



Module 7

Orekmakuhnlah in yohk “Calories”*

*(kuh ma kom eis ke mongo kom kang)

PREVENT2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Ahksri kuh Ahsrosr kuh in kahsruh kosrwaclah kuh ahksuhmuhiye sikyak luhn mihsen suka (type 2 diabetes).



Pa inge mwe sramsram lasr uh:

- Kuhpahsr luhn “calories” ac toasriyom
- Kom ac etuh fuhkah luhpan “calories” kom eis nuh in monum
- Kom ac etuh fuhkah luhpan “calories” kom orekmakuhnlah
- Kom ac oruh fuhkah in yohk “calories” kom orekmakuhnlah liki na ma kom eis

Kom ac oraclah pac plan se lom sifacna!



Mwe Kahsruh:



In konwacack luhpan “calories” kom orekmakuhnlah, kom enenuh in etuh ma inge:

- ✓ Toasriyom
- ✓ Luhpan ahsrosr kuh mukwikwi lom
- ✓ Lusen pacl kom ahsrosr kuh mukwikwi
- ✓ Luhpah kuh upaciyacn ahsrosr kuh mukwikwi lom an

Sramsram soko kacI Tulen



Tulen el yac 47 ac toasriyaci oasr ke paun 240 suc oruh in fihsracsrlan weack mihsen suka (type 2 diabetes). Doctor lal ah kwacfwel elan srike elan sislah paun 40. Paun 1 ke wik se.

Mwet yohk etuh la ke mihsen suka ahkkahlemye tuh wo mwet mahtuh se in suk in sislah paun 1 nuke 2 ke wik se.

Tulen el enenuh in orekmakuhnlah “calories” 500 ke len se kuh calories 3,500 ke week se elan kuh in sislah paun se ke week se.

Meac kuhtuh ohiyac kuh in kahrsl Tulen elan orekmakuhnlah “calories” 500 yohk liki ma el eis ke len se?

1. El kuh in eis srik liki calories 500 ke len se fin el ekuhllah ohiyen mongo lal
2. El kuh in orekmakuhnlah calories 500 ke len se ke ahkyohkyeyacn ahsrosr kuh mukwikwi lal
3. Kuh orekmakihn kewana ahsrosr ac eklac ke ohiyen eisyacn mwe kashsruh kuh mongo in ahksrikyelah calories 500 ke len se





Sramsram soko kacI Tulen

Tulen el enenu “calories” 2,200 ke len se in wacngihn eklac ke toasriyacI. El fin ahksrikyelah ke “calories” 500 ke len se, ac oasr na “calories” 1,700 pa ac luhlah.

Kuht ac motko muh srihklacIac luhpan “calories” se ingacn, tusruk, esam lah Tulen el kuh in sun mwe finsrak se inge el fin orekmakihn kewana mongo fal ac ahsrosr.

Meac fahkwack luhpan “calorie” kom enenu ke kais sie len?
Luhpan “calorie” kom enenuh ke kais sie len el wiwi na matwom, lah kom mukul kuh muhtwacn, fuhlwactom, lopom ac toasriyom. Luhpan mukwikwi lom an tiac motkeyuck nuhkac.





Sramsram soko kacI Tulen

Kuht lie lah fuhkah oruh lal Tulen ke Sacnri.

- El mutacwacack ke mongo in litutacng se ma oasr “calories” 400 kac
- Tohkoh, el orekmakuhnlah “calories” 90 ke mukwikwi kuh fahsr lal
- Tohkoh, el eis mwe kahsruh muhlahlah su oasr “calories” 200 kac
- El eis mongo in infulwenlen lal su oasr “calories” 500 kac
- Tohkohyang, el eis mongo muhlahlah su oasr “calories” 100 kac
- Tohkoh, el imohm lihkihnihm sel ah ac orekmakuhnlah “calories” 100
- El mongo in ekuhi suc luhpah oasr ke “calories” 600
- Tohkoh, el asrosr kuh fahsr ac orekmakuhnlah “calories” 120
- Tohkohyang, el eis mwe kahsruh muhlahlah met liki el mutullac suc oasr ke “calories” 200

Kuht ac konwacack “calories” Tulen el eis nuh in ikwacI kuht fin eslah luhpah ma el orekmakuhnlah liki ma el eis:

$$2,000 - 310 = 1,690$$

Tulen el oraclah wo ke mwe finsrak lal in tiac aluhkwelah “calories” 1,700 ke len se. Calories 10 srihk liki mwe finsrak yohk lal ah.

Tulen el sislah paun 1 ke wik se ke srihpen ahsrosr ac karihngihnyen mongo lal. El fototoyang nuhke luhpa ma el enenu in sun ke toasriyacI.

Tulen’s goal: 1,700 calories a day	
Calories <u>in</u>	Calories <u>out</u>
400	90
200	100
500	120
100	
600	
200	
2,000	310

Ohiyac in Ahksrihkye “Calories” Kom Eis



Kuhtuh pa inge ohiyac kom kuh orekmakihn in ahksrihkye luhpan calories kom eis. Sarihke ma wowo inge in sang ahollah.

Nahweyuck nuhke Pacl in Mongo an Kwewa!		
Mongo in Lotutacng	Ayaol Wowo	Calories Ahksrihkyeyucklac
Orekmakin low fat kuh fat-free milk nuhke cereal liki na 2% kuh whole milk.	1 cup fat free milk ahollah 1 cup whole milk	63
Orekmakin pan tiac fulful lac an ac spray in cook ma pump pihsrpihsr liki na in spray (liki na butter) in orek ahtro scramble kuh fuhrae.	1 spray ke spray in cook ahollah 1 pat (1/2Tbsp) ke butter	34
Orekmakin margarine ma reduce-calorie in mosrwe toast liki na butter kuh ipin margarine.	2 pats ke reduced calorie margarine ahollah 2 pats ke butter	36



Ohiyac in Ahksrihkye “Calories” Kom Eis

Kuhtuh pa inge ohiyac kom kuh orekmakihn in ahksrihkye luhpan calories kom eis.
Srihke ma wowo inge in sang ahollah.

Nahweyuck nuhke Pacl in Mongo an Kwewa!		
Mongo in Infulwenlwen	Ayaol Wowo	Calories Ahksrihkyeyucklac
Sang in puhs vegetables pa nuhke kiuri, lettuce, tomato ac onion nuhke sandwich likina in yohk ikoac kuh cheese.	2 slices ke tomato, ¼ cup sliced kiuri ac 2 slices onion sang ahollah ¼ ounce ke cheese and 1 ounce ham	154
Eis fukunsahk wi sandwich nohm an liki na in eis chips kuh french fries.	½ cup ip srisrik (diced) ke puhnahpuhl sang ahollah 1 ounce potato chips	118
Sulaclah soup ma oreklac ke sronin vegetables liki na sronin soup ma oreklac ke cream kuh ikoac.	1 cup vegetable soup sang ahollah 1 cup cream of chicken soup	45
Pacl kom mongo salad an, fihliac dressing an siskac liki na in okwacacng yohklac nuh fac an.	½ Tbsp dressing sang ahollah 2 Tbsp ke dressing.	109
Pacl kom mongo sahyac, eis salad liki na in eis french fries kuh chips muh mongo srisrik lom.	Salad srisrik se sahyac ma orekmakihn low-fat vinaigrette dressing sang ahollah french fries	270



Ohiyac in Ahksrihkye “Calories” Kom Eis

Kuhtuh pa inge ohiyac kom kuh orekmakihn in ahksrihkye luhpan calories kom eis. Sarihke ma wowo inge in sang ahollah.

Nahweyuck nuhke Pacl in Mongo an Kwewa!

Mongo in Ekuh	Ayaol Wowo	Calories Ahksrihkyeyucklac
Eis vegetables ma steam kuh manman liki na in fuhrae. Sarihke orekmakin sronin lime kuh sra in sang emahlah. Fin kom fuhrae, orekmakin pan ma tiacna fulful lac an liki na in orekmakin kihris.	½ cup steamed broccoli sang ahol ½ cup broccoli fried in ½ Tbsp oil.	62
Ikihl recipe an nuhke ma ma low-fat ac srihk calories.	Ahollah whole milk nuhke skim milk. Ahollah ground meat nuhke vegetables ip srisriki kuh ililuh, pa nuhke carrots, zucchini and spinach.	89
Fin kom mongo sahyac, eis mongo srisrik (appetizer) liki na in mongo lulap se (main course).	¼ cup pasta wi tomato sauce sang ahollah 1 cup pasta wi tomato sauce.	138
Pizza nohm an, oruh in yohk veggies ac ac srihk cheese an liki na in orekmakin ikoac ma yohklac kihris kac.	1 slice of cheese pizza sang ahollah one slice ke ikoac ac cheese pizza.	60



Ohiyac in Ahksrihkye “Calories” Kom Eis

Kuhtuh pa inge ohiyac kom kuh orekmakihn in ahksrihkye luhpan calories kom eis. Srihke ma wowo inge in sang ahollah.

Nahweyuck nuhke Pacl in Mongo an Kwewa!

Mongo Srisrik	Ayaol Wowo	Calories Ahksrihkyeyucklac
Eis popcorn ma tiacna orekmakin kihris in ahkmolye liki na popcorn ma orekmakin kihris in sang ahkmolyelah ac popcorn ma dry-roasted liki na ma ma oil-roasted.	3 cups ke air-popped popcorn sang ahollah 3 cups ke oil-popped popcorn.	73
Karingin kom in tiac orekmakin vending machine. Apweni mwe mongo srisrik ma healthy kom in us nuhke acn in orekma lom an. Kutu inge ma kom kuh in eis an veggie sticks, fukunsahk local, low-fat kuh nonfat yogurt tiacna suka lac, kuh suhnuhn laflucf in dry-roasted nuts se.	8 ounces ke sugar-free nonfat yogurt sang ahollah pack in peanut butter cookies se ma ma 6 an lac.	82
Eis kof ma simlac muh sparkling water liki na mwe nihm emwem kuh mwe nihmnihm.	Suhfah in sparkling water 1 sang ahollah tin in cola regular se ma ounces 12 ah.	136
Eis fukunsahk nuhke mongo srisrik lom an liki na in eis cookies kuh kuhtwena ma emwem sahyac.	Muh lulap se sang ahollah ipin chocolate sandwich cookies 3. .	54



Nunkuh ke ma kom nihm an

Oacna ke kahlwem ten inge, calories ma tukuh ke mwe nim uh arulacna kuh in ahkyohkyelah ma kom eis!

Yohk sripac in etuh: Kom fin ahollah mwe nihm ma yohk calories kac nuhke mwe nihm ma srihk kuh wacngin calories kac, kom ac ahksrihkyelah calories 641 ke len se!

Ahollah Mwe Nihm Inge	Calories	Srihke mwe nihm inge	Calories	Calories Ahksrihkyeyucklac
Medium caffe latte (16oz) oreklac ke whole milk	265	Small caffe latte (12oz) oreklac ke fat free milk	125	140
20-ounce suhfah in regular cola soko	227	Suhfah in kof soko kuh sparkling water soko	0	227
Iced tea sukahlah (16oz)	180	Kof wi slice in lemon kuh lime	0	180
Glass in ginger ale soko (12oz)	124	Sparkling water ituckyang kutusrik 100% fruit juice nuhkac	30	94
Total calories	796		155	641



Nunku ke Luhpan Ma kom Nihm

Sie pac ohiyac ma kom kuh in ahksrihkye “calories” kom eis uh pa in nunku ke luhpan ma kom nihm uh. Chart se ten inge ahkkahlwemye luhpan “calories” ke kain in mwe nihm. Nuhke mwe nihm ma yohk “calorie” kac, pa nuhke Fruit punch, luhpah an arlac yohk sripac!

Type of drink	Calories in 20 oz.	Calories in 12 oz.	Calories saved
Fruit punch	320	192	128
100% apple juice	300	180	120
100% orange juice	280	168	112
Lemonade	280	168	168
Regular lemon/lime soda	247	148	99
Regular cola (soda)	227	136	90
Iced tea sukah (bottle)	225	135	90
Tonic water	207	124	83
Ginger ale	207	124	83
Sports drink	165	99	66
Fitness water	36	18	18
Unsweetened Iced tea	3	2	1
Sparkling Water	0	0	0
Water	0	0	0



Nunku ke Kain in Milk kom nihm an

Oasr vitamins, minerals ac protein ke milk uh. Tusruktu, oasr pac “calories” kac. Nihm low-fat kuh fat-free milk el ohiyac wowo se in ahksrihkye “calories” ac srack kuh ahkfalye ma ma monum enenuh.

Kain in Milk	Calories in 8 ounces
Chocolate milk (whole)	208
Chocolate milk (2%)	190
Chocolate milk (1%)	158
Plain milk (whole)	150
Plain milk (2%)	120
Plain milk (1%)	105
Plain milk (fat free)	90

Source: USDA Natl Nutrient Database for Standard Reference

Mwe Nihm ac Ahksri

Mwet sahsлах ke ma inge ahkkahlwemye muh ohiyac wowo se pa in sislakh pound 1 nuhke 2 ke week se. Inkaiyen mwet uh enenuh in ahksrihkyelah “calories” 500 ke lwen se in kuh in sislakh pound 1 ke week se. Ahksrihkyeyacn “calories” ke ma nimom uh kuh in kasrekom in sun finsrak se inge.



Ohiyac fistrasr in oraclah sulacлах wowo nuhke mwe nihm

Lohacng nuhke ma suhmuhslah kac an

Nutrition Facts label ke suhfah in cola ounces 20 soko fahk oinge:
1 serving size = 8 ounces ac oasr servngs 2.5 ke suhfah soko inge.
1 serving = 100 calories kalmac... 2.5 servings = 250 calories (fin kom nuhmlah nofonna suhfah soko an)

NUTRITION FACTS LABEL	
Serving Size	8 fl. oz
Servings Per Container	2.5
Amount per serving	
Calories	100

Calories ke ma kom eis

Kof Coffee ac smoothies ke kom long uh ac kuh in wo, tusruktuh kom kuh in lut ke luhpan “calories” ke kutu. Checki Nutrition Facts ke ma inge. Kom kuh pac in srike mwe kasru inge:

Ke coffee shop ah:

- ☐ Siuck in orekmakinyuck skim milk nuhke ma nimom an liki na in whole milk.
- ☐ Eis size se ma srihk emeet ma kom kuh in eis an.
- ☐ Falkin emah an. Oasr suka ke flavor syrup uh ac “calories” kac an ac tuh weacng pac.
- ☐ Mansis whip cream topping. El ac sang pac “calories” ac kihris.
- ☐ Eis ke sie cup in plain coffee wi skim milk an. Kuh, nihm black coffee.





Ohiyac firsasr in oraclah sulacлах wowo nuhke mwe nihm

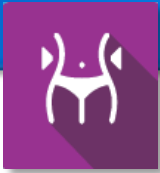
Ke can in kuhka smoothie

- ☐ Eis size lun tulig srisrik, fin kom kuh in eis.
- ☐ Sulacлах smoothie se ma srihk emeet “calories” kac an.
- ☐ Siuck in wangin suka ituckyang nuhke smoothie nimom an. Orekmakin fukunsahk suc ma emwem tari.

Kuhtuh nahweyuck nuhke ahkwoyeyacn mwe nihm:

- ☐ Sang splash in 100% juice nuhke plain sparkling water.
- ☐ Us sie suhfah in kof an. Nwek ke lusen len fohn se.
- ☐ Nihm kof kuh sparkling water.
- ☐ Nihm tea kuh coffee tiacna sukalah. Eis ke fol kuh ohyohu!
- ☐ Emahlah kof an ke no-calorie drink mix.
- ☐ Oruh kain in atac ma ac ahkwoye kof nimom an. Sang slice in lemon, lime, kiuri, kuh watermelon nuhkac.
- ☐ Sang kof an nuhke mwe nwenyuck an ac fihliac ke aes ah.
- ☐ Fihliac mwe nwenyuck kof ohyohu nimom an ke tepuh an ke pacl in mongo.
- ☐ Fin kom eis mwe nihm ma oasr suka kac, sulacлах ma se ma srihk emeet ma kom kuh in eis an.





Ohiyac in Orekmakuhnlah “Calories”

Luhpah kah “calories” kain in ahsrosr kuh mukwikwi orekmakuhnlah?

Chart se inge ahkkahlwemye luhpan “calories” ma mwet pound 154 se orekmakuhnlah fin el oruh ahsrosr kuh mukwikwi lal ke luhpah na fal se.

Calories orekmakihnyucklac ke ahsrosr kuh mukwikwi lal ke luhpah na fal se.		
Ahsrosr/Mukwikwi	In 1 hour	In 30 minutes
Hiking	370	185
Gardening/yard work	330	165
Dancing	330	165
Golf (walking and carrying clubs)	330	165
Bicycling	290	145
Walking	280	140
Weight training (light workout)	220	110
Stretching	180	90



Source: US Dept of Agriculture. MyPlate
(<http://www.choosemyplate.gov>)