

# Talooyinka Cuntooyinka Fudud ee Carruurta Sonkorowga Qabo

Cuntada fudud waa qayb caafimaad oo caadi ah oo ka mid ah cuntada ilmaha. Carruur badan ayaa galabki iyo fiidki u gaajo qabi karo cunto fudud. Isku day fikradahan cuntada fudud ee karbohaydraytkoodu aadka u hooseeya ama dhexdhexaadka yahay.

Fikradahaan cuntada fudud ayaa ah tusaaleyaal waxaana jira qaabab kale oo badan. Dhammaan cuntooyinka dadyowga kala duwan ayaa loo isticmaali karaa in laga sameeyo cuntooyin fudud oo habboon. Haddii aadan hoos ku arkin cuntooyinka qoyskaagu cunaan, fadlan ballan ka qabso cunto yaqaan kaa oo si gaar ah adiga kuula shaqayn doonaa si loo sameeyo qorshe adeegsanaayo cuntooyinka ku habboon dhaqanka iyo baahiyaha qoyskaaga.

## Talooyin cunto fudud oo caafimaad leh

- Markaad isticmaalaysa hadhuudhka, dooro cuntooyinka hadhuudhka isqaba marka ay suurtoagal tahay. Hubi sumadaha ku yaal Xogta Nafaqada oo raadi cuntooyinka leh ugu yaraan 3 garaam oo miiq ah qeyb kasta.
- Miraha, khudaarta, lawska iyo iniinaha ayaa sidoo kale ah siyaabo wanaagsan oo lagu helo miiq.
- Marka lagu daro miiqa iyo borotiinka cuntada fudud ee ilmahaaga waxay kaa caawin kartaa inay ka dhigto mid buuxinaysa oo gaajo bi'iso.
- Ha iloobin inaad siiso insulin haddii dhakhtarka ilmahaagu u sheegay ilmahaaga inuu u qaato insulin cuntooyinka fudud ee karbohaydraytka leh.
- Xusuusnow in carruurta uga baahan yihiin karbohaydraytka tamar iyo korriin. Uma baahnid inaad ka fogaato karbohaydraytyada - taa beddelkeeda, diirada saar karbohaydraytyada caafimaadka qaba ee leh miiqa, oo ogow inta garaam ee ilmahaagu cunayo si aad u siiso qaddarka saxda ah ee insuliinta.

## Cunto fudud oo karbohaydraytkeedu yar yahay: 5 garaam oo karbohaydrayt ah ama ka yar

- Seleri leh 1 qaado oo ah subagga lawska ama farmaajo kareem
- Farmaajo kasta oo jilicsan, adag ama dufanku ku yar yahay (1 wiqiyadood) oo leh 5 qamadi qafiif ah
- Kashaato bureed (5 buskud oo sarreen ah ama 10 ilaa 15 kashaato bureed qaab kalluun u samaysan ama RITZ Bits)
- Farmaajada labeenta ee dufanku ku yar yahay (½ koob). Waxaad ku dari kartaa dhowr miro guduud ah.
- Hilibka horay loo sii kariyay ama digaag ama dagaaran duban, cunno badeed ama kalluun, oo lagu duuduubay caleen salad leh farmaajo, iniin khardal ah iyo qajaar.

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### Si Aad Wax Badan u Ogaato

- Nafaqada - 206-987-4758
- Waydii bixiyaha daryeelka caafimaadka ilmahaaga
- [seattlechildrens.org](http://seattlechildrens.org)

### Adeegyada Turjumaadda ee Bilaashka ah

- Marka aad joogtid isbitaalka gudihisa, ka codso kalkaalayahaaga.
- Marka aad joogto dibadda isbitaalka, soo wac Khadka Turjumaadda Qoyska ee Bilaashka ah, adigoo adeegsanaya lambarka, 1-866-583-1527. U sheeg turjumaanka magaca ama faraca aad u baahan tahay.



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- Ukun biyo lagu karkariyay
- Khudaar la warshadeeyay oo la qaboojiyay oo aan sonkor lahayn. Eeg calaamadda si aad u hubiso in aysan sonkor lahayn. Dhadhan u samayso biyahaaga ama liinta aan sonkorta lahayn.
- Jell-O aan sonkor lahayn.
- Hilib jiirka ama uleed ee jilicsan, dajiiranka ama hilibka lo'da. Hubi calaamadaha oo raadi noocyada dufanku ku yar yahay.
- Yicibka, lawska, pistachios, laws adkaha ama lawska kaashiyuuga (1 wiiqiyadood ama ¼ koob)
- Saytuun cagaaran ama madow (ilaa 15)
- Ukun shiilan
- Qajaar (1 weyn)
- Miraha bocorka (½ koob, qolof lahayn)
- Farmaajada ricotta ee dufanku ku yar yahay (½ koob). Waxaad ku dari kartaa hayl, faniilo ama in yar oo laws la jarjaray ah.
- Kalluun la qiiqiyay oo lagu cuno dhowr buskud iyo farmaajo kareem ah ama lagu duubo caleen salaar ah
- Miraha gabbaldayaha (¼ koob, qolof lahayn)
- Tuna, salmon, ukun ama salad digaag leh maayonees yar oo lagu duubay caleen salad ah
- Khudaarta ceyriinka ah sida karootada ilmaha, seleriga, basbaaska, qajaarka, borokoliga ama qolofa digirta (1 koob). Ku daaro suugada salad-ka, salsa ama suugo dhanaan oo khafiif ah (2 qaado oo qaado ah)
- Casiirka ciirta Dannon Light'n Fit Carb Control (4g karbohaydrayt) ama laba Ciir ah (3g karbohaydrayt ah)

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### Cuntooyinka fudud ee karbohaydraytka yar: 6 ilaa 15 garaam oo karbohaydrayt ah

- 5 kashaato ah iyo ½ koob oo caano ah
- Suugo tufaax ah oo aan la macaanayn (½ koob)
- Baradho la shiilay (10 ilaa 15 jajab jibsi ahaan ah). Fiiri calaamadda oo raadi "la dubay."
- Hilibka lo'da (1 wiiqiyadood) iyo ulaha karootada
- Isku darka Chex (½ koob)
- Kashaatada (5 ilaa 15 inta badan (hubi calaamada cabbirka adeega) ama 40 kashaato kalluun u samaysan oo famaajo adke ah (chedder)). Ku cun farmaajo.
- Doolshe Ingiriisi ama rooti wareeg yar (1 badh) oo leh farmaajo kareem ama lagu dubay farmaajo
- Canab barafaysan (wadarta 7 canab)
- Miro (1 gabal yar ama 1 koob berry ama qaraha ama ½ koob qasacadaysan ama ¼ koob la qalajiyey)
- Tufaax ama muus (½ xabbo oo yar) oo lagu cuno 1 ilaa 2 qaado oo subagga lawska ah
- Salool khafiif ah (3 koob)
- Pretzels (20 maroojin ama ulo yar yar)

- Doorsho aan sonkor lahayn ( $\frac{1}{2}$  koob)
- Sandwich (1 xabbadood oo rooti oo lagu cuno hilib horay loo sii kariyay iyo farmaajo)
- Maraq khudradeed (1 koob) oo leh qaar ka mid ah buskudka kalluunka dahabka ah (10 kalluun yar yar)
- Isku-dar mirood (Trail mix) ( $\frac{1}{4}$  koob)
- Khudaar ceyriin ah (1 koob) oo lala cuno  $\frac{1}{4}$  koob hummus ama labeen dhanaan oo khafiif ah

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### Cunto fudud oo karbohaydrayt dhexdhexaad ah leh: 16 ilaa 30 garaam oo karbohaydrayt ah

- Badar qallalan (1 koob) oo lagu cuno  $\frac{1}{2}$  koob caano ah
- Badar ama barafka granola oo lagu cuno  $\frac{1}{2}$  koob caano ah
- Buskudka (2 saanwij yar ama buskud ah (ka eeg calaamadda cabbirka adeega)) oo lala cuno  $\frac{1}{2}$  koob oo caano ah
- Kashaatada (5 ilaa 15 (ka eeg summada tirada kashaatada ee qadada) oo lala cuno 2 qaado oo subagga lawska ah)
- Ukun la dubay oo lagu cuno 2 xabbo oo rooti ah
- Doolshe Ingiriisi ama rooti wareeg yar (oo dhan) oo leh famaajo kareem ah ama lagu duubay farmaajo iyo suugda biisada
- Miro (1 xabbad yar ama 1 koob oo miro guduud ah ama  $\frac{1}{2}$  koob qasacadaysan) oo leh 1 koob oo famaajada labeenta
- Kashaatada Graham (3 laba jibaaran) oo lagu cuno 2 qaado oo subagga lawska ah iyo  $\frac{1}{2}$  koob oo caano ah ama 6 wiiqiyadood oo caano ciir ah
- Hummus ( $\frac{1}{4}$  koob) oo lala cuno  $\frac{1}{2}$  xabbad pita ah
- Boorash ( $\frac{1}{2}$  koob la kariyey) oo leh 1 qaado oo sonkor bunnii ah iyo  $\frac{1}{4}$  koob oo miro guduud ah
- Sanwij (2 xabbo oo rooti ah ama 1 pita leh hilib deli iyo farmaajo ama 1 xabbo oo rooti ah oo leh subagga lawska iyo jelly)
- Tortilla leh farmaajo la dhalaaliyay
- Baradhada Tortilla (15 jajab) oo leh salsa, humus ama farmaajo la dhalaaliyay
- Isku-dar mirood (Trail mix) ( $\frac{1}{2}$  koob)
- Tuna, digaag, ama salad ukun oo ku dul yaal 10 kashaato ama 2 xabbo oo rooti ah
- Waafal la qaboojiyey oo leh subagga lawska ama sharoobada aan sonkor lahayn
- Ciirta parfait  $\frac{1}{2}$  koob caano fadhi fudud leh  $\frac{1}{2}$  koob miro guduud ah ama 2 qaado oo ah granola)



# Snack Ideas for Kids with Diabetes

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Snacking is a healthy and normal part of a child's diet. Many kids will be hungry for an afternoon and evening snack. Try these very low to moderate-carbohydrate snack ideas.

These snack ideas are examples and there are many other possibilities. Foods from any culture can work and can be used to create appropriate snacks. If you do not see the foods your family eats below, please make an appointment with a dietitian and we will work with you individually to create a plan that uses foods that fit with your family's traditions and needs.

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## Healthy snacking Tips

- When serving grains, choose foods with whole grains when possible. Check Nutrition Facts labels and look for foods with at least 3 grams of fiber per serving.
  - Fruits, veggies, nuts and seeds are also good ways to get fiber.
  - Including fiber and protein in your child's snack can help make it more filling and satisfying.
  - Do not forget to give insulin if your child's doctor has told your child to take insulin for their snacks with carbohydrates.
  - Remember that children need carbohydrates for energy and to grow. You do not need to avoid carbohydrates - instead, focus on healthy carbohydrates that have fiber, and know how many grams your child eats so you can give the right amount of insulin.
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## Very low carb snacks: 5 grams carbohydrate or less

- Celery with 1 Tablespoon peanut butter or cream cheese
  - Any soft, hard or low-fat cheese (1 ounce) with 5 Wheat Thins crackers
  - Crackers (5 Wheat Thins or 10 to 15 cheddar fish-shaped crackers or RITZ Bits)
  - Low-fat cottage cheese (1/2 cup). You can add a few berries.
  - Deli meat or roasted chicken or turkey, seafood or fish, rolled up in a leaf of lettuce with cheese, mustard and a pickle
  - Hard-boiled egg
  - Sugar-free frozen fruit bar. Check the label to make sure it is sugar-free. Make your own with flavored water or sugar-free lemonade.
  - Sugar-free Jell-O.
  - Jerky or meat sticks, turkey or beef. Check labels and look for low-fat versions.
  - Almonds, peanuts, pistachios, walnuts or cashew nuts (1 ounce or 1/4 cup)
  - Green or black olives (up to 15)
  - Omelet
  - Pickle (1 large)
  - Pumpkin seeds (1/2 cup, no shells)
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### To Learn More

- Nutrition - 206-987-4758
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



## Snack Ideas for Kids and Diabetes

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- Low-fat ricotta cheese (1/2 cup). You can add cinnamon, vanilla extract or a few chopped nuts.
- Smoked salmon with a few crackers and cream cheese or rolled in a lettuce leaf
- Sunflower seeds (1/4 cup, no shells)
- Tuna, salmon, egg or chicken salad with light mayonnaise rolled in a lettuce leaf
- Raw vegetables like baby carrots, celery, peppers, cucumber, broccoli or pea pods (1 cup). Dip in salad dressing, salsa or light sour cream (2 Tablespoons)
- Yogurt Dannon Light'n Fit Carb Control smoothie (4g carbs) or Two Good Greek yogurt (3g carbs)

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### Low carbohydrate snacks: 6 to 15 grams carbohydrate

- 5 animal crackers and 1/2 cup milk
- Unsweetened applesauce (1/2 cup)
- Baked potato chips (10 to 15 chips). Check the label and look for "baked."
- Beef jerky (1 ounce) and carrot sticks
- Chex mix (1/2 cup)
- Crackers (5 to 15 for most (check label for serving size) or 40 cheddar fish-shaped crackers). Have with cheese.
- English muffin or mini bagel (1 halve) with cream cheese or toasted with cheese
- Frozen grapes (7 total grapes)
- Fruit (1 small piece or 1 cup berries or melon or 1/2 cup canned or 1/4 cup dried)
- Apple or banana (1/2 small piece) with 1 to 2 Tablespoons of peanut butter
- Light popcorn (3 cups)
- Pretzels (20 small twists or sticks)
- Sugar-free pudding (1/2 cup)
- Sandwich (1 slice of bread with deli meat and cheese)
- Vegetable soup (1 cup) with some goldfish crackers (10 mini fish)
- Trail mix (1/4 cup)
- Raw vegetables (1 cup) with 1/4 cup hummus or light sour cream dip

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### Moderate carbohydrate snacks: 16 to 30 grams carbohydrate

- Dry cereal (1 cup) with 1/2 cup milk
- Cereal or granola bar with 1/2 cup milk
- Cookies (2 small sandwich or fig cookies (check label for serving size)) with 1/2 cup milk
- Crackers (5 to 15 (check label for number of crackers in a serving) with 2 Tablespoons of peanut butter)
- Scrambled eggs with 2 slices of toast
- English muffin or mini bagel (whole) with cream cheese or toasted with cheese and pizza sauce
- Fruit (1 small piece or 1 cup berries or 1/2 cup canned) with 1 cup cottage cheese
- Graham crackers (3 squares) with 2 tablespoons of peanut butter and 1/2 cup milk or 6 ounces light yogurt
- Hummus (1/4 cup) with 1/2 piece of pita

## Snack Ideas for Kids and Diabetes

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- Oatmeal (1/2 cup cooked) with 1 Tablespoon brown sugar and 1/4 cup berries
- Sandwich (2 slices bread or 1 pita with deli meat and cheese or 1 slice bread with peanut butter and jelly)
- Tortilla with melted cheese
- Tortilla chips (15 chips) with salsa, hummus or melted cheese
- Trail mix (1/2 cup)
- Tuna, chicken, or egg salad on 10 crackers or 2 slices of bread
- Frozen waffle with peanut butter or sugar-free syrup
- Yogurt parfait (1/2 cup light yogurt with 1/2 cup berries or 2 Tablespoons of granola)

**Keep a list of your favorites and the carbohydrate amounts:**

Snack	Amount	Carbohydrate grams	Insulin units