



## Module 17

# Fin Tui kuh Tiacna Kihlucki Pound



# Mukwilac lom ke pacl ma tiacna kihlucki pound lom an kuh in kasrekom in kosraclah kuh ahksuhmuhiye sikyak lun mihsen suka (type 2 diabetes).



## Pa inge mwe sramsram lasr uh:

- Efuh kuh tui kuh tiacna kihlucki pound
- Ac orek fuhkah in sifil muhtwacwacack kihlucki pound

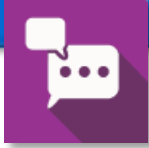
## Kom ac oraclah pac plan se lom sifacna!



### Mwe Kasruh:

- ✓ Oruh kom in sun finsrak nuhke mongo ac mukwikwi in ahsrosr lom.
- ✓ Oakiac finsrak sasuc ma fal nuhke pound se ma kihlucki lom an, fin enenuh.
- ✓ Ahkkweye muscle

# Sramsram Soko kac! Notwe



Notwe el oasr ke sensen in weack mihsen suka (type 2 diabetes). Finsrak lal uh pa in sislah pound 22. El muhtwacwacack in ahkwoye mongo nwac! ac oruh mukwiwi in ahsrosr lal.

Ke mahlwem ohnkohsr emeet ah, Notwe el sislah pound 12. Ac oasr ke pound 2 ma ke week se. Tusruktu, tahfuhn pound na pa el sislah ke week ahk itkohsr. Wangin pound el sislah ke week ahk alkosr.

Meet like el sisi pound ah, toasriac! Notwe oasr ke pound 168. El enenu calories 1,750 ke lwen se in kuh in muhta na ke pound se inge.

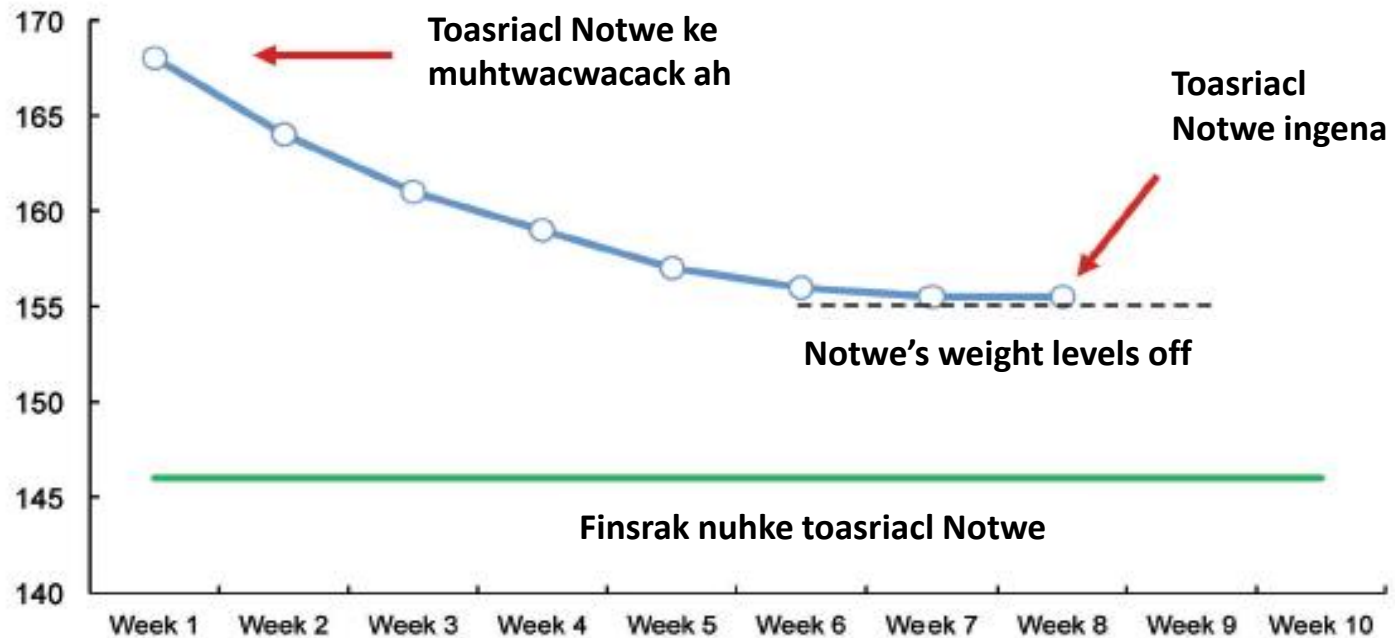
Ingena, Notwe el oasr e ke pound 156, ac el enenuh calories 1,650 ke lwen se in kuh in muhtana ke pound se inge. Kalmac pa calories el enenuh ke lwen se srihkeni ke calories 100.

Ke sripen eklac ke enenuh lal Notwe nuhke luhpan calories ke lwen se, el otwelah elan oakiac finsrak sasuc lal nuhke mongo ac mukwikwi in ahsrosr lal. El oruh ekyek srisrik ke ohiyac lal in kuh in ahksrihkyac! calories 100 ke kais sie lwen.

In lwen inge, el tiac sifil orekmakin cup ounces 16 se lal in nihm coffee wi milk ke mongo in lotutacng a el orekmakin lac cup ounces 12 se in nihm coffee wi skim milk. Oacyacpa, el ingena orekmakin resistance band se ke pacl el lieyuck TV. Ma se inge orekmakuhnlah calories ac ahkkweye ikoac!

Ekyek srisrik inge kasruh. Notwe el ingena sislah pound sie nuhke luo ke week se.

# Sisi Pound Lal Notwe



## Enenuh nuhke calories lal Notwe ke lwen se

Meet liki Notwe el sisi pound:

Toasriaci: pound 168

Luhpan calorie el enenu ke lwen se: 1,750

Ingena:

Toasriaci: pound 156

Luhpan calorie el enenuh ke lwen se: 1,650

Eklac ke luhpan enenu nuhke calorie ke lwen se: **-100**

# Mongo Srisrik 25 ma srihk liki Calories 100



1. Almonds fohn 13
2. Cookies oatmeal srisrik 1
3. Kiwifruits na fal 2
4. ½ cup fat-free yogurt
5. 1 slice raisin bread
6. Acpuhl na fal 1
7. Muh luhlahp 1
8. 1 cup strawberries
9. 1 stick low-fat string cheese
10. carrots srisrik 8 wi tablespoon in dip se
11. tin in cola srisrik 1
12. 1 cup blueberries with 2 tablespoons whipped topping
13. Ipin dark chocolate 1, kuh pohk tolu kac
14. ½ frozen banana dipped in two squares melted dark chocolate
15. 1 cup oat cereal
16. ½ cup sunflower seeds
17. 20 pistachios
18. 1 small latte with skim milk
19. 6 cups microwave popcorn
20. 1 small nonfat blueberry smoothie
21. 1 cup tomato soup
22. 10 baked pita chips with ¼ cup salsa
23. ½ apple (sliced) with 1 teaspoon natural peanut butter
24. 1 small sliced avocado



## Ohiyac in Ahksrihkye Luhpan Calories kut Eis

Pa inge kuhtuh ohiyac ma ahksrihkye luhpan calories kuht eis. Mahkiac kais sie ma kom srihke an.

### Ahksrihkye Orekmakihnyen Kihris

**In kosraclah mongo an in tiac fulful, orekmakihn:**

- ☐ Spray in cook
- ☐ Mwe orek mongo ma tiac fulful
- ☐ Kof kuh sronin pohel

**In ahollah butter ac oil ke fuhlao manman, orekmakihn:**

- ☐ ip srisrik ke mahsrihk kuh fukunsahk ma wangin suka ituckyang nuhkac
- ☐ Yogurt ma nonfat
- ☐ Sronin mahsrihk kuh fukunsahk ma wangin suka ituckyang nuhkac

**Ahollah sauce ma kihrislac nuhke:**

- |  |   |
|--|---|
| <input type="checkbox"/> Pwepuh fol                | <input type="checkbox"/> Mustard          |
| <input type="checkbox"/> Sronin lemon              | <input type="checkbox"/> Yogurt ma nonfat |
| <input type="checkbox"/> Gravy ma low-fat          | <input type="checkbox"/> Salsa            |
| <input type="checkbox"/> Salad dressing ma low-fat | <input type="checkbox"/> Vinegar          |



## Ohiyac in Ahksrihkye Luhpan Calories Kut Eis

### Ahollah mwe nihm emwem nuhke:

- ☐ Low-fat soy milk
- ☐ Smoothie ma oreklac ke yogurt nonfat, skim milk ac fukunsahk kwekwelac ke ice ah
- ☐ Kof ma pangpang Sparkling water ma sihmlac muh 100% fruit juice
- ☐ Tea kuh coffee ma wangin cream kuh suka kac
- ☐ Sronin mahsrihk ma wangin suka intuckyang nuhkac
- ☐ Kof wi lemon, lime, kuh mint

### Karihngihn luhpan mongo fal

- ☐ Tiac sislah pacl in mongo
- ☐ Srikkeyac mongo
- ☐ Lohacng nuhke luhpah fal
- ☐ Nuhnkwelah mongo srisrik ac mongo na pwacye lom an
- ☐ Muhtwacwacack ke mahsrihk ma tiacna staht kuh sronin soup
- ☐ Orekmakihn plate srihsrihk





## Ohiyac ma kuh in Orekmakuhnlah Calories 100

Kais sie mukwikwi inge kuh in orekmakuhnlah calories 100. Mahkiac kais sie ma kom srihke an.

### Orekma Lohmah

- ☐ Imac ke lusen minute 30 nuhke 45.
- ☐ Imohm sra orekmakihn rake ke lusen minute 30.
- ☐ Laflucf fohk/puhkpuhk orekmakihn sahfuhi ke lusen minute 15.
- ☐ Owo ac ahksahromromye stosah ke lusen minute 45 nuhke 60.
- ☐ Owo window kuh falfucl ke lusen minute 45 nuhke 60.





## Ohiyac ma kuh in Orekmakuhnlah Calories 100

### Sports

- ☐ Pwacskuhl ke lusen mile 5 ke minute 30 (minute 6 mile 1).
- ☐ Tacn pihsrpihsr ke lusen minute 30.
- ☐ Oruh ahsrosr inkof ke lusen minute 30.
- ☐ Srosro sucl ke lusen minute 15.
- ☐ Sritacl basketball ke lusen minute 15 nuhke 20.
- ☐ Sritacl football ke lusen minute 45.
- ☐ Sritacl volleyball ke lusen minute 45 nuhke 60.
- ☐ Pahtok soko stroller an ke lusen mile 1.5 ke minute 30 (minute 20 mile 1).
- ☐ Kahsruhsr ke lusen mile 15 ke minute 15 (minute 10 mile 1).
- ☐ Sritacl basket ke lusen minute 30.
- ☐ Kofkof ke lusen minute 20.
- ☐ Fahsr ke lusen mile 1.75 ke minute 35 (minute 20 nuhke mile 1).
- ☐ Sifacna pahtok kom ke soko wheelchair an ke lusen minute 30 nuhke 40.

