

Aalkolada iyo Sonkorowga

Haa, qof qaba sonkorow wuxuu cabbi karaa wax yar oo aalkolo ah LAAKIIN KELIYA waa haddii:

- Sonkorowgooda si fiican loo koontaroolay.
- Ay takhtarkooda kala hadleen cabidda aalkolada.
- Ay yaqaannaan sida ay aalkoladu u beddeli karto sonkorta dhiiggooda.
- Aysan uur lahayn ama ilmo xannaaneyneyn.

Ilaa intee ayaan cabbi karaa?

Takhtarkaaga kala hadal waxa OK kuu ah in aad cabto. Inta aad cabbi karto way u kala duwan tahay ragga iyo haweenka. Raggi waa ineysan cabbin wax ka badan 2 cabitaan maalintiiba haweenkuna wax aan ka badneyn 1 cabitaan maalintii.

Hal cabitaan wuxuu la eg yahay:



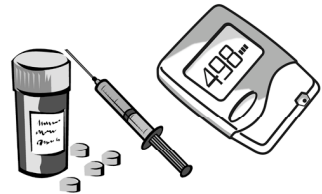
12 oz oo biir ah



5 oz oo khamri ah



1.5 kabbasho ama cabitaan isku dhafan ah



Sidee ayey aalkoladu sonkorta dhiiggaaga u beddeshaa?

- Aalkoladu waxay keeni kartaa sonkor dhiig oo hoos u dhacda, laakiin biirka, khamriga macaan, iyo cabitaannada isku dhafan ee macaan waxay keeni karaan sonkorta dhiigga oo kor u kacda.
Sonkorta dhiigga iska baar markaad cabto ka hor iyo ka dib.
- Takhtarkaaga weydii haddii ay OK tahay in aalkolada lagu qaso daawadaada. Ku qasidda daawadaada (insulin-ta ama kaniiniyada) aalkolada lagu qaso waxay keeni kartaa sonkorta dhiigga oo hoos u dhacda.
- Ku cabidda aalkolada calool madhan waxay keeni kartaa sonkorta dhiigga oo hoos u dhacda ilaa 8-12 saacadood. Waa muhiim in aad wax cunto marka aad cabbeyso.
- Aalkoladu waxay leedahay kalooriyo dheeraad ah oo keeni kara miisaan kugu kordha oo koontaroolka sonkorowgaagana uga sii dari karta.



Aalkoladu waxay u xumaan kartaa:

- Cadaadiska dhiigga
 - Beerka
 - Kelyaha
 - Wadnaha
 - Xididdada
 - Indhaha
- Aalkoladu waxay sidoo kale uga dari kartaa Kacsi La'aanta (dhibaatooyinka inuu guska ninku kaco).

Halkaan waxaa ah xoogaa aaraa' ah si lagaaga caawiyo in aad aalkolo yar u cabto:

- Soodho sonkor aan lahayn, biyo, baraf, ama soodhada (biyaha saxada ah) oo lagu qasay aalkolo.
- Isku day biir khafiif ah iyo khamri engegan oo kaloriyo, iyo karbohaydareedku ku yar yihiin aalkolo yar leh.
- Cab cabitaanno aan aalkolo lahayn markaad aalkolo cabto ka dib.
- Isku day biyo sixo leh (maa'u sixa) oo leh xoogaa liin iyo leymoon lah.



Somali | Alcohol and Diabetes

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