



TIRINTA KAARBOHYDRATE

Waa maxay qaadista karbohaydrayt ah?

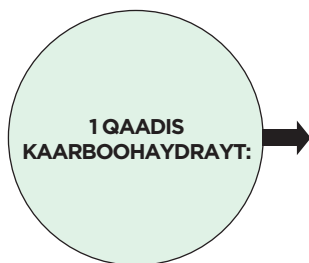
15 g karbohaydrayt = 1 qaadis oo karbohaydrayt ah

| GRAAM EE KAARBOHYDRATE | QAADIS KAARBOOHAYDRAYT: |
|------------------------|-------------------------|
| 0-5 | 0 |
| 6-10 | ½ |
| 11-20 | 1 |
| 21-25 | 1 ½ |
| 26-35 | 2 |
| 36-40 | 2 ½ |
| 41-50 | 3 |

Immisa qaadis oo karbohaydrayt ah ayay tahay inaan qaato?

Inta badan dadka macaanka qaba waxay u baahan yihiin 3-4 qaadis oo karbohaydrayt ah cunto kasta iyo 1-2 cunto fudud, iyaga oo u malaynaya 3 cunto iyo 1-2 cunto fudud maalintii. Shakhsiyaadka ayaa laga yaabaa inay u baahdaan wax ka badan ama ka yar iyadoo ku xiran heerka dhaqdhaqaaqa, sinjiga, da'da iyo yoolalka dhimista miisaanka. Kala hadal nafaqoyahanka cuntada ee diiwaangashan si aad u hesho macluumaad gaar ah.

Muxuu u eg yahay hal qaadis oo karbohaydrayt ah?



| CUNTO | CABBIRKA QAADISTA |
|--|-------------------|
| Bariis Cawlan, la Kariyay | ⅓ c. |
| Baasto Qamadi Dhan La Kariyey | ⅓ c. |
| Khudrad (ku qasaacadaysan casiir) | ½ c. |
| Khudaarta istaarijka ah (galleyda, digirta, baradhada) | ½ c. |
| Caano (1%) | 1 c. |
| Digirta (Madow, Garbanzo, Kelyaha u-eg) | ¼ c. |
| Muuska | ½ dhexdhexaad ah |

Macluumaad dheeraad ah oo ku saabsan su'aalaha la xiriira cuntada, booqo bogga internetka ee Ururka Sonkorowga Maraykanka (diabetes.org) oo raadi Tirinta Karbohaydraytka.