



## Module 15

# Ahkwoye Mongo Lom Sahyac



# Ahkwoyeyacn mongo lom sahyac kuh in kosraclah kuh ahksuhmuhiye sikyak luhn mihsen suka (type 2 diabetes).



## Pa inge mwe sramsram lasr uh:

- Kuhtuh ma ahkkolukye kom in mongo wo ke restaurant ac tuhkeni sahyac
- Karihngihnyen mwe ahkkoluk inge

## Kom ac oraclah pac plan se lom sifacna!



### Mwe kahsruh:

- ✓ Siyuck ke ma sang oraclah mongo sacn ac ahkolah la an.
- ✓ Eis mongo srihsrihk wo ac tiac pwen mas met likina kom som nuhke toeni an. Ohiyac inge ac kahsrekom in oraclah sulacлах wowo nuhke mongo lom an.

# Sramsram Soko Kacil Salik



Doctor lal Salik ah fahk nuh sel lah el oasr in sensen in weack mihsen suka (type 2 diabetes). El enenuh in ekuhllah atacn mongo lal. Arlac wo mongo in lututang ac ekuh lal Salik e lohmi sel ah ke kais sie len. Tuhsruhki mongo in infulwenlwen el siena.

Salik el mwet muhsah se. Ke lwen uh, el wac forfor nuhke kain in acn in oruh orekma lal. El eis mongo in infulwenlwen lal ke acn in fast-food-drive-thru se. El wac mongo burger, fries, ac cola.

Salik el luhngse wi sucu lal ah. Tuhsruk, upac nusel in mongo wo ke toeni lalos ingan. Upac nuhsel in sokack mongo wowo. Ac ninac kiack ah wacna kihtack tonofa. El sruhnga aksuparyal , pacnacng el eis sie nwack.



Salik el otwelah elan ahkwoye mongo lal sahyac. El ahkolah mongo in infulwenlwen se lal ke fong meet an. Fin el moul mongo, el ac moul sandwich turkey wi salad se. Pack inge, el nihm kof na tilac cola. Salik el oayapac etwacklah in fahk muh macnsis nuhke tonofa ma ninac kiack an kihte nuh sel.



## Ahkwoye Mongo Lom ke Restaurant

### Fihsracsr kom in konaack mongo wo ac tiac pwen mas ke:

- Acn oasr salad bar we
- Restaurant kom kuh in akwucki mongo kac
- Restaurant luhn mwet tiac mongo ikoac

### Upac kom in konacack mongo wo ac tiac pwen mas ke:

- Acn kom moli luhpah se ac mongo ke kuhiyom
- Restaurant in burger
- Puhsien restaurant ma kuhka fast food
- Restaurant in pizza





## Ahkwoye Mongo Lom ke Restaurant

### Suk kahs inge ke menu ke restaurant ah:

- Manman
- Manman
- Mongo
- Manman
- Wo ac tiac pwen mas
- Muhlahlah
- Low-fat kuh fat-free
- Steamed
- Vegetable oil
- Whole grain kuh whole wheat

### In sokack lah mongo se ke menu an wo ac tiac pwen mas, siyuck lah:

- Orek fuhkah?
- Meac ngac sang oraclah?
- Kihris fuhkah sang ahkmolye?





## Ahkwoye Mongo Lom ke Restaurant

**In kuh in oraclah ayaol wowo se nuhke mongo lom an, siyuck lah:**

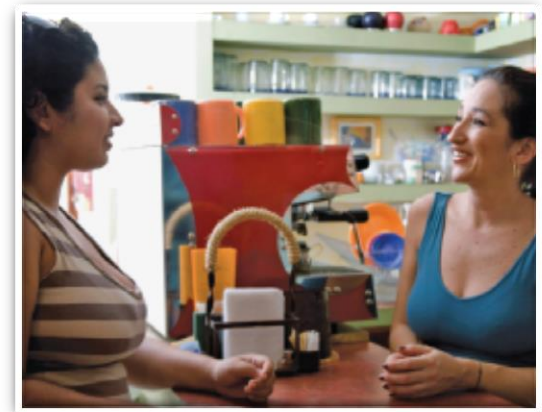
- Kuh in ahkmol sahyacn fry?
- Kuh in yohk vegetables ke sandwich nak an liki na in cheese?
- Kuh in dressing/sauce/gravy/sour cream/butter an sahyac?
- Kuh in manman pihtuctuc an a in tiac fry?
- Kuh in salad a tiac coleslaw?
- Kuh in ahkmol ke vegetable oil a tiac pata?
- Kuh in fukun sahk liki na in ma emwem?
- Kuh in itucklac kihris ke ikoac an met liki ahkmol?
- Kuh in itucklac kolo ke won an met liki ahkmol?
- Kuh in skim milk coffee nimuck an liki na in half-and-half?
- Kuh in lemon lac kof nimuck an?



## Ahkwoye Mongo Lom ke Restaurant

### In kuh in eis luhpah fal, siyuck:

- Nga kuh in eis luhpah se ma srihk emet an?
- Kuh in appetizer se na pa mongo luhk an liki na in mongo na pwacye?
- Nga ac kawuck luhk uh kuh in toeni ke ma se?
- Kom kuh in use sie ahluh in “take-out” ah luhk pacl se kom use mongo nak an? (Na kom kuh in nokomlah tahfuh fah kom muhtawacwack mongo!)







## Ahkwoye Mongo Lom ke ke Toeni in Facsin ac Toeni in Sucu

### In ahkolah nuhke toeni in facsin:

- Kanglah sie mongo srisrik ma wo ac tiac pwen mas an e lohm ah kom in tiac arlac masrinsracllah. Ohiyac se inge ac kaksrekom in oraclah sulacclah wo ac tiac pwen mas e ke toeni ac.
- Fahk nuhsin mwet kuh sucu lom la toeni an ke karingihnyen mongo lom. Fahk lah kom liacacng mongo lom in kosracclah mihsen suka(type 2 diabetes). Siyuck elos in kaksrekom ke srike lom an.
- Fahk kuhtuh sulacclah wowo ma tiac pwen mas.
- Siyuck kom in us sie ma wo ac tiac pwen mas ah.
- Srikhe in fahk, “ Moh, kulo.”







## Ahkwoye Mongo Lom ke Toeni in Facsin ac Toeni in Sucu

### In kuh in mongo wo ke toeni in facsin ac toeni in sucu:

- Lwelah nuh sum in eis kutusrik mongo kom lungse an.
- Siyuck lah mac sang oraclah mongo an ac lah ahkoeyucklac fuhkah.
- Kang mongo wo ac tiac pwen mas ma kom us an.
- Kang in yohk vegetables ma srihk staht kac kuh sronin soup an.
- Oruh in oasr glass in kof se in poum pacl nuhkewa.
- Ahksrihkeye mwe nihm sruhi.
- Fahk, “Moh, kulo.”
- Som liki acn in mongo sukohsohk.
- Sruhmuhn atacn mongo lom an nuhsin mwet sahyac, ac srihpac oruh kom muhta kac an.

