

Just *the* basics

Inuinnaqtun Version



Sukaglungnikkut, timmit ayuqhaqpaqtuq atuqhugit pihimanahugittugillu niqinit hakugiknikhat. Niqinit hakugiknikhaq timmit piyakhaa sukatut ittuq atilik glucose-mik. Glucose pihimayuq naguuyunit niqinit ukunatat nauhimayut mamaktut, miluk, starch-qaqtut niqit (mukpauyaq, havviqquuyak, noodles-lu) ukuatlu sukakaktut niqit niuqagakhallu. Nirihuirangat, aungni glucose-nga kungmukpaqtuq.

**Munarilugu timmit, ihumat
itjuhilla. Aanniarhimaittumik
ikayuutigiyat, ilatit
nunallaallu.**



Kakugu niriyaami

- **Ilatit niriqatigilugit.**

Huuq: Niriqatigiigiami ihuaqtuq. Nirinnaqhigaangat ihuaqhiutjutigivaktuq ihuaqtumiklu maliktakhainut nutaqqangnut. Pitjutaa ihumagilugu quyagilugulu aittuhianut inuuhirmut niqinullu tuniyauhimagut ilingnut.

- **Pingahurikturlutit nirivaklutit atauhiqmi ublumi. Nirilutit 6-ni ikaaqnini qaangiraangata.**

Huuq: Nirlugit naguuyumik nirinnaqhigaangat ikayuutiginiaqtaa aungnut glucose-nga ihuariangani. Imaatut Hanayipta piluqtaatigut timmittigut ihuaqtumik havagiangani.

- **Ilatit niriqatigilugit.**

Huuq: Niriqatigiigiami ihuaqtuq. Nirinnaqhigaangat ihuaqhiutjutigivaktuq ihuaqtumiklu maliktakhainut nutaqqangnut. Pitjutaa ihumagilugu quyagilugulu aittuhianut inuuhirmut niqinullu tuniyauhimagut ilingnut.

- **Aihimangitkuvit nirinnaqhigaangat, tigumiakpaklutit naguuyunik niqikhanik.**

Huuq: Ikayuutiginiaqtaq naguuyunik niqikhaqariangni humungaugaangavit (puuklugu mukpauyak kaliriiqhimayumik, tigumiaqlugit nauhimayut niqikhat mamaktullu).

**Timmikkut iqaiyainiq
naguuyunik nirivaknirlu
atuqtakhat inuuhittiarluni
sukaglungnirmut.**



Hunanik niriyaami

- **Aalatqiinik nirilutit nirinnaqhigaangat kaaliruvitlu.**
Huuq: Pilugit niqikhat tamainnit niqikhanitihuaqtuq timmit naguuyunik piqaqtunik piyaangani anniartailinirmut.
- **Pilugit niqikhat kanittut nunap piliuqhimayainut. (Niqainat iqaluk, aqaya, kaplat, havikquuyat, niqiliak, lentils, barley, nauhimayut niqihat uuhimayullu panikhiqhimayut qumauyat naguuyut niqikhat).**
Huuq: Niqikhat nunamit ihuatqiyat timmimut. Niqit naguuyunik piqaqtut nunamit paqiinnarialgit haningnit.
- **Ilagilugit niqit fibre-qaqtut**
Whole grain-qaqtut mukpauyat, tupauttagakhat pasta-lu, naulihaat mamaktut, nauhimayut niqikhat legumes-lu (panikhiqhimayut qumauyat lentils-lu) naguuyut niriyaqhat.
Huuq: Amihut niqit fibre-qaqtut ikayuutiginiaqtatit kaaqnaittumik mikhilaaqlugu aungni glucose-nga uqhuitlu.
- **Nirihimmaqlutit nauhimayunik aiqinik (naulihaat, qiqumayut, havigalikmiluuniit).**
Huuq: Nauhimayut niqikhat piqaqtut naguuyunik timmip atuqtakhainik anniarnaittumik.





Huna atauhiq aalannguqtirut pittaaqtat munarilugu ihumat, timmit, itjuhitlu?

Ittutut tamainnut uumayunut, timmivut piliuqhimayut ingutaariaptingni.

Huuq: hulilukaaqpaklutit—iqaiyaklutit timmit ingutaariangani ihuaqtumiklu timmimut pitjutigilugu. Pihuktuq, numiktuq, kaplaktaktuq, annguniaqturlu ikayuutikhaq munarilugu aungni glucose-nga uqumaitilaangalu.

Timmikkut iqaiyaihimmaaqlutit hulilukaarutigilugu ublungani

- Hulilukaaqpaklutit amihuvyainni havainiqmi.
- Ubluk tamaat timmikkut iqaiyakpaklutit, uumatut pihuklutit niuvikvirmut.
- Mikiyumik pilihaaqlutit angikliyuumilugu uukturtangnut.
- Ilaqatigiiktut ilaupkaklugit hulilukaaqtitlugit (taglukturlutik, kaplaklutik, numiklutik).
- Ilaulutik ulapqipkaiyuni ukunatut hockey unalu soccer.
- Quviagilugu ihuaqhivalliyuq aanniarhimaittumik inuuhittarlutitlu.

Ihumagilugu timmit. Tibaakukturhimaittumik.

Huuq: Higaacniq ayuqhautauniaqtuq timmimut sukaglungnaittumut pinahugitluni. Higaaraangat aanniarutiqaqnaqtuq uumaluknirmut. Uqaqvigilugu munaqhiliqivikmi havakti qanuq taimaariangni.

Ihuaqtumik taangaturpaklutit

Huuq: Taangaq ihuiritivaktuq aungni glucose-nganut, puvalaknaqtuq aallannguqtirutigilugulu havautituktangnut pivagainut. Uqaqvigilugu munaqhiliqivikmi havakti qanuq taangaturiami ihuatqiyamik ilingnut.

Across the country, the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. Our community-based network of supporters help us provide education and services to people living with diabetes, advocate for our cause, break ground towards a cure and translate research into practical applications.

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