Module 8

Moli ac Orekmakin ahkmol mongo ma kuh in kosraclah Mihsen Suka (type 2 diabetes)

PREVENT T2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Moliyen mongo wo ma ac tiac oraclah mas ac ahkmol mongo ma wo ac kuh in kahsru kosraclah kuh ahksuhmuhiye sikyak luhn misen suka (type 2 diabetes).

Pa inge ma yohk kuht ac sruhmuhn ke tuhkeni lasr uh:

- Mongo wo ac fal nuh in mahno se
- Ohiyac wo ac fal nuhke moul mongo lasr
- Ohiyac wo ac fal nuhke ahkmolyeyacn mongo nwacsr uh

Kom e nahwelah pac sie "plan" ah lom!

Mwe Kahsru:

✓ Suk lah oasr kihlucki ke molin mongo ke stoh kuh "market" ah. Long radio ah kuh lie ke "facebook".
✓ Srihkeyac luhpah fal nuh sin mwet se ac sang nu lun mwe nenyuhk mongo an.

Sramsram soko kacl Kun

Nina kiacl Kun ah wi mihsen suka. Kun el srihke kuhiyacl elan tiac weack, pwacnwacng, el srihke kuhiyacl in kang mongo wo ac fal nuh sel.

Kun el som nuhke stoh ma kuhkwackihn mongo wo ac tiac oraclah mas ah tuh arulacna yohklac molo, tiac fal nuhke luhpan money lal ah. El kihsensiyuckkihn lah ninac kiacl ah moli fuhkah mongo ma wo ac tiac oraclah mas ma fal nuhke kuhiyacl kuh mani ma oasr yohrohl.

Ninac kiacl ah ahkuhtweyac ke ohiyac ma el oruh met liki na el som oruh moul lal ke stoh ah:

1. Planelah mongo lal nuhke wik sac
2. Liaclah in wo lah meac oasr tari in lohm sel ah
3. Suhmuhslah kewa ma elac moli ke stoh ah
4. Eis mwe kahsruh muhlahlah ma tiac oraclah mas met liki som nuhke stoh ah

Kun el kahsruh ninac kiacl ah ke el som in moul ke stoh ah ke Sactte tok ah. El arulana fwefwelac ke luhpan mongo wo ma ac tiac oraclah mas ninac kiacl ah molelah ke mani lal ah.

Kun el sulaclah muh elac etahi ninac kiacl ah ke elac som moul ke stoh ah uh. El som suk kain in "recipe" ma e wo tiac oraclah mas. El srihke pac elan wi lutlut orek mongo. El akolah pac mongo wowo ac fal nwacn ninac kiacl ah.

Pa inge mongo ma Kun el kang ke wik se

	Mongo in Lotutang	Mongo Srisrik	Mongo in Infulwenlwen	Mongo Srisrik	Mongo in Ekuh	Mongo Srisrik
Monday	▪ Oatmeal ▪ Strawberries ▪ Coffee wi skim milk	▪ Rice ▪ Cake with hummus	▪ Chicken breast ▪ Spinach me tomato salad ▪ Tea with lemon	▪ Acpuhl	▪ Black bean burrito with tomato, low-fat cheddar and salsa ▪ Sparkling water with lemon	▪ Muh luhlahp
Tuesday	▪ Nonfat plain yogurt ▪ Strawberries ▪ Coffee wi skim milk	▪ Acpuhl	▪ Turkey sandwich with lettuce me tomato ▪ Pickle ▪ Tea with lemon	▪ Orange	▪ Peppers stuffed with brown rice ▪ Salad ▪ Sparkling water with lemon	▪ Baked tortilla chips with salsa
Wednesday	▪ Scramble egg beaters with veggies ▪ Whole wheat toast ▪ Coffee wi skim milk	▪ Fruit and nut bar	▪ Chicken salad ▪ Pita chips ▪ Tea with lemon	▪ Broccoli with nonfat yogurt dip	▪ Chicken and Veggie stir fry ▪ Sparkling water with lemon	▪ Low fat chocolate putting
Thursday	▪ Oatmeal ▪ Strawberries ▪ Coffee wi skim milk	▪ Whole wheat crackers with peanut butter	▪ Chicken salad ▪ Tea with lemon	▪ Acpuhl	▪ Baked porkloin ▪ Steam broccoli ▪ Whole wheat pasta ▪ Sparkling water with lemon	▪ Popcorn

Pa inge mongo ma Kun el kang ke wik se

	Mongo in Lotutang	Mongo Srisrik	Mongo in Infulwenlwen	Mongo Srisrik	Mongo in Ekuh	Mongo Srisrik
Friday	▪ 100% whole wheat bread with peanut butter ▪ Coffee wi skim milk	▪ Celery low fat cream cheese	▪ Chicken breast ▪ Spinach and tomato salad ▪ Tea with lemon	▪ Muh luhlahp	▪ Garden salad with chicken ▪ Baked potato ▪ Fruit ▪ Skim milk	▪ Baked tortilla chips with salsa
Saturday	▪ Scrambled egg beaters with veggies ▪ Coffee wi skim milk	▪ Fruit and nut bar	▪ Turkey sandwich with lettuce and tomato ▪ Tea with lemon	▪ Carrots with hummus	▪ Grilled turkey burger ▪ 100% whole wheat roll ▪ Salad ▪ Sparkling water with lemon	▪ Popcorn
Sunday	▪ Nonfat plain yogurt ▪ Strawberries ▪ Coffee wi skim milk	▪ Rice cake with peanut butter	▪ Veggie soup ▪ Pita chips ▪ Tea with lemon	▪ Achpul	▪ Chili with salsa, low fat cheddar and tomato ▪ Skim milk	▪ Popcorn

Mongo Luhk

Planiyac mongo lom ke week se. Kom kuh in orekmakin plan lal Kun ah in kasrekom.

	Mongo in Lotutang	Mongo Srisrik	Mongo in Infulwenlwen	Mongo Srisrik	Mongo in Ekuh	Mongo Srisrik
Monday						
Tuesday						
Wednesday						
Thursday						

Mongo Luhk

Planiyac mongo lom ke week se. Kom kuh in orekmakin plan lal Kun ah in kasrekom.

	Mongo in Lotutang	Mongo Srisrik	Mongo in Infulwenlwen	Mongo Srisrik	Mongo in Ekuh	Mongo Srisrik
Friday						
Saturday						
Sunday						

Kun's shopping list

Shopping List

Non-Starchy Veggies
- ☐ Lettuce
- ☐ Tomatoes
- ☐ Carrots
- ☐ Spinach
- ☐ Broccoli
- ☐ Peppers
- ☐ _____
- ☐ _____
- ☐ _____
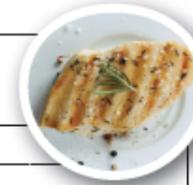
Grains and Starchy Foods
- ☐ Black beans
- ☐ 100% whole wheat bread
- ☐ 100% cornmeal tortillas

Protein Foods
- ☐ Chicken breasts
- ☐ Egg beaters
- ☐ Sliced turkey
- ☐ Pork loin
- ☐ _____
- ☐ _____
- ☐ _____

Other Items
- ☐ Salsa
- ☐ Garlic
- ☐ Hummus
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Dairy
- ☐ Low-fat cheddar
- ☐ Skim milk
- ☐ Plain nonfat yogurt
- ☐ _____

Fruit
- ☐ Oranges
- ☐ Apples
- ☐ Strawberries
- ☐ Lemons
- ☐ _____
- ☐ _____

Drinks
- ☐ Tea
- ☐ Sparkling water
- ☐ _____
- ☐ _____
- ☐ _____

PI-DPP   Module 8 Shop and Cook to Prevent T2 - Kosraean

My shopping list

Ma fal kom in oru met liki kom som moul ke stoh ah

Kom kuh in molwelah mongo wo ac fal ac tiac sislah mani kuh pacl yohk lom kom fin oru ma inge:

Met liki kom som nuke stoh ah	Ke kom oruh moul lom an:
Suk lah piac acn ma kihluckihnyac molin mwe kuhka lalos an.	Suk mongo ma srihk "unit price" la. "Unit price" pa molin paun, "ounce" ac kuhtuh pac sahyac.
Fin oasr stoh kihte "card" ma e ahkfihsracsrye molin ma uh, kom suk in oasr lom sie.	Orekmakin ma suhmuhslah ke pwepuh lihkihn ma kom moli an in kahsruh sulaclah lom nuhke ma wo ac fal, tiac oraclah mas.
Suk "recipes" ke puk, "magazine" kuh "online". Kom kuh pac in eis kahsruh sin sucu kuh kawuck lom an.	Nimet moli ma sahyacn ma kom suhmuhslah kom in moli e lohm ah ah.
Nahwelah kuh tahkuhnlah koanon mongo lom nuke wik se in fal nuhke mongo kihlucki kuh fisracsr molo, "recipe" ma kom ke srihke ac kuhtena mukwikwi yohk ma e sikyak ke puhlan pacl sacn.	Sulaclah fukun sahk ac mahsrihk su kwacna srihk molo.

Kom kuh in molwelah mongo wo ac fal ac tiac sislah mani kuh pacl yohk lom kom fin oru ma inge:

Met liki kom som nuke stoh ah	Ke kom oruh moul lom an:
Konwacack lah mac oasr in lohm sum an.	Nimet moli mongo ma ahkmollac ac pack lac. Mongo kom sifacna ahkmolyelah uh fihsracsr molo ac tiac oraclah mas liki.
Suhmuhslah kwewa kuhfa kom ac enenuh nuke ahkmolyeyacn mongo nohm ke week sacn.	Molelah kewa ma kom kuh in molwelah ke mongo ma wo molo an.
Kanglah kuhtuhsrihk mongo muhlahlah ma wo ac fal, tiac oraclah mas, kom in tiac masrinsrwacl ac kahsrekom in sulaclah mongo wo ac fal.	Moli mah srihk ac fukun sahk ma oasr suhna ke srihpen kwac na srihk molo ac wo emah.
Kuhtuh pac ma fal kuh wo kom in oruh ke kom som nuhke stoh ah.	
_____ _____ _____	_____ _____ _____

Mwe kasruh nuhke ahkmol mongo wo ac fal ma tiac oraclah mas

Oruh ma inge ke pacl kom ahkmolye mongo nohm an, kom in tiac sislah pacl yohk kuh mani yohk

- Ahkfahsrye ahknwacsnwacs ac ahkmol ke pacl se fanna.
- Ahkmolyelah ke luhpah luhlahp mongo ma kom kuh in fihliyac in aes lom an.
- Sihpsihpihkyac mah srihk ac fukun sahk ac fihliyac lun aes lom an.
- Ahkmolye mongo an fal nuhke ma kom luhmahlah nuhke wik se.
- Srihkeyac luhpah ma fal nuh sin mwet se ac fihliyac lun pack ac mwe nenyuck mongo.
- Orekmakihn "slow cooker" in ahksrihkye enenuh nuhke ahryahr mongo.
- Orekmakihn fukunsahk ac ikwac yolyak ke "omelet", "pasta", rais, "stew", "salad" ku "burrito" in ahksrihkye sisi mani ac pacl kom sislah in orek mongo.

Kahsruh Nuke Cook Wowo

Kom kuh in ahkmolye mongo ma kom luhngse ac e tiac oraclah mas nuh sum. Orekmakin ma inge:

- Ekuhllah mongo kom luhngse kang emeet an in mongo ma fal ac tiac oraclah mas kuh eis ke luhpah srihsrihk mongo ma kom lungse kang an.
- Sulaclah ma wo muhkwena.
- Sulaclah in oasr suhnuhn kuhfwen mongo wiwi tuhna, emah, fohloh ac ikwac an.
- Nimet ahkmolye upaclaclac "green beans" ac "broccoli" in tiac ahkkolukyelah tuhna ac ikwac an.
- Orekmakihn "herbs", "spices", "salad dressing" ac "gravy" ma srihk kihris kac, ac sang sronin laim ku "lemon", "hot sauce", "non-fat yogurt" ac "salsa" in emahlah mongo nohm an.
- Muhnanlah kuh umihn fukunsahk ac ikwac nohm an in ahkyucyelah.
- Suk in lotwelah ohiyac wo ac fal nuhke ahkmolyeyacn mongo nohm an. Kom kuh in suk "online", ke puk kuh "magazine", "TV" kuh yurin sucu ac kawuck lom an. Kom kuh pac in wi lutlut orek mongo.
- Orekmakihn ahkmol sasuc ac kuhfwen mwe orek mongo sasuc.

Ahksrihkye orekmakihnyen kihris ke ahkmol mongo lom an

- "Bake", muhnan kuh fuhrae wi mah srihk, orekmakihn kihtin kihris.
- Akmuhsraelah fuhrae pacn an ke "spray" in orek mongo.
- Orekmakin kof kuh srano tiac kihris in fihsrihk mongo an.
- Pohel "steam" kuh orekmakihn "microwave."
- Eslah kulun won an met liki kom ahkmolye.
- Suhpuhklah kihris ke ikwac an met liki kom ahkmolye.
- Orekmakihn kuhfwen orek mongo ma tiac enenu akmuhsra.

Mwe kahsruh nuhke ahkmol mongo wo ac fal ma tiac oraclah mas

Kuhtwena ohiyen ahkmol mongo wo ac fal ma ac tiac oraclah mas

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