



Module 22

Kuhtuh pac Mwe Etwacack ke Carbs



Kahlwem lom ke carbohydrates (carbs) kuh in kasrekom in kosraclah kuh ahksuhmuhiye sikyak lun mihsen suka.



Pa inge mwe sramsram lasr uh:

- Akuhpahsri luhn carbs ac mihsen suka (type 2 diabetes)
- Kain in carbs
- Inkacnek in ahkwoye carbs
- Kom ac konwacack fuhkah luhpan carbs ke mongo uh

Kom ac oraclah pac plan se lom sifacna!



Mwe Kasruh:

- ✓ Likina in sulacclah rice fasrfasr, srihke barley kuh brown rice
- ✓ Likina in sulacclah apple pie, srihke apple stew wi cinnamon.



Kain in Carbs



Kain in Carbs

Oasr kain in carbs tolu:

1. Staht
2. Suka
3. Fiber kuh kaka ke mwe mongo

1. Mongo staht an pa:

- Vegetables ma staht an
- Beans, peas, ac lentils
- Grains



Vegetables ma staht an pa:

- Corn
- Green peas
- Parsnips
- Usr in pohel
- Pihtuctuc
- Tongang
- Muhtah

Beans, Peas, ac lentils an pa:

- Black, pinto, ac kidney beans
- Black-eyed peas
- Garbanzo beans (chick peas)
- Red, brown, and black lentils
- Split peas



Kain in Carbs

Mongo Grain an pa:

- Whole grains
- Refined grains

Mongo ma oasr ke Whole Grains pa:

- Barley
- Bread ac kuhtwena mongo ma oreklac ke 100% wheat flour
- Brown ac wild rice
- Oats ac oatmeal
- 100% whole grain cereal
- Pasta kuh fuhlao ma oreklac ke 100% wheat flour
- Popcorn
- Tortillas ma oreklac ke 100% whole wheat flour kuh 100% cornmeal

Mongo ke Refined Grain pa:

- Bread ac kuhtwena fuhlao manman ma oreklac ke fuhlao tahkmwek se ma pangpang white flour
- Pasta kuh fuhlao ma oreklac ke fuhlao tahkmwek se ma pangpang white flour
- Rice fasrfasr

Sulacлах whole grains

Whole grains uh oasr fiber, vitamin, mineral, ac staht kac.

Refined grains uh staht muhkwen pa kac uh.

Kain in Carbs



2. Mongo Suka an pa:

- Suka ke fukunsahk (fructose)
- Suka ke milk (lactose)
- Suka fasrfasr, brown ac powder
- Corn syrup
- Maple syrup
- Chunen / Achi
- Molasses

3. Mongo ma yohk fiber kac pa:

- Beans, peas, ac lentil
- Vegetables kuh mahsrik ac fukunsahk
- yohkna ma ma oasr kolo kuh fihtac
ma kom kuh in kang an
- Nuts, pa nuhke peanut, walnut, ac
almond
- Mongo ma whole grain

Karingin Nuts Yohk calories, kuh ma kom eis ke mongo, kac.

Karingin Suka

Inmahsrton carbs tolu ingan, suka pa yohk emeet kihluck oraclah nuhke suka ke srah lom an.

Eis in fal fiber

Fiber el tiacna itactuh kuh kuhnanuhi ke el utyak nuh in monum uh. Pwacnacng el kuh in kanwekomlac a srihk calories kom eis. El kuh pac in ahksrihkye suka ac cholesterol lom an.

Srihke in eis grams 25 nuhke 30 ke fiber ke kais sie lwen. Lie kuh readi ma suhmuhslah ke mwe mongo sacn in etuh lah luhpah kah fiber oasr lac.

Inkaiyacsr tiacna eis luhpan fiber fal se. Fin kom enenuh in ahkyohkye eisyacn fiber lom an, kahkahrhkh ahkyohkye ke lusen pac se. Oacyacpac nihm kof in yohk. Ac kasrekom in kosraclah mihsen siac kuh fahsr luhn koanon siom.

Wo emeet pa kom in eis fiber ke mwe mongo, likina in eis ke ono. Sripac an pa puhkantwen nutrients ma kom kuh in eis ke mwe mongo sahyen fiber, pa nuhke vitamins ac minerals.

Sramsram Soko kac! Kun



Kun el oasr in sensen in weack mihsen suka (type 2 diabetes). Doctor lal ah fahkwacng lah fin yohklac carbs el eis, na suka lal ah ac wi na kihluck nuh lucng. Pwacnacng el kwacfel Kun elan srihke inkacnek in ahkwoye eisyacn carbs lal.

"Srihke in ahksrihkyelah eisyacn carbs," Doctor lal ah fahk. "Ac fin kom eis carbs, sulaclah ma wowo an."

Kun el otwelah in ahollah:

- Candy ac cake nuhke fukun sahk, pa nuhke acpuhl, muh luhlahp, ac muh srisrik.
- Pihtuctuc ac corn nuhke vegetables ma tiac staht, pa nuhke broccoli, pwepuh, ac carrots
- White bread nuhke 100% whole wheat bread
- White rice nuhke brown rice

Pacl inge, Kun el orekmakin inkacnek in ahkwyoye eisyacn carbs lal uh. El orekmakin ma suhmuhslah ke mwe mongo uh in konwacack mongo ma ac fal nuhke srihke lal in sun finsrak lal nuhke eisyacn carbs. El oacyacpa oruh na mukwikwi in ahsrosr lal. Saflahiyac ah, suka lal Kun ah srihkeni.





Inkacnek in Ahkwoye Carbs

Srihke in ahkfahsrye inkacnek ma ac ahkwoye eisyacn carbs lom an. Pa ten ingan.

Ahkolah plate lom an

Carbs enenuh in oraclah kohtoh se ke ma kom kang an.

Sulaclah in wo carbs lom an

Fin kom ac eis carbs, sulaclah ma:

- ✓ Srihk calories, kihris ac suka kac
- ✓ Yohk fiber ac kof kac
- ✓ Yohk vitamins, minerals, ac protein kac

Orek ayaol wowo

Srihke ma inge...



Orek ayaol wowo

Srihke ma inge.

Likina in...	Srihke...
Mwe nihm emwem kain cola, iced tea sukalah, fruit punch, ac sports drinks	Kof, sparkling water, kuh iced tea kiyohyoh
Juice kuh sronin fukunsahk	Fukunsahk na fohn sacn
Pihtuctuc fasrfasr	Sweet potato
White Bread kuh bread fasrfasr	Bread ma oreklac ke 100% whole wheat
Rice fasrfasr	Brown Rice
Cereals oreklac ke refined grains	Cereals ma oreklac ke whole grains, kuh oatmeal
Full-fat yoghurt ma sukalah	Yogurt nonfat ac plain wi berries
Apple pie	Apple stew wi cinnamon
Chocolate	Chocolate milk fucsr fucsr ma oreklac ke nonfat milk

Carbs ac Oacwac Kac An



Riti ma suhmuhslah ke mwe mongo

Ritiacn ma suhmuhslah ke mwe mongo suc kahlwem ten ingacn pa sie ohiyac ma kom kuh in konwacack luhpan carbs ke mongo uh kac. Pa inge sukyac an.

Ma se emeet, lie serving size kuh srikasrak fal sacn. Ma se inge fahkoht nuh sum lah luhpah kah oasr in serving se kuh srikasrak fal se ke mwe mongo se ingacn.

Tohkohyang, lie luhpah luhlahp ke carbohydrates an. Ma se inge pa fahkoht nuh sum lah gram in carbs ekahsr oasr in serving se kuh srikasrak na fal ke mwe mongo se ingacn.

Oasr servings 3 lun container se inge. Fin kom kanglah ma na fohn sacn, kalmac pa kom kanglah pacl tolu nuhke carbs ke serving se kuh srikasrak fal se kac ingacn.

Kuhtuh ohiyac ma kom kuh in sang konwacack luhpan carbs ke mongo uh pa:

- Apps ke smart phones kuh computers
- Websites



Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 3			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value	
Total Fat 12g		18%	
Saturated Fat 3g		15%	
Cholesterol 30mg		10%	
Sodium 470mg		20%	
Total Carbohydrate 31g		10%	
Dietary Fiber 0g		0%	
Sugars 5g			
Protein 5g			
Vitamin A		4%	
Vitamin C		2%	
Calcium		20%	
Iron		4%	
* Percent Daily Values are based on 2,000 calorie diet.			
Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total carbohydrate		300g	375g
Dietary Fiber		25g	30g

The serving size for the food is 1 cup. This container holds 3 servings.

The total carbohydrate in 1 serving is 31 grams.

So if you ate the whole container, you would eat 93 grams of carbs.



Carbs ac Oacwac Kac An



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Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet.	
Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total carbohydrate	300g 375g
Dietary Fiber	25g 30g

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Carbs ac Oacwac Kac An

Serving se kuh Srikasrak fal se ke carbs

Kais sie items inge oasr grams in carbs 15 kac. Serving se kuh srikasrak fal se pa inge.

- 1 small piece fresh fruit (4 oz)
- ½ cup canned or frozen fruit
- 1 slice bread (1 oz) or 1 (6 inch) tortilla
- ½ cup oatmeal
- ⅓ cup pasta or rice
- 4 to 6 crackers
- ½ English muffin or hamburger bun
- ½ cup black beans or starchy veggies
- ¼ large baked potato (3 oz)
- ⅔ cup plain nonfat yogurt
- 2 small cookies
- 2-inch square brownie or cake without frosting
- ½ cup ice cream or sherbet
- 1 Tbsp syrup, jam, jelly, sugar, or honey
- 2 Tbsp light syrup
- 6 chicken nuggets
- 1 cup soup
- ¼ serving medium fries



Carbs Luhk uh

Suhmuhsлах kuhtuh carbs ma kom luhngse an. Sulaclah lah kais sie seltahl wo ac oruh kom fokoko ac tiac mas. Fin tiacna, suhmuhsлах sie ma wo kom in sang ahollah ma kom ac srihke an.

Carbs Nga Lungse	Wo ac Tiac Pwen Mas ?	Ayaol wowo ma Nga ac srihke
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