Diabetes
Dyabètè

Haitian Creole

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. For more information call (404) 651-2542.

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Diabetes
Dyabèt

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.
Ki sa dyabèt ye? Dyabèt se yon maladi kote kò a pa fè oswa pa sèvi ak ensilin kòm sa dwa.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.
Ensilin se yon pwodwi chimik ki chanje sik, farine ak lòt manje an enèji ki nesesè pou lavi chak jou.

How is diabetes managed?
Ki jan yo kontwole dyabèt?

The management of diabetes has three parts:
Kontwole dyabèt gen twa pati:

♦ Healthy Eating
  Manje sante
♦ Physical Activity
  Fè egzèsis fizik
♦ Medication (if needed)
  Pran medikamen (si nesesè)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.
Ki jan m ka kwontole dyabèt mwen? Ou ka kontwole sik nan san w (li rele tou glikoz nan san) ak dyabèt lè ou manje manje sante, fè kont egzèsis fizik, e kontwole gwosè w.

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.
Lè ou pa twò gwo ou ka kontwole grèz nan san w (kolestewòl) e diminye tansyon w.

Many people with diabetes also need to take medicine to help control their blood sugar.
anpil moun ak dyabèt fèt pou pran medikaman pou ede yo kontwole sik nan san yo.
Eat Healthy
Manje Pou m Gen Lasante

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

Piramid gid manje a ede w manje plizyè manje ki bay lasante. Varyete vle di manje manje nan chak gwoup yo chak jou. Lè ou manje plizyè manje chak jou, ou jwenn vitamin ak mineral ou bezwen.

Here is an example of getting a variety of foods each day.
Men yon egzanp pou pran plizyè kalite manje chak jou.

<table>
<thead>
<tr>
<th>Day 1 Jou 1</th>
<th>Day 2 Jou 2</th>
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</thead>
<tbody>
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<td>Grains:</td>
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<tr>
<td>Grenn:</td>
<td>tòtiya</td>
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<td>Fruit:</td>
<td>apple</td>
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<td>Vegetable:</td>
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<td>Protein:</td>
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<tr>
<td>Pwoteyin:</td>
<td>poul</td>
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</tbody>
</table>
Eat From all the Food Groups
Manje ki sot nan Tout Gwoup Manje Yo

♦ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
Achte pen ble antye ak sereyal. Kèk egzanp se pen ble antye, flokon ble antye, diri wouj, pat alimantè ki fèt ak ble antye, bilgi ak amaran.

♦ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
Manje mwens manje fri ak manje ki gen anpil farin takou patisri, bisuit oswa ti gato.

♦ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
Fwi fre se pi bon chwa. Lè w ap achte fwi an bwat, wè si li make ke “Fwi a nan pwòp ji pa l.”

♦ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
Achte ti pòsyon fwi, epi pa bwè anpil ji.

♦ Eat raw and cooked vegetables with very little fat.
Manje legim pa kuit ak legim kuit ki pa gen anpil grès.

♦ Use mustard instead of mayonnaise on a sandwich.
Sèvi ak moutad nan plas mayonèz pou yon sandwich.

♦ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
Sèvi ak luil vejetal an spre pou kuit manje, nan plas matèg, bè oswa magarin, oswa grès kochon.

♦ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
Bon teknik po kuit manje ki bon pou wou se: kuit nan fou, flanbe, bouyi, sote, roti, pase nan vapè, kuit sou ti difè e griye.

♦ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
Chwazi moso vyann ki pa gen anpil grès tankou: poul, kodenn. Lè w ap achte vyann kochon, bèf ak janbon, retire grès ki anplis la.

♦ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
Chwazi lèt san grès (“ekreme”) oswa lèt ki gen mwens grès ladan l (1%), oswa pwodui letye.
Grains, Beans and Starchy Vegetables

Grenn, Pwa ak Legim Ye

What are starches or carbohydrates?
Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

Ki sa farine oswa idratdekapòn ye?

How many starches/carbohydrates do I need each day? 6–11 servings each day

Ki kantite farine/idratdekapòn m bezwen chak jou? 6–11 pòsyon chak jou

The number of servings you should eat each day depends on:
Valè pòsyon ou bezwen chak jou a se selon:
♦ The calories you need
  Kantite kalori ou bezwen
♦ Your diabetes plan
  Plan tretman dyabèt ou an

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

Ki sa farine ak idratdekapòn fè pou kò m? Farine ba kò w enèji, vitamin B, mineral ak fib. Grenn antye pi bon paske yo gen pis vitamin, mineral e fib. Fib ede w al nan watè. Yo ede w tou kontwole sik nan san w.
Grains, Beans and Starchy Vegetables (continued)
Grenn, Pwa ak Legim Ye (suit)

How much is one serving of starch/carbohydrate?
Ki kantite ki se yon pòsyon farine/idratdekabòn?

♦ 1 slice of bread
   1 tranch pen
♦ 1 small potato, casaba or plantain
   1 ti pòmdetè, kasav, oswa bannann
♦ ½ cup cooked cereal such as oatmeal or cream of wheat
   ½ tas sereyal kuit tankou avwàn oswa labouyi ble
♦ ¼ cup dry cereal such as corn flakes
   ¼ tas sereyal sèk tankou kònfleks
♦ ½ cup of cooked rice
   ½ tas diri kuit
♦ 1 small tortilla, roti bread or enjira bread
   1 ti tòtiya, pen roti oswa pen anjira

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

Ou ka bezwen manje youn, de oswa twa pòsyon farine/idratdekabòn pandan yon repa. Si ou bezwen manje plis pase yon pòsyon pandan yon repa, chwazi diferan manje nan gwoup sa a. Pa egzanp:

Breakfast: ¾ cup dry cereal and 1 slice of bread—2 servings
Manje maten: ¾ tas sereyal sèk ak 1 tranch pen—2 pòsyon
Lunch: ⅛ cup of rice and ½ cup of cooked plantains—2 servings
Manje midi: ⅛ tas diri ak ½ tas bannann kuit—2 pòsyon
Dinner: ½ cup of pasta and one bread stick—2 servings
Soupe: ½ tas pat alimantè ak yon batonè pen—2 pòsyon
Snack: 6 crackers—1 serving
Goute: 6 bisui soda—1 pòsyon

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

Total pou joumen an : 7 pòsyon. Pran nòt distribisyon idratdekabòn yo byen balanse pou chak repa. Se pou ede w kontwole sik nan san w.
Vegetables

Legim

Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

Legim se bon jan manje ki bay lasante a tout moun, a moun ki gen dyabèt tou. Manje legim ki pa kuit ak legim kuit chak jou. Legim ba w vitamin, mineral, ak fib e yo pa gen anpil kalori. Chèche legim ki gen koulè fò. Kèk egzanp se : Kawòt, piman dou, obèjin, bwokoli, tomat, ak epina.

You should have 3 to 5 servings every day.
Fòk ou gen 3 a 5 pòsyòn chak jou.

How much is a serving of vegetables?
Ki kantite yon pòsyon ye?

♦ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
  ½ tas legim kuit, tankou pwa vèt, obèjin, epina e skwach

♦ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
  1-tas legim ki pa kuit, tankou salad, kawòt, oswa konkonm koupe

♦ ½ cup vegetable juice, like tomato juice or carrot juice
  ½ ji legim, tankou ji tomat oswa ji kawòt

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

Ou ka bezwen manje youn, de oswa twa pòsyòn legim nan yon repa. Si ou bezwen manje pis pase yon pòsyon nan yon repa, chwazi diferan kalite legim oswa pran de oswa twa pòsyòn de yon legim.
Fruits
Fwi

Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.
Fwi bon pou tout moun, pou moun ki gen dyabèt tou. Fwi ba w enèji, vitamin, mineral ak fib.

How many servings of fruit do I need?
Ki kantite fwi m bezwen?
2 to 4 servings
2 a 4 pòsyon

What is a serving of fruit?
Ki sa yon pòsyon fwi ye?
♦ 1 small apple or pear (approximately the size of a woman’s fist)
   1 ti pòm oswa pwar (apeprè gwosè pwen men yon madanm)
♦ ½ cup of apple or orange juice
   ½ tas ji pòm oswa ji zoranj
♦ ½ of a grapefruit
   ½ chadèk
♦ 1 small banana or ½ of a large banana
   1 ti fig oswa ½ yon gwo fig
♦ ½ cup of chopped fruit
   ½ tas fwi koupe
♦ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
   ¼ tas rezen oswa fwi sèk (apeprè sa ou t a mete nan men w)

You might need to eat one or two servings of fruit at a meal.
Ou ka bezwen manje youn oswa de pòsyon fwi nan yon repa.

How should I eat fruit?
Ki jan pou m manje fwi?
♦ Eat fruits raw, or as juice with no sugar added.
   Manje fwi konsa oswa fè ji avè l san ou pa ajoute sik.
♦ Buy smaller pieces of fruit.
   Achte fwi an ti mòso.
Milk and Yogurt Foods
Lèt e Yogout

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Lèt san grès ak lèt ki pa gen anpil grès ak yogout bon pou tout moun, pou moun ki gen dyabèt tou. Lèt ak yogout ba w enèji, pwoteyn, kalsyòm, vitamin A, ak lòt vitamin e mineral.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

Bwè lèt san grès (ekreme, oswa san grès) oswa lèt ki pa gen anpil grès (1%) chak jou. Manje yogout ki pa gen anpil grès oswa san grès. Yo gen mwens grès an total, grès satire e kolestewòl.

How many servings do I need each day? 2 to 3 servings each day. Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.

Ki kantite m bezwen chak jou? 2 a 3 pòsyon chak jou. Nòt: Si ou ansent oswa w ap bay tete, manje kat a senk pòsyon lèt ak yogout chak jou.

How much is a serving of milk and yogurt?
Ki kantite ki yon pòsyon lèt ak yogout?

♦ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
   1 tas yogout pur, san grès (chèche pou yogout ki gen aspartame tou)

♦ 1 cup skim or low-fat milk
   1 tas lèt ekereme oswa lèt ki pa gen anpil grès

Note: Avoid yogurts that say, “fruit on the bottom”. They contain high amounts of added sugar.
Nòt: Evite yogout ki di “fwi nan fon”. Gen anpil kantite sik ki ajoute ladan yo.
Meat, Poultry, Fish, Eggs and Nuts

Vyann, Poul, Pwason, Ze, Nwa

This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

Gwoup manje sa a gen vyann (bèf, kochon, mouton), poul, kodenn, ze, pwason, nwa e tofou oswa pwodui soya. Manje ti kantite nan kèk manje sa yo chak jou. Tout manje sa yo ba kò n pwoteyin.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Manje pwoteyin ede kò n fè tisi ak mis. Yo ba kò n tou vitamin ak mineral.

How many protein foods do I need each day? 2 to 3 servings

Ki kantite manje pwoteyin mwen bezwen chak jou? 2 a 3 pòsyon

How much is a serving of meat, poultry, fish, eggs and nuts?

Ki kantite ki yon pòsyon vyann, poul, ze e nwa?

♦ 2 to 3 ounces of cooked fish
  2 a 3 ons pwason kuit
♦ 2 to 3 ounces cooked chicken
  2 a 3 ons poul kuit
♦ 3 to 4 ounces tofu (½ cup)
  3 a 4 ons tofou (½ tas)
♦ 1 egg (equals one ounce of protein)
  1 ze (egal yon ons pwoteyin)
♦ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
  1 tranch fwomaj oswa yon ons fwomaj (apeprè gwosè yon pil D)
♦ 2 tablespoons of peanut butter (equals one ounce)
  2 Kiyèatab manba (egal yon ons)
Meat, Poultry, Fish, Eggs and Nuts (continued)
Vyann, Poul, Pwason, Ze, Nwa (suit)

Helpful Tips:
Bon jan teknik:

♦ The serving size you eat now may be too big.
Kantite pòsyon ke ou manje kounye a ka twò gwo.

♦ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
Gade yon pil kat. Dimansyon sa a egal 2 a 3 ons.

♦ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
Achte mòso vyann, kochon, janbon e mouton ki gen yon ti grès sou yo. Wete grès an plis la.

♦ Eat chicken or turkey without the skin.
Manje poul oswa kodenn san po.

♦ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
Kuit manje pwoteyin yon fason ki pa pran anpil grès: flanbe, griye, sote, roti, kuit sou vapè, bouyi, kuit sou ti dife.

♦ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
Fè manje ak yon ti kantite luil, oswa sèvi ak yon spre pou fè manje nan plas sèvi ak luil.

♦ Have a meal without meat. Try beans or tofu as your protein source.
Manje san vyann. Eseye pwa oswa tofou kôm sous pwoteyin.
Fats, Oils and Sweets
Grès, Luil, ak Manje Dous

Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

Grès ak luil se : bè, magarin, grès kochon e luil ke nou ajoute nan manje e pou kuit manje. Kèk egzanz luil : luil kanola, luil doliv, luil vejetal. Gen grès tou nan vyann, pwodui letye, manje goute nan sache, ak nan kèk manje dous. Pou kontwole dyabèt ou, li pi bon pou manje manje ki gen mwens grès e mwens grès satire (grès nou jwenn nan vyann ak lòt pwodui ki sot nan bèt).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

Manje dous se manje sikre ki gen kalori men ki pa gen anpil vitamin ak mineral. Gen manje dous tou ki plen grès—tankou gato, tat, koukiz.

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

Manje twòp bagay ki gen sik e ki gen anpil grès fè li difisil pou kontwole sik nan san w ak gwosè w. Si ou manje grès ak sik, manje ti pòsyon grès.

How much is a serving of fats, oils and sweets?
Ki kantite ki yon pòsyon grès, luil ak manje dous?

♦ 1 teaspoon oil
1 kiyèate luil

♦ 1 tablespoon regular salad dressing
1 kiyèatab vinegrèt nòmal

♦ 2 teaspoons light mayonnaise
2 kiyèate mayonèz leje

♦ 1 strip of bacon
1 tranch bekonn

♦ 1 cookie
1 koukiz

♦ 1 plain doughnut
1 dounòt san anyen ladann

♦ 1 tablespoon syrup
1 kiyèatab siwo

♦ 10–15 chips
10–15 tchips
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