



## Module 5

# Lohacng Nuhke Mongo Lom An

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

# Lohacng nuhke ma kom kang ke kais sie lwen in kuh in kaksrekom in kosraclah kuh ahksuhmuhiye sikyak luhn mihsen suka (type 2 diabetes).



## Pa inge mwe sramsram lasr uh:

- ✓ Sripac oruh kom enenuh in lohacng kuh etuh
- ✓ Ac fuhkah kom in lohacng kuh etuh mongo lom uh
- ✓ Fuhkah orekmakihnyen ma suhmuhslah ke mwe mongo

## Kom ac oraclah pac plan se lom sifacna!



## Mwe kahsruh:

- ✓ Srihke in lohacng kuh etuh mongo kom eis ke kais sie len
- ✓ Lohacng nuhke kain in ma ke lusen pac se:
  - Mac kom kang ac pac kom kang an
  - Luhpah kah ma kom kang an
  - Kuh ma kom eis ke mongo

# Sramsram soko kac! Srue



Srue el sensen nuhke mihsen suka (type 2 diabetes). El ke sislah pound 15. El srike elan ahkwoye mongo lal ke kais sie week. Tukun mahlwem se, Srue el fahkwacng nuh sel Sepe, kawuck se lal, lah el kihructructwack. Soenna oasr pound el sislah. Sepe el lut siyuck sel lah mac el kang ke lwen meet ah. Srue el fahkwacng nuh sel Sepe ma el motko muh el eis ah.

Tepuh se tok ingacn akkalwemye mongo ma Srue el motko muh el kanglah ke kais sie pac! in mongo ingan. Ahkkahlwemye na paye lah mac Srue el kanglah. El oayacpac ahkkahlwemye luhpan calories (kuh ma el eis ke mongo) suc yolyak nuhke enenuh lal.

# Sramsram soko kac! Srue



Mongo in Lotutang	
Mac Srue El Motko / Nunku muh el Kanglah	Calories / kuh tuku ke mongo
Bowl in cereal se wi milk	100 (cereal) 100 (milk)
<b>Total</b>	<b>200</b>

Mongo in Infulwenlwen	
Mac Srue El Motko / Nunku muh el Kanglah	Calories / kuh tuku ke mongo
Sandwich Ham	150 (bread) 200 (ham) 150 (mayo)
Acpuhl	50
<b>Total</b>	<b>550</b>

Mongo in Lotutang	
Mac Na Paye Srue El Kang ah	Calories / kuh tuku ke mongo
1 ½ cup cereal wi ounces 8 ke milk	150 (cereal) 150 (milk)
Coffee wi Tbsp 1 ke whole milk ac tsp 2 ke suka	50 (milk ac suka)
<b>Total</b>	<b>350</b>

Mongo in Infulwenlwen	
Mac Na Paye Srue El Kang ah	Calories / kuh tuku ke mongo
Sandwich se ma oreklac ke slice in bread 2, ounces 6 ke ham ac 1 ½ Tbsp ke mayonnaise	150 (bread) 200 (ham) 150 (mayo)
Acpuhl	50
Iced tea sukalah	150 (suka)
<b>Total</b>	<b>700</b>

Calories Yolyak /Kuh yolyak ma tuku ke mongo
<b>150</b>

Calories Yolyak / Kuh yolyak ma tuku ke mongo
<b>150</b>

# Sramsram soko kac! Srue



Mongo Srisrik	
Mac Srue El Motko / Nunku muh el Kanglah	Calories / kuh tuku ke mongo
<b>Total</b>	<b>0</b>

Mongo Srisrik	
Mac Na Paye Srue El Kang ah	Calories / kuh tuku ke mongo
Banana	105
Coffee wi Tbsp 1 ke whole milk ac tsp 2 ke suka	50 (milk ac suka)
<b>Total</b>	<b>155</b>

Calories Yolyak / Kuh yolyak ma tuku ke mongo
<b>155</b>

Mongo in Ekuh	
Mac Srue El Motko / Nunku muh el Kanglah	Calories / kuh tuku ke mongo
Salad	100
Mashed potatoes	100
Ipin ik	200
<b>Total</b>	<b>400</b>

Mongo in Ekuh	
Mac Na Paye Srue El Kang ah	Calories / kuh tuku ke mongo
Salad wi Tbsp 2 ke creamy dressing	50 (salad) 150 (dressing)
Cup in mashed potato se wi whole milk ac Tbsp in butter 3	100 (potatoes) 100 (butter)
Ounces 3 ke ik	200
Ounces 8 ke iced tea sukah	75 (suka)
<b>Total</b>	<b>675</b>

Calories Yolyak / Kuh yolyak ma tuku ke mongo
<b>275</b>

# Sramsram soko kacil Srue



Mongo Srisrik	
Mac Srue El Motko / Nunku muh el Kanglah	Calories / kuh tuku ke mongo
Bowl srisrik se ke ice cream	175
<b>Total</b>	<b>175</b>

Mongo Srisrik	
Mac a Paye Srue El Kang ah	Calories / kuh tuku ke mongo
Cup in ice cream 1	320
<b>Total</b>	<b>320</b>

Calories Yolyak/Kuh yolyak ma tuku ke mongo
<b>145</b>

## TOTAL FOR 1 DAY

Mac Srue El Motko / Nunku muh el Kanglah	
	Calories / kuh tuku ke mongo
Mongo in Lotutang	200
Mongo in Infulwenlwen	550
Mongo Srisrik	0
Mongo in Ekuh	400
Mongo Srisrik	175
<b>Total</b>	<b>1,325</b>

Mac a Paye Srue El Kang ah	
	Calories / kuh tuku ke mongo
Mongo in Lotutang	350
Mongo in Infulwenlwen	700
Mongo Srisrik	155
Mongo in Ekuh	675
Mongo Srisrik	320
<b>Total</b>	<b>2,200</b>

Calories Yolyak/Kuh yolyak ma tuku ke mongo
<b>875</b>



## Kom ac Lohacng/Etuh Fuhkah Mongo Lom uh

**Inkacnek ma ac Kasrekom in lohacng/etuh lah luhpah kah mongo kom kanglah:**

- Spoon ac cup in srihkasrak
- Mwe paun mongo
- Orekmakihn ma suhmuhslah ke mwe mongo
- Calculator

**Inkacnek in kasrekom suhmuhslah lah mac, ngac ac luhpan ma kom kanglah:**










- Book in sihm
- Petsac ke mongo nohm an
- Computer spreadsheet
- Smart phone apps
- Ma ac sruok pusrem /sramsram

**Finsrak uh pa kom in suhmuhslah kwewa ma inge ke pwepuh in sihm mongo lom an.**



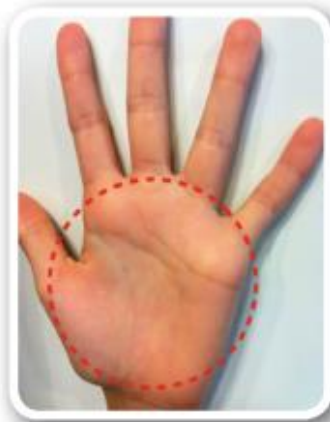
# Kuhtuh ma kom kuh in Orekmakin lwen nuhkwewa ac Srihkasrak Fal nuke Mongo



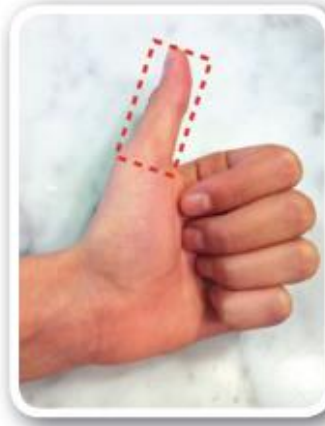
Serving Size	Object
2 tablespoons	 Ping-pong ball
1 ounce of cheese	 4 dice
3 ounces of meat or poultry	 Palm of your hand, or a deck of cards
$\frac{1}{4}$ cup	 Golf ball
$\frac{1}{2}$ cup	 Tennis ball
1 cup	 Baseball
1 medium baked potato	 Computer mouse
1 medium apple	 Tennis ball
1 medium waffle	 CD



# Orekmakihn poum in usot srikasrak fal nuke Mongo



About 3 ounces



About 1 tablespoon



About 1 teaspoon



About 1 cup



1 serving of fruit



About ¼ cup

# Mac Kuht Kuh in Lotwelah ke Ma Suhmuhsalah ke Mwe Mongo



## ① Serving Size – Srikasrak fal ke Mwe Mongo

Ma suhmuhsalah se inge ahkkahlwemye lah srikasrak fal se pa cup 1 (228 grams). Nacmpuh nuhkwea ke ma suhmuhsalah ke mwe mongo se inge ahkkahlwemye koanon srihkarak fal se inge. Pihsen srikasrak fal se ma oasr in mwe mongo se inge pa 2. Ahkuhtweyac se inge kom kuh in konwacack lacyot ten liki luhpan srikasrak fal se inge. Fin kom kanglah ma na fohn se, kom enenuh in orekmakin 2 in pacl nuhke nacmpuh nuhkwea ke ma suhmuhsalah ke mwe mongo se inge.

### Sample Label for Macaroni and Cheese

① Serving Size

#### Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

② Calories

#### Amount Per Serving

Calories 250      Calories from Fat 110

③ Limit These Nutrients (yellow items)

	% Daily Value
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>

④ Get Enough of These Nutrients (blue items)

Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Source: FDA (<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3>)

# Mac Kuht Kuh in Lotwelah ke Ma Suhmuhslah ke Mwe Mongo



## ② Calories - Kuh ma kom eis ke mongo

Calories pa luhpan kuh ma kom eis ke srikasrak fal ke mwe mongo se. Srikasrak se ke mwe mongo se inge el oasr ke calories 250.

Apkuhran in tahfuh calories/kuh ke mongo se inge (110 kac) ma tuhkuh ke fat/kihris kac. Srihke in srihk liki percent 30 ke calories/kuh ke mongo kom eis ke fat kuh kihris. Fin kom kanglah ma fohn se, kom enenu in orekmakin pac l nuke 2,  $250 \times 2 = 500$  calories/kuh ma kom eis ke mwe mongo.

## ③ Nutrients to limit – Nutrients ma enenu in karinginyuck

Inkaiacsr saap eis fal kuh yohklaclac Fat/Kihris, Cholesterol ac Sodium (ma sihmlac ke pohk rangrang). Yohklaclac luhn eisyacn ma inge kuh in ahkyohkye sensen lom nuhke mihsen heart ac kuhtuh cancers uh.

Source: FDA (<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3>)

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<b>Total Carbohydrate</b> 31g	10%

④ Get Enough of These Nutrients (blue items)

Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
<b>Vitamin A</b>	4%
<b>Vitamin C</b>	2%
<b>Calcium</b>	20%
<b>Iron</b>	4%

# Mac Kuht Kuh in Lotwelah ke Ma Suhmuhslah ke Mwe Mongo



## ④ Get enough of these nutrients – Eis in fal Nutrients Inge

Puhkantwen sesr tiacna fal eisyacn fiber, Vitamin A, Vitamin C, Calcium ac Iron. Nutrients inge kuh in ahkwoye health ac ahksrihkye cholesterol/kihris.

④ Get Enough of These Nutrients (blue items)

Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein 5g</b>	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

**Ohiyac sahyac ma kom kuh in orekmakin in sang konwacack koanon mwe mongo se:**

- Computer apps
- Smart phone apps
- Websites

Source: FDA (<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3>)



## Fuhkah Kosreyac kuh Kuhtangyen mwe Kihsrucng Srihke Lom an

Ac kuh in upac kom in lohacng nuhke ma kom kang uh.

Ma Upac	Ohiyac in Kasruh	Kuhtwena Kasruh Nuhkac
<b>Nga arlacna kafofo</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Oraclah pacl lom in lohacng/etuh. Ac kuh in minute na ekasr tukun mongo lom an.</li><li><input type="checkbox"/> Esam lah EFUH kom lohacng-ahksrihkye sensen lom nuke mihsen suka (type 2 diabetes)</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>
<b>Upac nuh sihk in riti kuh sihmihs</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Petsacelah mongo nohm an</li><li><input type="checkbox"/> Siyuck sin kawuck kuh sucu lom an in kasrekom simis mongo lom an ke ma sumuslah.</li><li><input type="checkbox"/> Sruokyac pusrem ke smart phone intum an.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>



## Fuhkah Kosreyac kuh Kuhtangyen mwe Kihsrucng Srihke Lom an

Ma Upac	Ohiyac in Kasruh	Kuhtwena Kasruh Nuhkac
<b>Nga nuh muhlkihn na</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Oraclah muh sihmihsyen mongo lom ke ma suhmuhslah el ipin orekma lom ke len se.</li><li><input type="checkbox"/> Fihliac mwe ahkacsmak ke phone kuh computer.</li><li><input type="checkbox"/> Siyuk sin kawuck kuh sucu in ahkacsmakinyekom.</li><li><input type="checkbox"/> Fihliac ma suhmuhslah ke acn ma kom ac lie.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>
<b>Nga tiacna ke lohacng kuh sihmihns ma nga kang uh</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Sang mwet sahyac in lie sihyak lom an.</li><li><input type="checkbox"/> Sifacna opi ikowi fin sun finsrak lom an.</li><li><input type="checkbox"/> Siyuk sie kawuck kuh sucu lom an in lohacng nuhke ma elos kang an pac.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>