

Keu khiav thiab dhia exercise tseem ceeb heev rau txoj kev tswj thiab tiv thaiv kom txhob mob ntshav qab zib. Peb toobkas kom sawvdaws (pojnam thiab txiv neeg, laus thiab hluas) khiav thiab dhia exercise peb hnuv rau ntawm txhua lub vasthiv, tsawg nkaus los kom txog 30 feeb. Koj yuav pab tau kom koj tsis txhob nyob dawb los ntawm txoj kev ncaus npas (lossis txawb football), txawb npas hauv pobtaw, ntaus npas, dhia hlua, thiab nce taw ntaiv lossis mus taug kev nrog koj tsev neeg.

Yog tias koj mob ntshav qab zib yuav tau:

- Noj koj cov tshuaj raws li tus kws kho mob hais
- Kuaj koj cov ntshav qab zib raws li hais
- Coj ib daim ntawv ID uas qhia koj lub npe, chaw nyob, qhia tias koj mob dab tsi, thiab koj cov npe tshuaj
- Hnav khaub ncaus uas zoo hnav thiab rau khau uas kom haum zoo
- Haus dej kom txaus
- Khiav thiab dhia exercise raws li hais
- Nqa cov qhaub noom qab zib uas tawv tawv, cov kua txiv hmab txiv ntoo, raisins, lossis lwm yam khoom noj uas qab zib thiab noj thaum lub sijhawm uas koj cov ntshav qab zib qiv dhau heev lawm

TIV TAUJ TAU NTAWM:

riht@uscridc.org

**Tebchaws Asmesliskas Lub Koos
Haum Pab Cov Neeg Tawg Rog
Thiab Cov Neeg Tsiv Teb Tsaw Chaw
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Suite 200
Washington, DC 20036
Tus Xovtooj: 202 • 347 • 3507
Tus xa ntawv fax: 202 • 347 • 7177
www.refugees.org**

Kom paub ntxiv txog ntshav qab zib nyob rau hauv vas (web) thov mus saib:

American Heart Association
www.aha.org

The Centers for Disease Control
and Prevention
www.cdc.gov

The U.S. Department of Agriculture
www.usda.gov

American Diabetes Association
www.diabetes.org

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*Cov lus qhia tseem ceeb no yog muab los ntawm
ib cov ntawv uas tau raug sau los ntawm:*

American Heart Association

American Diabetes Association

*The Centers for Disease Control
and Prevention (CDC)*

*Georgia State University, Department of
Geography and Anthropology*

The U.S. Department of Agriculture (USDA)

*Phau ntawv qhia no tau tsim los ntawm
ib cov nyiaj ntawm lub Koom Haum the
Department of Health and Human Services
Office of Refugee Resettlement*



Ntshav Qab Zib Yog Dab Tsi? (What is Diabetes?)

(Hmong)



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Ntshav qab zib yog ib yam kev mob nkeeg hauv lub cev thaum lub cev tsim tsis tau cov Insulin kom txaus. Insulin yog ib yam tshuaj uas koj lub cev tsim kom thiaj li siv tau lub zog ntawm cov zaub mov los ua haujlwm hauv koj lub cev. Ntshav qab zib ua tau kom ib tug neeg cov ntshav qab qab zib, qhov no muaj cuab kav ua mob rau lub plawv, lub hlwb, ob lub raum, cov hlab ntsha, thiab cov kaus hniav. Mob ntshav qab zib ua tau kom tsis pom kev, kom qhov chaw mos tsis ua haujlwm, lossis ua tau kom tuag.

PEB YAM KEV MOB NTSHAV QAB ZIB

Yam 1 ntshav qab zib feem coob mob ntawm cov menyuam yaus thiab cov hluas. Thaum xub thawj nws hu ua ntshav qab zib rau cov hluas.

Yam 2 ntshav qab zib yog yam uas tshwm sim ntau tshaj. Feem ntau yog mob rau hauv cov laus, tiamsis tsis ntev tas los no, kuj nrhiav tau tias tej co menyuam mob yam no thiab. Niaj hnuv niam no cov menyuam mob yam no thiab vim tias muaj cov menyuam coob leej uas pham pham, hynav dhau lawm, thiab nyob dawb tsis ua dab tsi li.

Tej co pojniam uas muaj menyuam mob yam ntshav qab zim hu ua Gestational diabetes.

TSWJ NTSHAV QAB ZIB LI CAS?

Tseem tsis tau muaj ib yam tshuaj twg uas yuav kho tau ntshav qab zib, tiamsis yog ua raws li nram qab no, nws yuav pab tswj:

- Noj zaub mov kom zoo rau lub cev
- Khiav thiab dhia exercise
- Txhuv tsis txhob haus luam yeeb
- Tshuaj (yog tias toobkas)

Lus pab qhia kom noj zaub mov kom zoo rau lub cev:

- Txhua hnuv noj ntau yam khoom uas muaj cov vitamins thiab minerals uas koj lub cev toobkas kom thiaj li yuav nyob zoo.

- Noj chips, cookies, khoom qab zib, qhaub noom, roj qab rog butter, roj qab rog margarine, roj qab rog mayonnaise, ntsev, khoom kib, ka lee, sherbet, thiab dej qab zib kom tsawg dua.
- Noj kom tsawg dua cov khoom uas kib thiab cov uas muaj starch roj (ncuav pastries, ncuav biscuits, thiab ncuav muffins).

LWM TXOJ KEV UA KOM IB PLUS MOV ZOO NOJ DUA RAU LUB CEV:

- Noj cov nplej uas luag tau muab puab los ua nplev thiab cereal xws li cov nplej xim av uas luag tsis tau muab tshuaj los zawv xim tawm thiab cov mov xim av.
- Noj cov txiv hmab txiv ntoo thiab zaub uas nyuam qhuav de tshiab tshiab.
- Yuav cov txiv hmab txiv htoo uas ua ib daig me me thiab tsuas haus cov dej txiv hma txiv ntoo mentsis xwb.

- Thaum koj ua khoom noj txhob siv cov roj, cov roj, lossis cov roj qab rog butter ntau ntau.
- Siv cov roj zaub uas txuag txuag, txhob siv cov roj ua kua, cov roj shortening, cov roj qab rog butter, thiab cov roj qab rog margarine.
- Sim ci hauv qhov cub, ci ze qhov taws, muab txhiab, muab cub, lossis muab ci, kom tsis txhob muab kib.
- Siv cov nqaij uas tsis tshua muaj roj (nqaij qaib, nqaij nyug ntshiv, lossis nqaij qaib ntxhw)
- Siv cov mis, cheese, thiab yogurt (uas tsis muaj roj), lossis cov uas yog 1% xwb.

Koj tsev neeg thiab koj cov phoojywg pab tau kom koj tswj tau koj tus ntshav qab zib los ntawm txoj kev uas lawv pab kom koj khiav thiab dhia exercise thiab kom koj xaiv cov khoom uas zoo noj rau koj lub cev.

