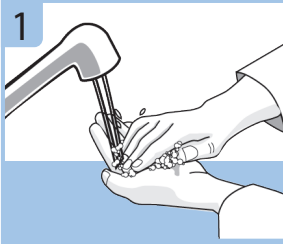


Saamenya cuntada
ee sonkorta dhiiga.

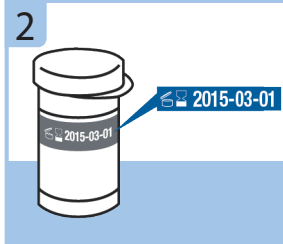


ACCU-CHEK®

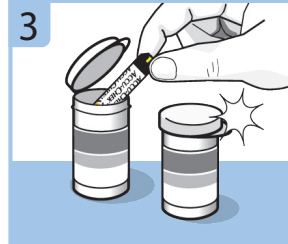
Samaynta Baadhista Guluukoosta Dhiigga



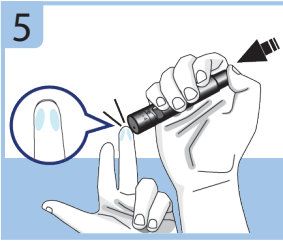
1 Dhaq oo qallaji gacmahaaga kahor intaanad samayn baadhista guluukoosta dhiigga.



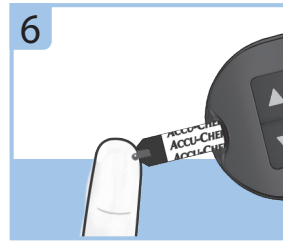
2 Ka hubi isticmaalka taariikh ahaan weelka liilka baadhista. Ha isticmaalin liilka baadhitaanka taariikhdiisu dhacday.



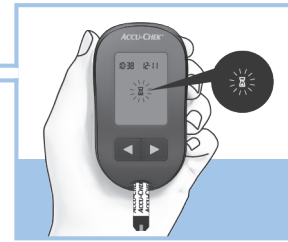
3 Ka saar liilka baadhista weelka ay kujirto. Si adag u xidh furka.



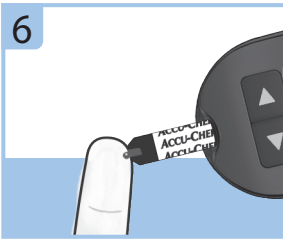
4 Ugu qabo aaladda mudista si adag cidhifka fartaada oo cadaadi badhanka sii daynta si aad u dalooliso fartaada.



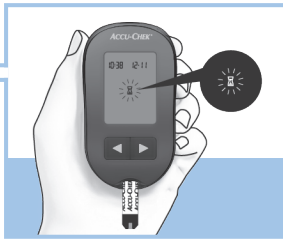
5 Taabsii dhammaadka liilka dhibicda dhiigga. Ha dhigin dhiigga dusha liilka baadhista.



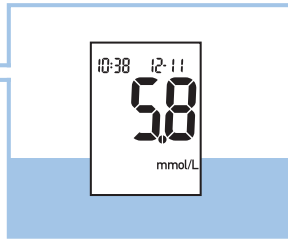
6 Cabbirka ayaa biib dhaha oo oo iftiima marka uu dhiig ku filan kujiro liilka baadhista.



7 Taabsii dhammaadka liilka dhibicda dhiigga. Ha dhigin dhiigga dusha liilka baadhista.



8 Cabbirka ayaa biib dhaha oo oo iftiima marka uu dhiig ku filan kujiro liilka baadhista.



9 Natiijada baadhistu waxay ka muuqataa shaashadda kadib 5 ilbidhiqsi.



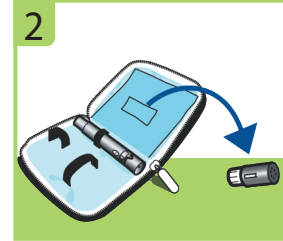
Kahor intaanad dhammayn...

U diyaari aaladda mudista baadhista xigta. U dul jiid gacan-qabsiga gadaal halmar si aad hore ugu socoto maddiisha xigta. Daaqaddu waxay muujinaysaa tirada maddiilaha ee hadhay.

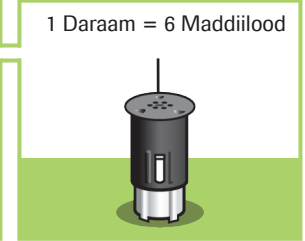
Diyaarinta Aaladda Mudista



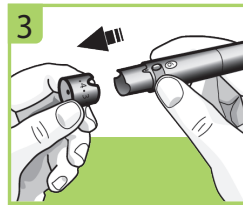
1 Baro aaladda mudista Accu-Chek Fastclix.



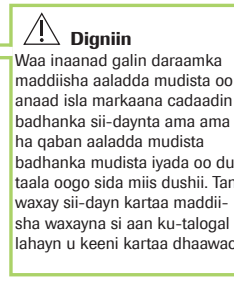
2 Ka soosaar daraamka maddiisha jeebka boorsada lagu qaado.



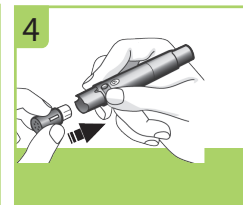
3 1 Daraam = 6 Maddiilood
OGOW
Daraam kasta waxa kujira 6 maddiilood oo nadiif ah.



4 Ka goo daboolka adiga oo si toos ah uga jiidaya. Ha maroojin daboolka.



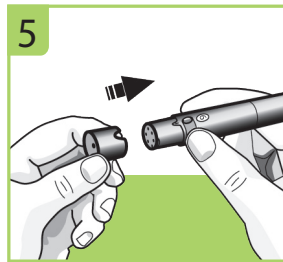
! Digniin
Waa inaanad galin daraamka maddiisha aaladda mudista oo anaad isla markaana cadaadin badhanka sii-daynta ama ama ha qaban aaladda mudista badhanka mudista iyada oo dul taala oogo sida miis dushii. Tani waxay sii-dayn kartaa maddiisha waxayna si aan ku-talagal lahayn u keeni kartaa dhaawac.



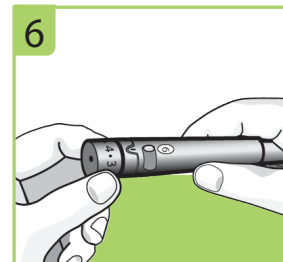
6 Gali daraamka Maddiisha, marka hore cidhifka cad, aaladda muddista. U riix daraamka maddiisha gabigiisa gudaha ilaa uu si adag u qabsato meesha.



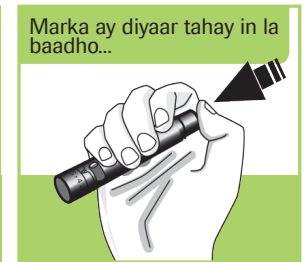
OGOW
Ha ka saarin daraamka maddiisha ilaa dhammaan 6 maddiilood la isticmaalo maadaama aan daraamka aan dib loo isticmaali karin marka laga soosaaro aaladda mudista.



8 Beddel furka aaladda mudista. Hubi in karinta xarriijimaha furku uu waafaqsan yahay karinta aaladda mudista.



9 Ku hagaaji aaladda mudista qotadeeda heer hoos u halineed oo macquul ah. Ka bilaw 2. Jidhka adag, ka bilaw lambark ka sarreeya.



10 Marka ay diyaar tahay in la baadho...

Isticmaalka aaladda mudista: Cadaadinta badhanka sii-daynta, aaladda mudistu waxay ku diyaar noqotaa oo ay ku muddaa 1 dhag siin.

Maxaa cuntada ku jira?

Cuntada aynu cunayno waxa ku jira maatooyin kala duduwan. Dheelitir wanaagsan waxa la helaa adigoo cunaaya cunto kala duduwan, waxa loola jeedaa Tamarta waxaynu guud ahaan ka helnaa baruurta iyo karbohaydratka iyo xataa barotiinka. Maadada nafaqada sida borotiinka, baruurta, fiitamiinka iyo macdanta waxa loogu baahan yahay si loogu dhiso oo loogu dhawro unnugyada jidhka. Qaar ka mid ah maadooyinka nafaqada ayaa muhiim u ah noloshu iyadoo aynu ka heli karno uun cuntada. Mid kasta oo ka mid ah maadooyinka muhiimka waxa uu leeyahay shaqo gaar ah iyadoo aan lagu badali karin mid kale.

Maxaa saameeya sonkorta dhiiga?

Cuntooyinka sid roodhida, qamadiga, baradhada, kuskusta, bariiska, baastada, nacnaca, jaamka, khudaarta iyo midhaha ayay ku jiraan karbohaydareyd isagoo ah nooc budo iyo/ama nooc sonkor ah kaas oo leh saameyn toos ah oo sonkorta dhiiga. Xataa caanaha, ciirta iyo yooqurta ayaa waxa ku jira karbohaydareyd iyagoo

saameeya sonkorta dhiigu. Borotiin iyo baruurta uma saameeyaan sonkorta dhiiga si la mid ah sida karbohadraydka. Waxyaalaha cagaarka iyo khudrada xididka waxa ku jira sidoo kale karbohadrayd lakiin wax saameyn ah uma laha sonkorta dhiiga. Qofku waa inuu lahaado hadafka ah inuu cuno cunto fiican oo isku dheeli tiran.



Si toos ah u saameeya sonkorta dhiiga.



Saamey yar oo sonkorta dhiiga.



Saamey yar oo sonkorta dhiiga



Karbohaydareyd waa macaga guud oo noocyada sonkorta, istaarijka iyo buushiga.

Maxaa saameeya sonkorta dhiiga?

Waxyaalaha sonkorta waxa ka mid ah guluukoos (sonkorta canbka) fruktoos, glaktoos (sonkorta caadiga) iyo laktoos. Khudaarta iyo midhaha waxa ku jira gulukoos, furuukoos, sakaroos iyo Khudaarta iyo midhaha waxa weeye cunto fudud oo wanaagsan ama wax cuntada kadib la cuno. Cuntada budadu ku badan tahay waxa weeye sida baradhada, baastada, bariiska, roodhida iyo konfalagska.

Waxyaalaha buushiga ku badan yahay waxa inta badan ka mid yihiin cuntada weyn iyadoo ay muhiim tahay in qiyaastu aanay laheyn kala duduwanaansho badan oo maalintii ah. Buushigu waxa uu saameyn wanagsan ku leeyahay sonkorta dhiiga, waxa muhiim ah in kor loo qaado cuntitaanka iyo in inta suurtoogaka la doorto cunto buushigu ku badan yahay.

Cuntada sida roodhida, baradhada, baastada, qamadiga, kuskusta, bariiska iyo konflagaska quraacda iyo khudaarta iyo midhaha ayaa saameeya toos ugu leh sonkorta dhiigu iyadoo kala duwanaanshaha maalinta uu noqdo sida ugu yar ee suurtoogalka. Cuntada lagu daray ama leh sonkor sida cabitaanka macaan, nacnaca iyo qaxwaha waa in la dhimo laakiin looma baahna in la iska wada daayo.

Cuntada ay guud ahaan biyihu ku jiraan

Waxyaalaha cagaarka iyo khudrada xididku waxa ku jira karbohaydrayd laakiin xataa qadar biyo ah oo badan. Qayb cunto hal qof cuno oo caadi ah oo cuntooyinkaas ah waxa ay leedahay saameyn caadi ah oo sonkorta jidhka.



Cuntada duxda badan

Duxdu waa maado muhiim jidhka u ah oo waxyaalo badan u qabata. Cuntada jidhka siisa baruurta kuwa ugu horeeyaa waa: subagga, margariinta, saliida, lawska, baruurta waxyaabaha caanaha laga sameeyo iyo Hilibka, kalluunka dufanka leh iyo baruurta hilibka iyo digaagga.

Doorashada nooca baruurtu waxay muhiim u tahay wadnaha iyo xididada. Taladdu waxa weeye in baruurta muuqata laga qaado hilibka, iyo hilibka naashifka ah- iyo waxyaabaha caanaha laga sameeyo. Waxa wanaagsan in la isticmaalo saliid ama margariin marka cunto la sameynaayo. Baruurtu waxay saamey yar u leedahay sonkorta dhiiga.



Tixraaca: Qoraalka waxa laga soo qaaday Accu-Cheks buuga yar ee 'Kolhydratsguiden'. Buuga yar waxa dib u eegay/saxay Eva Trotzigt Persson, Khabiirka cuntada oo ka shaqeeya cosbitaalka Danderyds sjukhus.

© Dhamaan xuquuqdu waa ay dhowrsantey. Qeybna wax ka mid ah qoraalkan dib looma soo saari karro ama loo gudbin karo nooc kasta ama hab kasta, elektrooniig ahaan ama mekaanika ahaan, marka lagu darro ka sawirashada, duubashada ama hab lagulasoo degaayo macluumaad, iyadoo aan ogolaansho la haysan. © Deutscher Ärzte-Verlag, Cologne, Germany, 2005

