



Module 23

Eis Mongo Wow o ac Tiac Pwen Mas ma Kom Lungse

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

Eisyacn mongo wowo ac tiac pwen mas ac kuh in mwe engan se ac kuh in kasru kosraclah kuh ahksuhmuiye sikyak luhn mihsen suka (type 2 diabetes).



Pa inge mwe sramsram lasr uh:

- Orekmakin sie ohiyac in ahkwoye mongo lom an
- Oraclah sulaclah wo nuhke mongo ma ac tiac pwen mas
- Eis mongo wowo ac tiac pwen mas ma kom lungse

Kom ac oraclah pac plan se lom sifacna!



Mwe Kasruh:

- ✓ Pac kom masrinsrac l an, muhtwacwac-ack ke sie vegetable ma tiac staht an kuh sie sronin soup an.
- ✓ Srikhe in ikihl ma kom lungse emeet an nuhke ma wowo ma tiac pwen mas.



Sramsram Soko kac! Anthony



Ke Wednesday, Anthony el arlac kampare ke orekma ah ke len na fon se. El tiac eis mongo in infulwenlwen kuh finne mongo srisrik lal. Ke el kasrusr nuh lohmi sel ah, Anthony el puhlahkuhnwack lah el arulacna masrinsracllah na pwacye.

Pac! kom masrinsracllah na pwacye uh, kom ac puhla:

- Elyah
- Fohsack
- Rahpkuh kuh Srohwohsr
- Suhluhng
- Ke muhlallah
- Kohrohrohr insiac
- Rarrar
- Muhnas Ikoac

Fuhkah puhla lom ke pac! kom masrinsracllah na upac?



Sramsram Soko kac! Palik

Ke sripen puhla lal Palik inge, el tui ke stoh se innék nuh loh! sel ah. El eslah pack in potato chips se. El kanglah tahfuhn pack ke el muhta lun stosah okoac! ah.

Kuhtuh pac! uh Palik el mongo finne el tiacna masrinsrac!. Ke pac! kom tiac masrinsrac! uh, kom ac kuh in mongo mweyen kom:

- Nikanlah lah mac kom ac oruh, suhpwacr kuh elyah
- Oasr mwe acsmakin wowo lom ke kuhtuh ma uh
- Lungse na emahn mongo se
- Tiac lungse kuhnanuc mongo
- Tiac arlac etuh lah kom mongo, ke sripen kom lohacng na nuhke liyeyacn TV, orekma kuh kasrusr lom innék an, kuh kuhtuh pac sripac sahyac.

Pac! inge, Palik el srihke elan mongo ke pac! el masrinsrac! muhkwená. El ahkolah vegetables ma el ip srisrikiac fihliac loh! sel ah ac ke orekma ah. Ohiyac inge ac kasrel elan tiac sifil masrinsrac!lah na upac.

**Efuh kom mongo ke pac!
kom tiac masrinsrac!?**





Eis Luhpah Fal ke Mongo

Eisyacn luhpan mongo fal se el ipin ahkwoyeyacn mongo uh. Sarihke ohiyac in inge in kasruh:

- ✓ Mongo ke pacI kom masrinsracI muhkwenā. Lohacng nuhke ma ma ahkkahlwemye lah kom masrinsracI lah an. Sarihke in tiac mongo ke sripac sahyac, pa nuhke wanginlac ma in oruh kuh suhpwacr. Konwacack kuhtuh ohiyac sahyac ma ac kasrekom pacI kom puhla ohinge.
- ✓ Tusruk nimet muhta ne ke kom masrinsracI lah na upac. Fin sikyak oinge, na ac fihsracsr na kom in oraclah sulacI lah nuhke mongo ac ma tiac wo ac pwen mas kuh mongo yohklaclac.
- ✓ Nimet mongo ke mwe nenyuck luhlahp a oruh kom in sarihkeyac mongo nohm an. Ohiyac se inge ac kasrekom in karingin luhpan mongo lom an.
- ✓ Orekmakin plate srisrik kuh ma ma nwacnwack suhnahn serving kuh srikakasrak fal sefanna. Ac kuh in fal puhla lom ke ma inge.
- ✓ Lohacng nuhke mongo nohm an - emah an, fohloh, atac, ac puhla. Sarihke in tiac read, stosah, kuh lieyuck TV pacI kom mongo an. Kom ac kuh in pwacr kuhtuh ke mongo nohm an.
- ✓ Kahkaksrik mongo. Ohiyac se inge ac sang pacI luhn brain lom an fahk lah kom kihpi.
- ✓ Tui fin kom puhla muh kom kihpi. Lohacng nuhke puhla lom ma ahkkahlwemye lah kom kihpi. Nimet kom oruh kom in nwacnwacI lah.





Sulaclah Wowo ac Tiac Pwen Mas in Kosraclah Mihsen Suka (T2)

Oraclah sulaclah wowo ac tiac pwen mas el ipin ahkwoyeyacn mongo lom uh. Sulaclah mwe mongo ma:

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

Likina in...	Sulaclah...
½ cup chocolate pudding (153 calories)	½ cup plain nonfat yogurt with 1 teaspoon jam (85 calories)
1 cup oil-roasted almonds (953 calories)	1 cup air-popped popcorn (31calories)
1 medium serving of deep-fried French Fries (378 calories)	1 side salad (17calories)
1 slice pepperoni pizza (338 calories)	1 cup minestrone soup (127 calories)
½ cup salsa with cheese (179 calories)	½ cup plain salsa (38calories)
1 cup orange juice (122 calories)	1 medium orange (69 calories)



Sulacлах Wowo ac Tiac Pwen Mas in Kosraclah Mihsen Suka (T2)

Suhmuhsлах nuhnak lom nuhke sulacлах wowo ac tiac pwen mas. Ke column soko lacsac ke chart se ten ingacn, suhmuhsлах mongo ma kom ke ahollah an. Ke column soko lacyot an, suhmuhsлах ayaol wowo nuhkac an.

Likina in...	Sulacлах...
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.



Ahkwoyeyacn Recipe

Tukun na Doctor lal Palik ah fahkwacng nuh sel lah el oasr in sensen in weack mihsen suka (type 2 diabetes), el elyah ke ohiyac sasuc nuhke mongo lal muh ac wanginlac pwacr lal ke mongo nwac uh. El luhngse orek mongo, tusruk tiacna yohk etuh lal ke orek mongo wowo ma tiac pwen mas. El motko muh ac yohk luhpan spinach tiac ahkmol ma elac kang. Pa inge kuhtuh ohiyac ma kuh in sang kasruh in oraclah kom in pwacr ke sulac lah wowo ac tiac pwen mas lom an.

- Ikihl mongo ma kom lungse an nuhke atac ma wo ac tiac pwen mas.
- Sulac lah cheese ma kuh emah an ac srihk fat kac, pa nuhke Parmesan ac feta.
- Sulac lah mongo wowo.
- Sulac lah mongo ma kain in em, atac, fohloh ac tuhn.
- Ahkmolye vegetables ke kihtin pac l, pa nuhke green beans ac broccoli in muh kihrarar ac wona color an.
- Orekmakin herbs, spices, low-fat salad dressings, sronin lemon, vinegar, hot sauce, plain nonfat yogurt, ac salsa in sang nahwuh mongo an.
- Muhnan vegetables ac ikoac an in muh sikyak emah an.
- Lotwelah orek mongo sasuc ac recipe ke book, mwe read, ac petsac. Kuh eis lutlut nuhke orek mongo wowo ac tiac pwen mas.
- Sruhmuhn nuhnak lom an kuh wi kawuck ac sucu lom an orek mongo.
- Srihke kain in orek mongo ac kain in mwe orek mongo sahyac.