



Module 4

Ahkwoye Mongo in kuh in Kosraclah Mihsen Suka (T2)

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

Ahkwoyeyacn mongo ac kuh in kasrekom in kosraclah kuh ahksuhmuiye sikyak lun Mihsen Suka (Type 2 diabetes)



Pa inge mwe sramsram lasr uh:

- Ac ahkwoyeyuck fuhkah mongo lom an
- Ac ahkoeyucklac fuhkah mongo wowo se
- Mongo kom in eis, mongo kom in tiac eis kuh karingin eisyac

Kom ac oraclah pac plan se lom sifacna!



Mwe Kahsruh:

- ✓ Herbs, spices, ac lemon kuh sronin lime ac ahkwoye emahn vegetables.
- ✓ Eis in yohk mongo ma yohk fiber ac kof kac.
- ✓ Wi sucu ac kawuck lom an in moli, yukwi, ahkmol ac eis mongo wowo.

Ma yohk sripac in esam:

Sulaclah mongo ma:

- Srihk calories (kuh ma kom eis ke mongo), kihris ac suka kac.
- Yohk fiber ac kof
- Yohk vitamins, minerals ac protein

Taran Monga ma:

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



Oruh plate lom an in:

½ ke plate – mahsrihk ma srihk staht kac

- Cabbage, sra bele, pwepuh

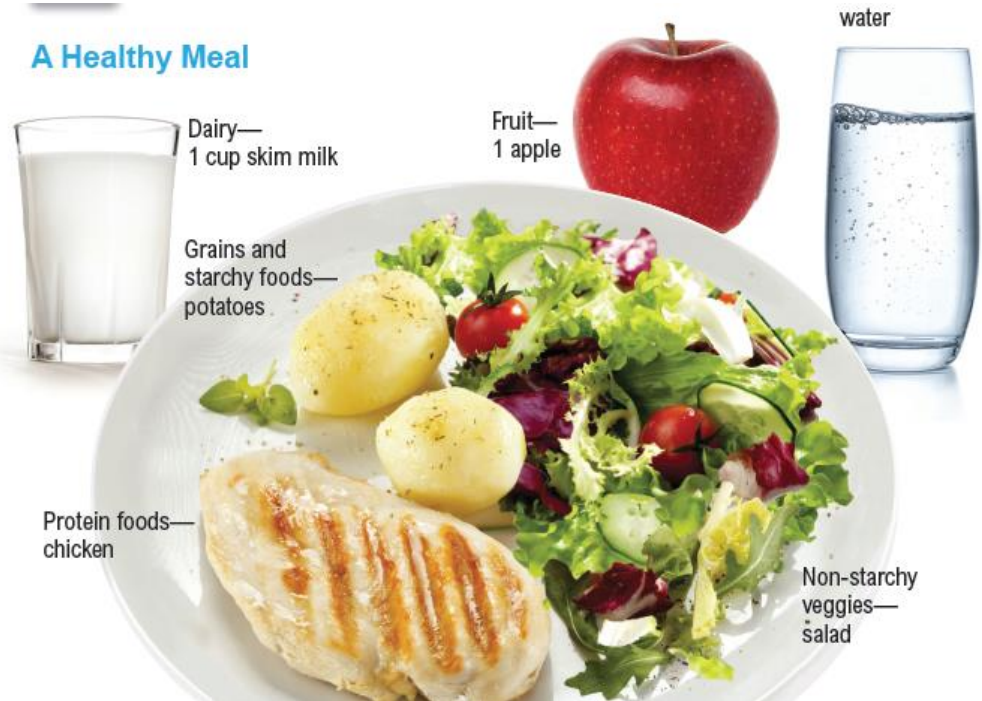
¼ ke plate – rais, cereal kuh mongo staht

- Pasruk, Kutak, Mos, usr boil kuh rais

¼ ke plate – mongo ikoac

- Ik, won, kuh ikoac wangin kuh srihk kihris

A Healthy Meal



Kom kuh pac in eis kutusrihk ke:

- U lun Milk (kuhp 1 ke skim milk)
- Fukunsahk (acpuhl 1, ½ usr osrahsr)
- Ac, eis mwe nihm ma srihk kuh wangin calories kac (Kof Nu, coffee tiac suka)

Oruh Plate Lom An in:

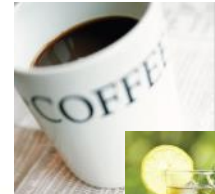
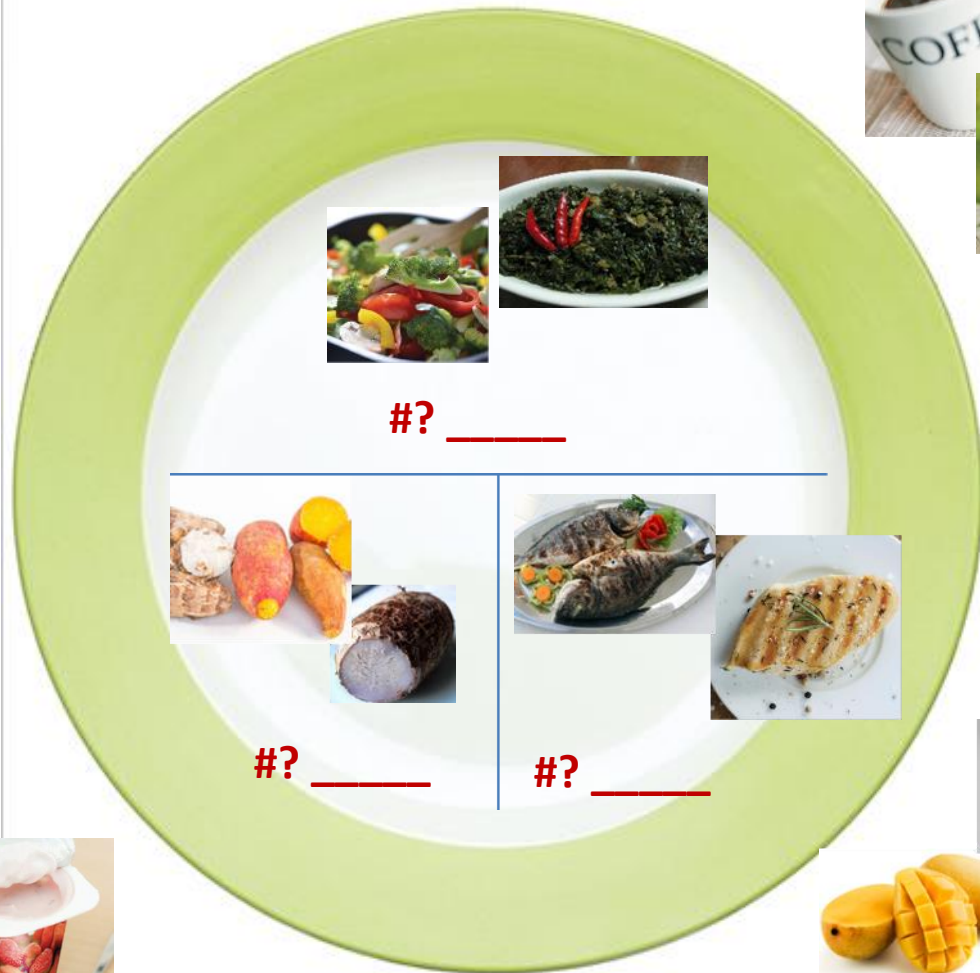


Suhmuhsлах nacmpuh in u in
mongo se ma fal in an ke kais
soko lain ingacn.

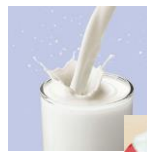
U in Mongo:

1. Mahsrihk ma tiacna staht
2. Rais, Cereal ac Mongo Staht
3. Mongo Ikoac
4. U lun Milk
5. Fukunsahk
6. Drink

#? 4



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Mongo Kom Ac Eis

Mahsrihk ma tiacna staht:

- Tomacto
- Onions
- Kiuri
- Cabbage
- Pwepuh
- Sra in mongo
- Celery
- Carrots
- Broccoli
- Ma kom lungse:



Rais, Cereal ac Mongo Staht:

- Cereal ma sihmlac 100% whole grain
- Wheat bread ma sihmlac 100% whole grain
- Rais brown
- Corn
- Pihtuctuc
- Pamkin
- Muhtah
- Green peas
- Ma kom lungse:

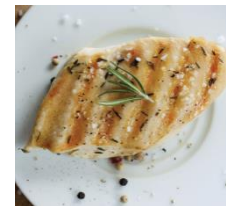


Mongo Kom ac Eis



Mongo Ikoac:

- Ahtro (tusruk karingin eisyacn acn rangrang kac)
- Ik ac mongo inkof (srwesrwe)
- Ikoac wangin kuh srihk kihris kac (lean ground beef, won ac turkey ma itucklac kolo, ikoen pik)
- Nuts (karingin ke sripen yohk fact kac)
- Ma kom lungse:



U lun Milk:

- Cheese ma srihk fact kac
- Plain Low-fat soy kuh almond milk
- Plain non-fat kuh low-fat yogurt
- Skim kuh low-fat milk
- Ma kom lungse



Mongo Kom ac Eis



Fukunsahk:

- Acpuhl
- Grapes
- Macngko
- Sosap
- Puhnahpuhl
- Muh Luhlahp
- Muh Srisrik
- Ma kom lungse



Drinks:

- Kof
- Nu
- Coffee tiac suka
- Tea tiac suka
- Ma kom lungse:



Karingin Eisyacn Mongo Inge:

Ma Emwem:

- Candy
- Cookies
- Corn syrup
- Honey
- Ice cream
- Mongo srisrik ma tukuh sahyac
- Suka
- Kutu pac sahyac:



Mongo Kihris:

- Butter
- Creamy salad dressing
- Mongo Fuhrae
- Ikoac Kihris (bacon, bologna, regular ground beef)
- Full-fat cheese
- Margarine
- Kihris kwekwe
- Whole milk
- Kuhtuh pac sahyac:



Fuhkah Kosreyac kuh Kuhtangyen mwe Kihsrucng Srihke Lom an



Ac kuh in arlac upac in molwelah, ahkmolyelah ac ahkwoye mongo lom an. Kuhtuh pa inge ma upac ma wacna sikyak ac Ohiyac in Kasruh. Suhmuhsrah nuhnak lom sifacna ke acn se ma fahk muh “Kuhtwena Kahsruh Nuhkac.” Mahkiac kais sie ma kom srihke tari an.

Ma Upac	Ohiyac in Kasruh	Kuhtwena Kasruh Nuhkac
Molien ma inge arulacna upac!	<input type="checkbox"/> Moli luhpah luhlahp. <input type="checkbox"/> Moli ma kihlucki molo. <input type="checkbox"/> Sifacna yukwiac mahsrihk kuh fukunsahk nohm. <input type="checkbox"/> Moli mahsrihk ac fukunsahk frozen. <input type="checkbox"/> Moli mahsrihk ac fukunsahk ma oasr suhna ke puhlan pacl sacn.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Fuhkah Kosreyac kuh Kuhtangyen mwe Kihsrucng Srihke Lom an



Ma Upac	Ohiyac in Kasruh	Kuhtwena Kasruh Nuhkac
Moul ac ahkmol mongo ke ohiyac inge ac eslah pacI yohk.	In ahkmwesahsye pacI: <ul style="list-style-type: none"> <input type="checkbox"/> Ahkoekomlac in wo. <input type="checkbox"/> Siyuck kawuck kuh sucu lom an in kasrekom in oreklac mwe enenuh an. <input type="checkbox"/> Us tuhlik nuhtum an in wikom som moul ke stoh ah ac kuh in arlac muhtwacta na pwacr se. 	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	In oracIah pacI nuhke moul mongo wowo: <ul style="list-style-type: none"> <input type="checkbox"/> Moul ke weekend. <input type="checkbox"/> Moli luhpah luhlahp. <input type="checkbox"/> Orekmakin ma suhmuhslah ke ma kom ac moli an. <input type="checkbox"/> Moli mwe mongo ma fihsracsI ac wo an. 	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	In oracIah pacI nuhke ahkoeyacn mongo wowo:: <ul style="list-style-type: none"> <input type="checkbox"/> Lie recipe ma sa ac wo an. <input type="checkbox"/> Oruh kutu ahkoo srisrik lom an ke lotutang meet liki kom som orekma. 	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Fuhkah Kosreyac kuh Kuhtangyen mwe Kihsrucng Srihke Lom an



Ma Upac	Ohiyac in Kasruh	Kuhtwena Kasruh Nuhkac
Nga srunga emahn mongo	<input type="checkbox"/> Ikihl mongo kom lungse an in wolac ac tiac pwen mas <input type="checkbox"/> Eis cheese ma fokoko emah tusruk srihk kihris kac an, pa nuke Parmesan ac feta cheese <input type="checkbox"/> Eis mongo wowo an <input type="checkbox"/> Eis fukunsahk ac mahsrihk ma sasuc an <input type="checkbox"/> Orekmakin mwe ahkmongo, salad dressing ac sauce ma srihk kihris kac, sronin lemon kuh lime, vinegar ac pwepuh fol ke ahkmol mongo lom an. <input type="checkbox"/> Muhnan kuh umi mahsrik ac ikoac in muh wo emah.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Tena wo/eslah pac/upac in moli, orek mongo ac mongo oinge.	<input type="checkbox"/> Wi kawuck lom an in ahkwoye moul, orek mongo ac mongo lom an. <input type="checkbox"/> Lotwelah kain in orek mongo ac recipe kuh eis class ma luti ke orek mongo wowo ma tiac pwen mas. <input type="checkbox"/> Srihke in orekmakin mwe orek mongo sasuc.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____