Heathy eating plate



It is important to eat healthy to get enough nutrition's. And keep your blood sugar normal.

Veggies:

Veggies:

- Carrot
- Eggplant
- Zucchini
- Broccoli

Carbohydrates:

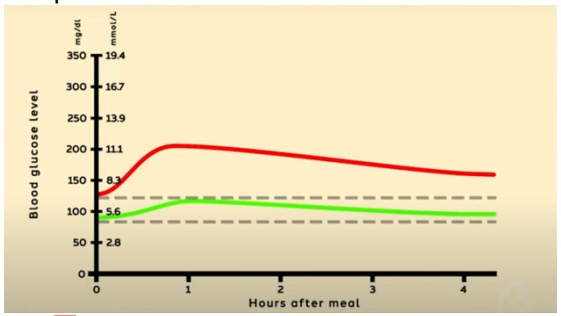
- Rice
- Ugali
- Bread
- Chapati
- Potato
- Cassave
- Beans

Protein

- Eggs
- Nuts
- Chicken
- Beef
- Milk
- Fish
- Beans

What's in food and why it matters.

Almost every type of food effects your blood sugar. When you eat a normal meal your blood sugar will rise. See picture:



With diabetes type 2

Without diabetes type 2

With diabetes type 2 your blood sugar level will rise higher, and it takes longer to get down. When you have a high blood sugar for too long it can lead to complications.

- Carbohydrates react the most op your blood sugar.
- A fat meal can lead to a late rise in blood sugar.
- Water is the best drink, tea, and coffee without/ little sugar. Don't drink sodas, and juice.

Use a plate or bowl with the size of your outstretched hand. Stop eating when you're satisfied and not full.



Measuring belly

Things you need:

- Rope
- Wall
- Marker



Step 1: Stand against a wall. Let someone help you measure your length.
Step 2: Take the rope and measure from the ground to the top of your head. Mark the rope just above your head.
Step 3: Fold the rope in half and mark the middle.
Step 4: Place the rope above your hip bone and around your belly.
Conclusion: If you need more than half of the rope to wrap it around your belly, your belly is bigger than it should be. Otherwise, it is good.

Length body /2 = measurement belly
Example:
160cm length / 2 = 80cm around belly

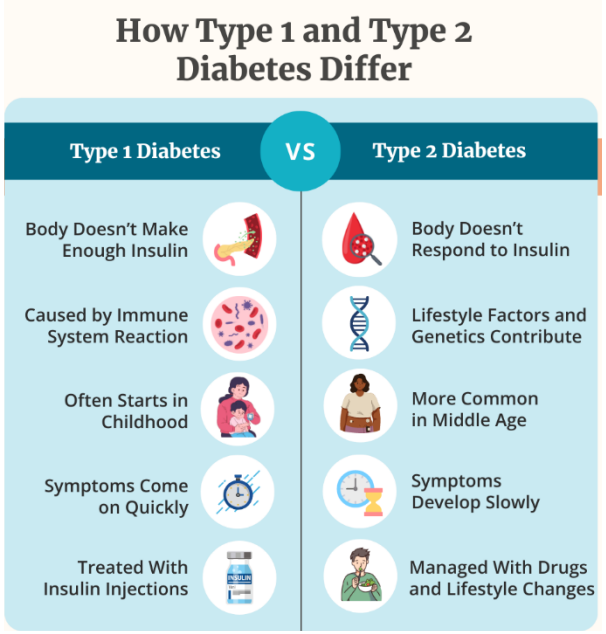
Symptoms

Diabetes type 2 symptoms:

- Blurry vision
- Thirsty
- Tired
- Urinating often
- Big belly



Diabetes



Type 1:

- Genetic
- Young age
- Body doesn't make insulin.
- Treated with insulin injections.

Type 2:

- Trough lifestyle
- Body doesn't respond to insulin/ doesn't make enough.
- Common in middle age.
- Symptoms develop slowly.
- Managed with lifestyle changes and medication.
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Medication is very expensive.

Healthy lifestyle

Be heathy live longer.

Many people in Tanzania consume too much sugar and rice/ ugali while neglecting vegetables. Maintaining proper portion sizes and balancing your plate ensures your body gets the energy and nutrients it needs. A healthy diet supports a healthy weight, boosts energy, and lowers the risk of diabetes type 2. By adopting a healthier lifestyle, many health issues can be prevented. This folder provides essential tips for living a healthier life.

