥煎餅糙米</td>
</tr>
<tr>
<td>Fruit:</td>
<td>apple mango</td>
</tr>
<tr>
<td>水果類:</td>
<td>蘋果芒果</td>
</tr>
<tr>
<td>Vegetable:</td>
<td>broccoli tomatoes</td>
</tr>
<tr>
<td>蔬菜類:</td>
<td>美國芥蘭蕃茄</td>
</tr>
<tr>
<td>Dairy:</td>
<td>milk yogurt</td>
</tr>
<tr>
<td>奶類:</td>
<td>牛奶乳酪</td>
</tr>
<tr>
<td>Protein:</td>
<td>chicken beans</td>
</tr>
<tr>
<td>蛋白質:</td>
<td>雞肉豆類</td>
</tr>
</tbody>
</table>
Eat From all the Food Groups

Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.

Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.

Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”

Buy smaller pieces of fruit, and drink fruit juices in small amounts.

Eat raw and cooked vegetables with very little fat.

Use mustard instead of mayonnaise on a sandwich.

Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.

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.

Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.

Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Grains, Beans and Starchy Vegetables

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.

How many starches/carbohydrates do I need each day?
6–11 servings each day

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

♦ The calories you need
♦ Your diabetes plan

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.

Shu-shu 的三文魚三文的魚肉蛋類

五穀類、豆類、和澱粉類的蔬菜

What are starches or carbohydrates?
澱粉是聞著香、糧、奶、麪食、豆和含澱粉質多的菜。每餐都要有這類食物。有人說不要多吃澱粉質/碳水化合物，但現在這種講法是不正確的，其實吃澱粉質/碳水化合物的食物對任何人，包括有糖尿病的人的健康都有好處。

How many starches/carbohydrates do I need each day?
6–11 餐份

我每天需要吃多少餐份的澱粉質/碳水化合物食品呢？每天 6–11 餐份

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

♦ 你每天所需的熱量或卡路里
♦ 你的糖尿病治療方案

What do starches and carbohydrates do for my body?
澱粉質/碳水化合物對我身體有什麼幫助？澱粉質是給你能量、維他命 B、礦物質和纖維素。吃全穀麥是比較健康，因為它含有多種維他命、礦物質和纖維素。纖維素可幫助你大便順暢，還可以幫助你控制好一點你的血糖。
How much is one serving of starch/carbohydrate?
怎樣才算是一餐份呢？

♦ 1 slice of bread
一 片麵包
♦ 1 small potato, casaba or plantain
一個小的馬鈴薯、蕃薯或芋頭
♦ ½ cup cooked cereal such as oatmeal or cream of wheat
½ 杯煮熟的玉米片、麥片或麥糊
♦ ¾ cup dry cereal such as corn flakes
¾ 杯乾玉米片
♦ ⅛ cup of cooked rice
⅛ 杯米飯
♦ 1 small tortilla, roti bread or enjira bread
一 小塊墨西哥煎餅、多穀類麵包或饅頭

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:
你可能每餐需要吃一、二或三餐份的澱粉質/碳水化合物。如果你每餐要吃超過一餐份的話，最好選擇不同種類的食物。例如：

- **Breakfast:** ¾ cup dry cereal and 1 slice of bread—2 servings
  早餐: ¾ 杯乾玉米片加一片麵包—2 餐份
- **Lunch:** ⅛ cup of rice and ½ cup of cooked plantains—2 servings
  午餐: ⅛ 杯米飯加 杯煮熟的馬鈴薯—2 餐份
- **Dinner:** ½ cup of pasta and one bread stick—2 servings
  晚餐: ½ 杯麵條加一片麵包—2 餐份
- **Snack:** 6 crackers—1 serving
  零食: 6 片餅乾—一 餐份

*Total for the day:* 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.
*整天共有:* 7 餐份。注意每餐像這樣的配搭就有均衡的碳水化合物。才可幫助你容易控制你的血糖。
Vegetables
蔬菜

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.

You should have 3 to 5 servings every day.
你每天需要吃三至五餐份 (serving)

How much is a serving of vegetables?
怎樣才算是一餐份呢？

♦ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
½ 杯煮熟的蔬菜如 熟的四季豆、茄子、菠菜或瓜類

♦ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
一 杯生的蔬菜如 沙拉、胡蘿蔔條或黃瓜片

♦ ½ cup vegetable juice, like tomato juice or carrot juice
½ 杯蔬菜汁如 番茄汁或胡蘿蔔汁

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.
你可能每餐要吃一、二或三餐份才夠。如果真的要吃超過一餐份的話，最好選擇吃不同類別的蔬菜或吃同一種蔬菜2-3 餐份也可以。
Fruits
水果

Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.
水果對任何人，包括糖尿病人，都對健康好處。水果可給你能量、多種維他命、多種礦物質和纖維素。

How many servings of fruit do I need?
我每天需要吃多少餐份的水果呢？
2 to 4 servings
2–4 餐份

What is a serving of fruit?
怎樣才算是一餐份呢？

♦ 1 small apple or pear (approximately the size of a woman’s fist)
一個小蘋果或梨子 (大小如一位女士的拳頭)
♦ ½ cup of apple or orange juice
½ 杯蘋果汁或橙汁
♦ ½ of a grapefruit
½ 個葡萄柚
♦ 1 small banana or ½ of a large banana
一條香蕉或半條比較大的香蕉
♦ ½ cup of chopped fruit
½ 杯切碎的水果
♦ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ 杯葡萄乾或乾果 (大約是你手可抓一把的量)

You might need to eat one or two servings of fruit at a meal.
你亦許餐時需要吃一或二餐份的水果。

How should I eat fruit?
我要怎樣吃？

♦ Eat fruits raw, or as juice with no sugar added.
供水可以生吃，或打果汁，但不要加糖。
♦ Buy smaller pieces of fruit.
購買時盡量買小量。
Milk and Yogurt Foods
牛奶和乳酪

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.

脱脂、低脂奶和乳酪對任何人的健康都有好處，包括患有糖尿病的人。牛奶和乳酪是給你能量、蛋白質、鈣質、礦物質、維他命A和其它多種維他命。

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.

每天都喝脫脂 (skim or nonfat) 或低脂 (1%) 奶和吃脫脂或低脂乳酪。因為它們含脂肪、動物油和膽固醇比較少。

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.

我每天需要多少餐份？每天 2-3 餐份
注意：如你在懷孕或餵母奶中，你每天需要吃 4-5 餐份的牛奶和乳酪。

How much is a serving of milk and yogurt?
怎樣才算是一餐份呢？

♦ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
  一杯純脫脂乳酪 (加有aspartame 的味道也可以)

♦ 1 cup skim or low-fat milk
  一杯脫脂或低脂奶

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

注意：避免購買有“水果在內” 的乳酪，因為它加有大量的糖。
Meat, Poultry, Fish, Eggs and Nuts

肉類、家禽類、魚、蛋和堅果類

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.

這組食物包括肉類 (牛肉、豬肉、羊肉), 雞、火雞、蛋、魚、堅果、豆製品或大豆製品。每天都要吃一些這類的食物, 因為這些食物供應我們身體所需要的蛋白質。

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

蛋白質是幫助你的組織和肌肉生長, 又能提供你身體所需要的維他命和礦物質。

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

我每天需要吃多少餐份含蛋白質的食物呢？ 2–3 餐份

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

肉類、家禽類、魚、蛋和堅果類, 多少才算是一餐份呢？

♦ 2 to 3 ounces of cooked fish
  2–3 安士煮熟的魚

♦ 2 to 3 ounces cooked chicken
  2–3 安士煮熟的雞

♦ 3 to 4 ounces tofu (½ cup)
  3–4 安士豆腐 (1/2 杯)

♦ 1 egg (equals one ounce of protein)
  一 只 蛋 (相等於一安士的蛋白質)

♦ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
  一片或一安士及司 (大約是一個 D 電池的大小)

♦ 2 tablespoons of peanut butter (equals one ounce)
  2 茶匙的花生醬 (相等於一安士)
Helpful Tips:
要點提示:

♦ The serving size you eat now may be too big.
你所計算的一餐份可能比較大

♦ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
你可以看看一盒撲克牌的大小, 它的重量就等於2-3安士了。

♦ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
挑選瘦的豬肉、牛肉、火腿或羊肉, 再把多餘肥的部份切掉。

♦ Eat chicken or turkey without the skin.
吃雞或火雞, 要把皮剝掉。

♦ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
煮蛋白質類的食物要用少油烹煮方法如: 烤、燒烤、炒、烘烤、蒸、水煮或炆。

♦ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
煮肉類只用少許油即可, 甚至可用噴霧油代替。

♦ Have a meal without meat. Try beans or tofu as your protein source.
如要吃素, 豆類或豆腐就是你最好的蛋白質來源。
# Fats, Oils and Sweets

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).

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.

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.

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

<table>
<thead>
<tr>
<th>Serving</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon oil</td>
<td>1茶匙油</td>
</tr>
<tr>
<td>1 tablespoon regular salad dressing</td>
<td>1湯匙普通的沙拉油</td>
</tr>
<tr>
<td>2 teaspoons light mayonnaise</td>
<td>2茶匙半脂或脫脂美奶滋</td>
</tr>
<tr>
<td>1 strip of bacon</td>
<td>1條培根</td>
</tr>
<tr>
<td>1 cookie</td>
<td>1塊甜餅乾</td>
</tr>
<tr>
<td>1 plain doughnut</td>
<td>1個普通的甜圓圈</td>
</tr>
<tr>
<td>1 tablespoon syrup</td>
<td>1湯匙糖漿</td>
</tr>
<tr>
<td>10–15 chips</td>
<td>10–15片馬鈴薯片</td>
</tr>
</tbody>
</table>
Chinese

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Diabetes
Tiểu Đường

Vietnamese

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Diabetes

Tiểu Đường

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

Tử Đương là gì? Tử đương là một loại bệnh khi cơ thể không sản xuất hoặc không sử dụng đúng chất insulin.

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

Insuline là một loại kích thích tố (hormone) có tác dụng chuyển hóa đường, bột và các thức ăn khác thành năng lượng cần thiết cho đời sống hàng ngày.

**How is diabetes managed?** Làm thế nào để Chế Ngự bệnh Tiểu Đường?

The management of diabetes has three parts:

- Healthy Eating
  Ăn Uống Lành Mạnh
- Physical Activity
  Hoạt Động Cơ Thể
- Medication (if needed)
  Thuốc Thang (nếu cần thiết)

**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.

Tôi Có Thẻ Kiểm Soát bệnh Tiểu Đường Như Thế Nào? Bạn có thể giúp kiểm soát đường trong máu (còn gọi là đường huyết - glucose) và bệnh tiểu đường của mình khi bạn ăn uống lành mạnh, hoạt động cơ thể đủ, và giữ trọng lượng cân bằng.

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

Trọng lượng cân bằng cũng giúp bạn kiểm soát chất béo trong máu (cholesterol) và giảm áp huyết của bạn.

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

Nhiều người bị tiểu đường cũng cần phải dùng thuốc để giúp kiểm soát đường trong máu của họ.
Eat Healthy
Làm Thế Nào Tôi Có Thể Ăn Uống Lành Mạnh?

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. Dùng Bảng Hướng Dẫn Thực Phẩm giúp bạn ăn nhiều loại thức ăn lành mạnh. Nhiều loại cơ nghĩa là ăn các thức ăn từ mỗi nhóm thực phẩm mỗi ngày. Khi bạn ăn các thức ăn khác nhau mỗi ngày, bạn hấp thụ được các loại sinh tố (vitamins) và khoáng chất cần thiết.

Here is an example of getting a variety of foods each day.
Đây là một ví dụ về việc ăn nhiều loại thực phẩm khác nhau mỗi ngày.

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Eat From all the Food Groups
Những cách lành mạnh nào để mua, nấu và ăn thực phẩm từ tất cả các nhóm?

♦ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Mua bánh mì và cereals làm từ ngũ cốc nguyên chất (whole grain). Một vài thí dụ như bánh mì nguyên chất, flakes làm từ cám, gạo lứt, mì ống (pasta) làm từ bột mì nguyên chất, bulgur và amaranth.

♦ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Ít ăn các loại tinh bột chiên và nhiều chất béo như bánh ngọt, bánh quy và bánh nước xốp (muffins).

♦ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Trái cây tươi là lựa chọn tốt nhất. Khi mua trái cây đóng hộp, tìm dòng chữ “đóng hộp với chiết nước trái cây” (canned in their own juice).

♦ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Mua trái cây với số lượng ít, và uống nước trái cây từng lượng nhỏ.

♦ Eat raw and cooked vegetables with very little fat.
Ăn rau sống và chín với rất ít chất béo.

♦ Use mustard instead of mayonnaise on a sandwich.
Dùng mù tạt thay bánh mì thay vì xốt mayonna.

♦ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Dùng dầu ăn thực vật thay vì dầu động vật, mỡ, bơ hay margarine, hoặc mỡ heo khi nấu ăn.

♦ 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.
Những cách nấu ăn tốt cho bạn là: nướng, đùi lợn, luộc, áp chảo, quay, hấp, hầm và nước vi. Đừng dùng nhiều dầu để nấu ăn.
Eat From All the Food Groups (continued)
Những cách lành mạnh nào để mua, nấu và ăn thực phẩm từ tất cả các nhóm? (tiếp theo)

♦ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
  Chọn các loại thịt ít mỡ như: gà, gà tây. Khi mua thịt heo, thịt bò và thịt muối, cắt bỏ bớt mỡ.

♦ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
  Chọn sữa hoặc các sản phẩm sữa không có chất béo (skim) hoặc ít chất béo (1%).
Grains, Beans and Starchy Vegetables
Ngũ Cốc, Đậu và Rau có Bột?

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.

Tinh Bột hay carbohydrates là gì?
Tinh bột là bánh mì, ngũ cốc, cereal, mi ông (pasta), các loại đậu hoặc rau có bột. Ăn ít tinh bột/carbohydrates mỗi bữa ăn. Người khác có thể nói là bạn đừng nên ăn nhiều tinh bột/carbohydrates, nhưng đó không còn là lời khuyên đúng nữa. Ăn tinh bột/carbohydrates thì lành mạnh cho mọi người, kể cả những người bị tiểu đường.

How many starches/carbohydrates do I need each day? 6–11 servings each day
Tôi cần bao nhiêu tinh bột/carbohydrates mỗi ngày? 6–11 phần mỗi ngày

The number of servings you should eat each day depends on:
Số phần ăn mỗi ngày bạn cần tùy thuộc vào:
♦ The calories you need
Số calo bạn cần
♦ Your diabetes plan
Chương trình điều trị tiểu đường của bạn

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.
How much is one serving of starch/carbohydrate?
Một phần tinh bột/carbohydrate là bao nhiêu?

♦ 1 slice of bread
1 lát bánh mì
♦ 1 small potato, casaba or plantain
1 củ khoai tây, casaba hay chuối lá (plantain) nhỏ
♦ ½ cup cooked cereal such as oatmeal or cream of wheat
½ cup cereal nấu chín như yến mạch hoặc bột mì pha loãng
♦ ¾ cup dry cereal such as corn flakes
¾ cup cereal khô như flakes bắp
♦ ⅛ cup of cooked rice
⅛ cup com
♦ 1 small tortilla, roti bread or enjira bread
1 tortilla, bánh mì roti hay enjira nhỏ

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: Bạn có thể cần ăn một, hai hoặc ba phần tinh bột/carbohydrate mỗi bữa ăn. Nếu bạn cần ăn hơn một phần một bữa ăn, chọn các thức ăn khác nhau từ nhóm thực phẩm này. Thí dụ:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings
Ăn sáng: ¾ cup cereal khô và m activités—2 phần
Lunch: ⅛ cup of rice and ½ cup of cooked plantains—2 servings
Ăn trưa: ⅛ cup com và ½ cup chuối luộc—2 phần
Dinner: ½ cup of pasta and one bread stick—2 servings
Ăn tối: ½ cup mì và một miếng bánh mì—2 phần
Snack: 6 crackers—1 serving
Ăn dặm: 6 miếng bánh crackers—1 phần

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.
Tổng cộng cho nguyên ngày: 7 phần. Để ý là các loại carbohydrates được cân bằng giữa các bữa ăn. Điều này giúp bạn kiểm soát lượng đường trong máu.
Vegetables

Rau

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, tomatoes, and spinach.

You should have 3 to 5 servings every day.

How much is a serving of vegetables?

Một phần rau là bao nhiêu?

♦ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
   ½ cup rau luộc, Như đậu dưa, cà tím, spinach và bí luộc

♦ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
   1–cup rau sống, Như xà lách, cà rốt hoặc dưa leo xắt lát

♦ ½ cup vegetable juice, like tomato juice or carrot juice
   ½ cup nước cốt rau, Như nước cốt cà chua hoặc cà rốt

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.

Bạn có thể cần ăn một, hai hoặc ba phần mỗi bữa ăn. Nếu bạn cần ăn hơn một phần một bữa, chọn các loại rau khác nhau hoặc ăn hai hay ba phần một loại rau.
Fruits
Trái Cây

Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.
Trái cây lành mạnh cho mọi người, kể cả những người bị tiểu đường. Trái cây cho bạn năng lượng, sinh tố, khoáng chất và chất xơ.

How many servings of fruit do I need?
Tôi cần bao nhiêu phần trái cây?
2 to 4 servings
2 đến 4 phần

What is a serving of fruit?
Một phần trái cây là bao nhiêu?
♦ 1 small apple or pear (approximately the size of a woman’s fist)
   1 trái táo hay lê nhỏ (khoảng chúng một nắm tay phụ nữ)
♦ ½ cup of apple or orange juice
   ½ cup nước cốt táo hoặc cam
♦ ½ of a grapefruit
   ½ trái bưởi
♦ 1 small banana or ½ of a large banana
   1 trái chuối nhỏ ½ trái chuối lớn
♦ ½ cup of chopped fruit
   ½ cup trái cây cắt nhỏ
♦ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
   ¼ cup nho khô hoặc trái cây khô (khoảng chúng một lòng bàn tay của bạn)

How should I eat fruit?
Tôi nên ăn trái cây như thế nào?
♦ Eat fruits raw, or as juice with no sugar added.
    Ăn trái cây tươi, hoặc dùng nước cốt không bơ đường.
♦ Buy smaller pieces of fruit.
   Mua những trái nhỏ.
Milk and Yogurt Foods

Thức Ăn Sữa và Yogurt

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.

Sữa và yogurt không có chất béo hoặc ít chất béo thì lành mạnh cho mọi người, kể cả những người bị tiểu đường. Sữa và yogurt cho bạn năng lượng, chất đạm, calcium, sinh tố A, và các loại sinh tố và khoáng chất khác.

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.

Uống sữa không có chất béo (skim hay nonfat) hoặc ít chất béo (1%) mỗi ngày. Ăn yogurt không có chất béo hoặc ít chất béo. Chúng có ít chất béo, chất béo bão hòa (saturated fat) và cholesterol.

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.

Tối cần bao nhiêu phần mỗi ngày? 2 đến 3 phần mỗi ngày. Ghi chú: Nếu bạn đang mang thai hoặc cho con bú, hãy ăn bốn tới năm phần sữa và yogurt mỗi ngày.

How much is a serving of milk and yogurt?

Một phần Sữa hay Yogurt là bao nhiêu?

- 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
- 1 cup yogurt tròn không chất béo (cùng tìm các loại yogurt có bổ thêm vị aspartame)
- 1 cup skim or low-fat milk
- 1 cup sữa skim hoặc ít chất béo

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

Ghi chú: Tránh các loại yogurt có ghi “trái cây ở dưới đáy”. Chúng được bổ thêm rất nhiều đường.
Meat, Poultry, Fish, Eggs and Nuts

Thịt, Gia Cằm, Cá, Trứng và các loại Hạt

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.

Nhóm thực phẩm này gồm có thịt (bò, heo, trâu), gà, gà tây, trứng, cá, các loại hạt và tofu hoặc các sản phẩm đậu nành. Mỗi ngày ăn chút ít một vài loại thực phẩm này. Tất cả các thực phẩm này cung cấp chất đạm cho cơ thể chúng ta.

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

Thực phẩm chất đạm giúp cơ thể bạn xây dựng mô và bắp thịt. Chúng cũng cho cơ thể bạn các sinh tố (vitamins) và khoáng chất.

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

Tối cần bao nhiêu thực phẩm chất đạm mỗi ngày? 2 tới 3 phần

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

Một phần Thịt, Gia Cằm, Cá, Trứng và các loại Hạt là bao nhiêu?

♦ 2 to 3 ounces of cooked fish
2 đến 3 ounces cá nấu chín
♦ 2 to 3 ounces cooked chicken
2 đến 3 ounces thịt gà nấu chín
♦ 3 to 4 ounces tofu (½ cup)
3 đến 4 ounces tofu (½ cup)
♦ 1 egg (equals one ounce of protein)
1 quả trứng gà (bằng một ounce chất đạm)
♦ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
1 lát phô mát hoặc một ounce phô mát (cỡ chung một cục pin D)
♦ 2 tablespoons of peanut butter (equals one ounce)
2 muống canh bơ đậu phộng (bằng một ounce)
Helpful Tips:
Những mẹo vặt có ích:

♦ The serving size you eat now may be too big.
Phần ăn hiện nay của bạn có thể quá nhiều.

♦ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Hãy xem một cờ bài Tây. Cờ này tương đương với 2 đến 3 ounces.

♦ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Mua miếng thịt bò, heo, heo muối và trứu chỉ có ít mỡ. Cắt bỏ phần mỡ dư.

♦ Eat chicken or turkey without the skin.
Ăn gà hoặc gà tây bỏ da.

♦ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Nấu thịt các chất đạm bằng những cách ít chất béo: Đút Lò, Nướng Vie, Áp Chảo, Quay, Hấp, Lược hoặc Hầm.

♦ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Dùng ít dầu khi nấu thịt, hoặc dùng dầu tráng nồi (cooking spray) thay vì dùng dầu.

♦ Have a meal without meat. Try beans or tofu as your protein source.
Bữa ăn không có thịt. Thử dùng đậu hay tofu làm nguồn chất đạm của bạn.
Fats, Oils and Sweets
Các loại Chất Béo, Dầu và Bánh Kẹo?

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).

Các loại mỡ và dầu gồm có bơ, margarine, mỡ heo và dầu ăn mà chúng ta thêm vào thực phẩm hoặc dùng để nấu ăn. Một vài loại dầu ăn như dầu canola, dầu olive và dầu Thảo mộc. Chất béo cũng có trong thịt, các phó sản sụa, thức ăn dặm (snack) và một số bánh kẹo. Để kiểm soát bệnh tiểu đường của bạn, tốt nhất là ăn uống ít chất béo và ít chất béo bão hòa (chất béo từ thịt và các sản phẩm đông vặt).

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.

Bánh Kẹo là các thức ăn ngọt có calo nhưng không nhiều sinh tố và khoáng chất. Một số bánh kẹo cũng có nhiều chất béo—như bánh ngọt, bánh nướng và 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.

Làm quá nhiều thức ăn ngọt và béo thì khó kiểm soát được đường trong máu và trọng lượng của bạn. Nếu bạn thích ăn béo và ăn ngọt, ăn chút ít thôi.

How much is a serving of fats, oils and sweets?
Một phần chất béo, dầu và bánh kẹo là bao nhiêu?

- 1 teaspoon oil
  1 muỗng trà dầu
- 1 tablespoon regular salad dressing
  1 muỗng canh dầu trồng xà lách thường
- 2 teaspoons light mayonnaise
  2 muỗng trà xốt mayonnaise
- 1 strip of bacon
  1 miếng bacon
- 1 cookie
  1 cookie
- 1 plain doughnut
  1 doughnut tròn
- 1 tablespoon syrup
  1 muỗng canh syrup
- 10–15 chips
  10–15 miếng chips
Vietnamese

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