

## Iyini i-diabetes(isifo sikashukela)?

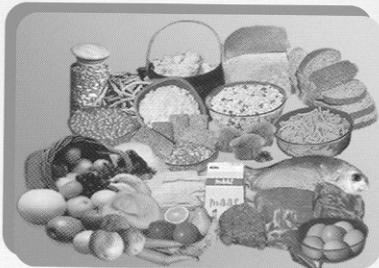
I-diabetes isifo esiqala uma izinga likashukela emzimbeni lingahlelekile ngendlela eyiyo. the

Kunezinhlombonhlobo ze-diabetes ezidinga izindlela ezahlukene zokwelapha. Izinhlobo kanye nenani lezidlo ozidlayo zibaluleke kakhulu ekuhlelekeni kwezinga le-diabetes.

### Yini i-“blood glucose”?

I-“**Blood glucose**” ibuye yaziwe nge-“**blood sugar**”. Itholakala ekudleni esikudlayo kanti isetshenziselwa amandla. Ngokujwayelekile i-glucose emzimbeni ihlelwa yi-homoni ebizwa nge-insulini. Uma umuntu enediabetes, lokhu kusho ukuthi izinga le-insulin egazini liphansi noma ayikho nhlobo lokhu okubangela ukuba ukuhleleka kukashukela egazini kungabi ngendlela ekufanele kube yiyo.

## Yidla izidlo ezahlukene



Uhlelo lokudla lwabantu abane-diabetes luyindlela yokudla enempilo engalandelwa umndeni wonke. Kubalulekile ukuba nezidlo ezihlelekile osukwini lonke. Uma udla izinhlobonhlobo zokudla ungaba sethubeni lokucina ushukela egazini usemazingeni akahle. Akukho kudla okungalungile kodwa kunezindlela zokudla ezingenayo impilo njengokudla ukudla okunamafutha amaningi noma ukungadli ngezikhathi ezifanele.

### Ukucina ushukela wakho usezingeni udinga:

- Ukulandela indlela yokudla enempilo
- Gcina noma hlala esisindweni esinempilo ongasithola kumeluleki wakho ngalesisifo.

Uma usengozini yokuba noma une-diabetes, sebenzisa lencwajana enezindlela zokudla ezinempilo njengendlela yakho yokudla bese uyixhumanisa nezidingo zakho ngokulandela leziziphakamiso ezilandelayo

Ukudla okunesitashi kungumthombo okahle wama ndla. Umuntu one-diabetes kumele azi ukudla glucose eningi ngoba lezidlo zithinta izinga loshukela egazini.

### Kunezinhlobo ezimbili zesitashi:

Ukudla okumahadla

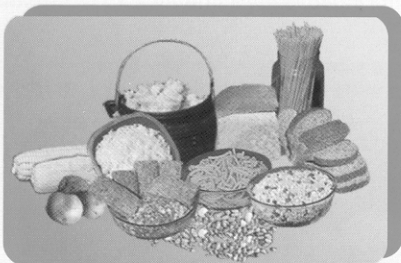
Ukudla okushukela

#### Ukudla okumahadla

- Ukudla okumahadla okukahle yilokho okune-fibre eningi ngoba akugayeki ngokushesha lokhu, kwenza kubelula ukuhleleka kwe-glucose.

- Lokukudla kukodwa, ngeke ikwenze unyukelwe isisindo sakho kanti futhi ngeke kwenze isimo sakho se-diabetes sibe sibi aweqisi kakhulu.

- Kodwa qaphela ukuthi ngesikhathi esisodwa, ukhari wamazambane nelayisi. Umeluleki wakho nge-diabetes uzokutshela ngendlela eyiyo yokwenza lokhu.



#### Ukudla okushukela

Ukudla okushukela kungabangela ukwenyuka ngokushesha kwezinga likashukela emzimbeni. Izinhlobo ezikahle zokudla okushukela, yilezo ezine-fibre eningi njengama-bran muffins.

Uma uzodla ukudla okushukela, kudle kancane futhi hhayi njalo. Kungcono ukukugwema kodwa zama ukukudla nokudla okune-fibre eningi (Ikhekhe emva kokudla hhayi phakathi nezidlo).



## Sebenzisa usawoti kanye namafutha kancane



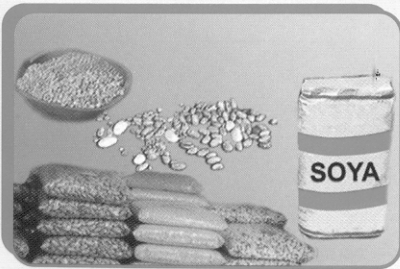
- Ukudla okunamafutha amaningi kungabangela ukukhula kwesisindo sakho lokho okungenza i-diabetes yakho ingalawuleki kalula. Amafutha angabangela ukwenyuka kwengozi yokuphathwa isifo senhliziyo.
- Usawoti omningi ekudleni nawo ungabangela ingozi yokwenyuka kwethuba lokuphathwa i-High blood pressure (I high - high).

## Idla imifino nezithelo eziningi nsukuzonke



Idla izithelo ezintathu ( ezilingana nebholo lomphebezo ubukhulu) njengengxenywe yezidlo noma maphakathi nezikhathi zokudla osukwini olulodwa.

## Jwayela ukudla ubhontshisi, u-peas, ama-lentils kanye ne-soya



Lemifino ine-fibre eningi futhi iyasiza ekulawuleni izinga le-glucose egazini.

## Inkukhu, inhlanzi, izidlo zase-dairy inyama engenamafutha nobisi noma amaqanda kungadliwa nsukuzonke

Inyama engacebile/ inkukhu engenasikhumba/ inhlanzi entsha noma esethinini/ amaqanda noma ubisi olunenani eliphansi lamafutha/ amasi kungadliwa nsukuzonke.



## Indlela yokudla enempilo

- Kungabaluleka ukuthi abanye abantu badle ukudla okulula emini yasekuseni kanye nasebusuku.
- Uma ulambile phakathi nezikhathi zokudla, idla ukudla okulula okune-fibre ephezulu. Nazi izibonelo ezilandelayo.

### Okudla okulula okungakhethwa

- Isithelo esisha( fresh)
- Isitsha esincane se-whole grain cereal nobisi olunamafutha amancane, i-muesli engathosiwe, i-cereal kakolo ene-fibre ephezulu.
- Ucezu lwesinkwa esinsundu noma i-whole grain nebhotela lamantongomane eligotshiswe kancane.
- Amabhiskidi amathathu ane-fibre ephezulu.
- I-bran muffin enamafutha amancane
- Isitshana esincane se-yoghurt esingu- 175ml (125ml)



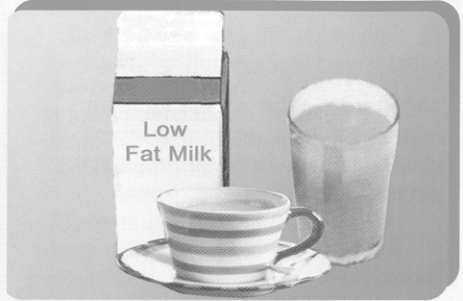
### Ukudla okulula okungenampilo (Okunamafutha noshukela omningi)

- Uphaya wenyama ( meat pie), ama-sausage rolls, u-samoosa othosiwe
- Ama-chips amazambane
- Ushokoledi noma amabhiskidi anoshokoledi noma ukhilimu, izixebeledu zikashokoledi, u-ice-cream
- Ikhekhe elinofonofo (sponge cake), amakhekhe kakhilimu (cream cakes)

## Ngingaphuzani?

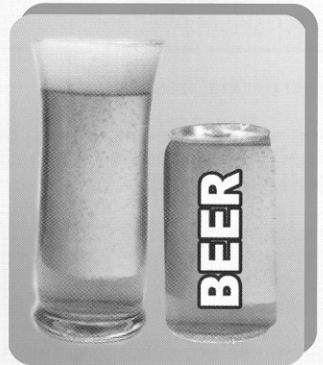
### Iziphuzo ezishisayo nezibandayo

- Iziphuzo ezibizwa ngama -“Diet” noma “sugar- free” zingaphuzwa ngokungeqisile.
- Isiphuzo sezithelo (Fresh fruit juice) nesiphuzo esifakwe ushukela nesixutshwe ngamanzi (xuba  $\frac{1}{2}$  juice no-  $\frac{1}{2}$  water).Leziziphuzo zinoshukela omningi kodwa zingaphuzwa ngokungeqisile.
- Itiye elingenashukela, ukhokho nekhofi kungafakwa ubisi olunamafutha amancane noma ubisi oluyimpuphu olunamafutha amancane hayi impuphu yekhofi (creamers).



### Uphuzo oludakayo

- Uma uphuzo, phuzo ngokungeqisile ngokubekwe lapha ngezansi.
- Uphuzo oludakayo lunamandla amaningi kanti ezinye iziphuzo zinoshukela omningi (sweet sherry). Sebenzisa okungenashukela kokuxuba neziphuzo ezingogologo (diet lemonade & whiskey).
- Gwema iwayini elinoshukela, i-sweet sherry, ama-liquers, ubhiya owenziwe ekhaya
- **Ungaphuzi ungakadli.** Utshwala behlisa izinga loshukela emzimbeni okungabangela ingozi yezinga eliphansi kakhulu likashukela egazini. Uma uphuzautshwala, buphuze nesidlo bese udla nesidlo sakho esilula esijwayelekile(snack)When.
- Uma izinga likashukela egazini lakho liphansi noma liphezulu kakhulu, gwema utshwala(4-14mmol/L)
- **Zama ukungaphuzi okweqile kulokhu ngosuku:** Amakani amabili amancane noma iphayinti likabhiya ojwayelekilenoma i-cider **noma** Izingilazi ezimbili zewayini elomile(dry wine) **noma** Izingilazi ezimbili ze-dry sherry **noma** Amathotho amabili e-spirit
- Uma ululekwe udokotela noma umsebenzi wezempilo ukuba ungaphuzi uphuzo oludakayo, kumele ulugweme loluphuzoit.

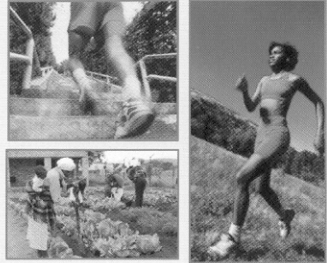


# Amaqinga okuthenga okunempilo

Bheka amalebuli okudla bese ukhetha lokho okubhalwe “reduced sugar” noma “no added sugar”, .Amagama o-glucose, fructose, sucrose kanye ne-dextrose onke achaza ushukela. Khetha ukudla lapho ushukela ungabhalwiwe ezinongweni zokuqala ezintathu.

## Ukuzivocavoca

- Kubalulekile ukuzilongka kathathu noma kane ngesonto isikhathi esingangemizuzu eyishumi kuya emashumini amabili.
- Kodwa ngaphambi kokuzilongka noma ingayiphi indlela, thintana nodokotela wakho kuqala.



## Indlela yokudla ehlongozwayo

**Lendlela yokudla kumele ihambisane nokudla ngendlela enempilo yomndeni wonke.**

### Ibhulakufesi(Breakfast)

Ibhulakufesi eline-fibre ephezulu i-cereal noma iphalishi nesinkwa esinsundu noma uthosi(toast)

Inani: \_\_\_\_\_

I-Margarine noma into yokugcobisa engenamafutha amaningilnani: \_\_\_\_\_

### Isidlo sasemini(Lunch)

UPhuthu noma isitambu noma uloti(roti) amazambane noma i-Pasta noma ilayisi isinkwa sikakolo noma impuphu yombila

Inani: \_\_\_\_\_

Inyama engacebile noma inkukhu noma inhlanzi noma iqanda noma ushizi noma ubhontshisi noma amasi/ubisi

Inani: \_\_\_\_\_

Imifino noma i-salad

Inani \_\_\_\_\_

Izithelo

Inani: \_\_\_\_\_

### Isidlo sasebusuku(Evening Meal)

UPhuthu noma isitambu noma uloti(roti) amazambane noma i-Pasta noma ilayisi isinkwa sikakolo noma impuphu yombila

Inani: \_\_\_\_\_

Inyama engacebile noma inkukhu noma inhlanzi noma iqanda noma ushizi noma ubhontshisi noma amasi/ubisi

Inani: \_\_\_\_\_

Imifino noma i-salad

Inani: \_\_\_\_\_

Izithelo noma i-yoghurt engenamafutha

Inani \_\_\_\_\_ noma \_\_\_\_\_

Ungasebenzisa ama-artificial sweetners ephalishini naseziphuzweni. ( Zama ukungasebenzisi izipuni ezevile kweziwu6-8 ngosuku)

ubisi \_\_\_\_\_ mls ( \_\_\_\_\_ izinkomishi zobisi ngosuku)

## Isongo le-medic alert

Buza kudokotela noma kumsebenzi wezempilo oluleka nge-diabetes ngokusebenza kwalelisongo.

Hlala uphethe okukuveza ukuthi ungubani nokuchaza ukuthi une-diabetes futhi nokunohlelo lokwelashwa kwakho (e.g. i-metformin tablet kanye ngelanga).

Lemininingwane ingaba usizo kakhulu uma kunesimo esibucayi.

