



Module 12

Karuhnganwacng “Heart” Lom an

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



Ac fihsracsr kom in puhla elyah ke “heart” kuh ahlko keim an ke srihpen kom fihsracsr in weack kuh puhtatyang nuhke mihsen suka. Arulacna yohk srihpac kom in karihngin in wo “heart” lom an.

Pa inge mwe sramsram lasr uh:

- Efuh yohk srihpac “heart” lasr uh in wo tiac elyah
- Ohiyac ac oruh in wona, wacngihn elyah ke “heart” lom an
- Ohiyac ac ahksuhmahtyekuht in karihngihn “heart” lasr uh liki elyah ke kihris

Kom ac oraclah pac plan se lom sifacna!



Mwe Kahsruh:

- ✓ Sulacлах mongo ma:
 - Srihk “calories”, sohl ac kihris – yohkna kihris ma tiac wo
 - Yohk “fiber”, kof, “vitamins”, “minerals” ac “protein”





Ohiyac ma ac oruh heart lom an in kuh tiac elyah

Oruh ma inge len nukewa:

- Kom fin sismohk, srihke kom in tui
- Ahsrosr kuh mukwikwi ke lusen mihn timer 150 ke wik se ke puhlah na fal se kuh muhiyak kuhtuh
- Srihke toasriyom in oasr ke luhpah se ma wo ac tiac oraclah mas
- Nimet muhta pahtlac. Tuyak ac mokleack monum ke lusen mihn timer luo ke tahfuhn ao nuhkewa.
- Karihngihn ma ahkelyahye nuhnak lom an
- Ahksrihkye eisyacn mwe sruhi
- Sulacclah mongo ma
 - ✓ Srihk “calories”, sohl ac kihris – yohkna kihris ma tiac wo
 - ✓ Yohk “fiber”, kof, “vitamins”, “minerals” ac “protein”

Lohngohk sin Doctor lom an

- Lah kom enenuh in eis ono in kahsruh ahkkweye “heart” lom an
- Lah kom enenu in eis test nuhke “heart” lom an

**“Test” nuhke sukyen
kuhiyen “heart” lom an**

“Test” nuhke srah fuhlwaht
srihkeyac kuhiyen fahs
luhn srah ke ahlko keim an

“Cholesterol test” srihkeyac
luhpan kihris ke srah lom an



Ma in Etweyuck ke Kihris

Ahksrihkye eisyacn kihris ma ac oraclah mas

Kihrihs ma ac oraclah mas oraclah elyah nuhke “heart” lom an. Oasr kain in kihris koluk tolu: “saturated fat”, “trans fat” ac “cholesterol”

Mongo ma yohk “saturated fat” kac:

- Kulun won ac tucki
- “chocolate”
- Kaki kuh kihris in kaki
- Ikwen pik ma sohl ac kihris in pik
- Kihrifi ma orekmakihn kihris ke ikwac
- Mongo oreklac ke milk ma yohk kihris kac, pa nuhke whole milk kuh 2% milk, cream, ice cream ac full-fat cheese
- Ikoac ma yohk kihris kac. “ground beef”, “hot dog”, “bacon” ac “spareribs:
- Kihris in pik
- Palm oil and palm kernel oil
- Sauce ma oreklac ke pata kuh cream





Ma in Etweyuck ke Kihris

Ahksrihkye eisyacn kihris ma ac oraclah mas

Mongo yohk “trans fat” kac:

- “cookies”, “chips” ac “cake”
- Kihris kwekwe
- “margarine”

Mongo yohk “cholesterol” kac:

- Kulun won ac tucki
- Acn rangrang ke ahtro
- Mongo oreklac ke milk ma yohk kihris kac
- Ikoac yohklac kihris kac
- Esac ac kuhtwena ikwen organs ke pik, kosro, ac kutu sahyac





Ma in Etweyuck ke Kihris

Ahksrihkye kihris ma tiac arlac elyah

Oasr kihris ma wo nuhke “heart” lom an tuhsruhk yohk kuhtuh “calories” kac.

Oasr kihrihs wowo tolu:

1. Monounsaturated fat,
2. Polyunsaturated fat, and
3. Omega-3 fatty acids.

Mongo yohk monounsaturated fat kac pa:

- Avocado
- Canola oil
- Nuts pa nuhke almonds, cashews, pecans, and peanuts
- Olive ac olive oil
- Peanut pata ac peanut oil
- Sesame seeds





Ma in Etweyuck ke Kihris

Ahksrihkye kihris ma tiac arlac elyah

Mongo yohk polyunsaturated fat kac pa:

- Corn oil
- Cottonseed oil
- Salad dressings ma oreklac ke oil
- Pumpkin ac sunflower seeds
- Safflower oil
- Margarine fihsracsracsr (ke tub)
- Soybean oil
- Walnuts



Mongo ma yohk Omega-3 fatty acids kac pa:

- Ohlwol
- Salmon
- Sahtin
- Walnuts, flaxseed, ac flaxseed oil



Ma in Etweyuck ke Kihris



Orekmakin Ahkmol Wowo ac Tiac Pwen Mas

Pa inge kuhtuh ohiyac ma kom kuh in oruh in tiac orekmakin kihris tiac wo kuh pwen mas ac ahksrihkye kihris ma tiac arlac elyah ke ahkmol mongo lom an. Suhmuhsalah nuhnak lom an ke column soko ma fahk muh "Nuhnak Sahyac." Mahkiac ma kom srihke tari an.

Nimet oruh ouinge...	Ahkmol Mongo Wo ac Tiac Pwen Mas	Nuhnak Sahyac
Fuhrae ke kihris tiac wo ac pwen mas	<input type="checkbox"/> Manman kuh fuhrae ke luhpah srisrik ke kihris wowo ac tiac pwen mas <input type="checkbox"/> Ahkmol ke luhpan kof srisrik kuh sronin pohel <input type="checkbox"/> Steam kuh orekmakin microwave <input type="checkbox"/> Orekmakin mwe ahkmol ma tiac fulful lac an	<input type="checkbox"/> _____ <input type="checkbox"/> _____
Mosrwe pan in ahkmol an ke kihris tiac wo ac pwen mas	<input type="checkbox"/> Orekmakin spray in kihris wowo ac tiac pwen mas in sang mosrwe pan an	<input type="checkbox"/> _____
Orekmakin sauce ma tiac wo kuh pwen mas nuhke mongo	<input type="checkbox"/> Orekmakin sronin lemon, lime, vinegar, salsa, herbs spices, hot sauce, plain nonfat yogurt, tomato sauce, kuh low-fat salad dressing ma oreklac ke kihris wowo ac tiac pwen mas. Lie ma ma srihk salt (sodium) kac an.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
Orekmakin butter kuh oil nuhke manman	Manman wi: <input type="checkbox"/> Vegetables kuh fukunsahk ip srisrikiyucki ac tiacna suka <input type="checkbox"/> Non-fat plain yogurt <input type="checkbox"/> Sronin vegetables kuh fukunsahk ma tiac sukalah	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Eis/Kang kihris in ikoac ac kolo	<input type="checkbox"/> Eslah kulun won an meet liki ahkmolyeyuck <input type="checkbox"/> Suhpuhklah kihris ke ikoac an liki meet liki ahkmolyeyuck	<input type="checkbox"/> _____