

mâna kâ-âpacihtâhk



ôma kâ-sîwâspinêhk, âyiman mâna kiyawihk ka-âpacihtâhk êkwa ta-mâwacihtâhk mîciwina kâ-mas-kawisiskâkohk. êwakoni ôhi mîciwina sîwinikan glucose êkota ê-ihetakok ka-kî-mîcihk ka-miyoskâkohk. glucose ôma ka-kî-ohtinên nanâtohk mîciwina ohci, tâpiskôc sîw-âya, tohtôsâpoy (kâ-wâpiskâk), starches (tâpiskôc pîswêhkasikan, wâpayôminak, êkwa sêkipatwâw-mîciwin) mîna ê-sîwinikâtêki mîciwina êkwa minihkwêwina. kâ-kîsi-mîcisoyan, ispâhkêkotin anima kimihko-sîwinikan.

nâkatohkâta kahkiyaw kiyaw,
kimâmitonêyihcikan êkwa
kitahcahkom. miywâyâwin
kiwîcihikonâwâw kahkiyaw,
kiya êkwa kiwîtokêmâkanak
êkwa kitayisiyinîmak.



ispîhk ka-mîcisohk

- **wîci-mîcisômitok mâna kiwîtokêmâkanak.**
tânêhki: mistahi itêyihâtakwan ka-mâmawi mîcisohk. miywêyihâtakwan êwako êkwa mîna awâsisak ka-kiskinowâpahtamwak êkos îsi ka-isi-pimitisahahkik. kistêyihâtakwan mâna êkosi kâ-itôcikâtêk êkwa ka-nanâskomohk ê-miyikowisihk pimâtisiwin êkwa mîciwin mîna kâ-miyikawian.
- **mîcisok nistwâw tahto kîsikâw. êkâwiya osâm kinwês pêho mwayês kîhtwâm ka-mîcisoyan (môy ayiwâk nikotwâsik tipahikana).**
tânêhki: nahiyikohk mîcisohki ispîhk ita ka-kî-mîcisohk mâna wîcihômakan kwayask kâ-itastêk sîwinikan kimihkohk. êkos îsi ôma ê-kî-isi-osîhtât miyaw kisê-manitow ka-isi-atoskêmakaniyik.
- **kîspin êkâ kîkikh ayâyani ispîhk ka-kî-mîcisoyan, pimowitâ mîciwina ta-miyoskâkoyan.**
tânêhki: kiwîcihikon ta-miywahcikêyan pikw itê itohtêyani. (nîmâ ahkwêhtawahcikan, tahkona pîwi-kiscikânisa êkâ cî sîw-âya).

kâ-ayâhk mâna sîwâspinêwin,
miywâsin tâpitaw ka-
waskawîhk êkwa ka-mîcihk
mîciwin kâ-miyoskâkohk.



kîkwây ka-mîcihk

- pâh-pîtos mâna mîciwina mîci tahtwâw kâ-mîcisoyan êkâ cî kâ-mîcisosiyan.**
tânêhki: anihi kâ-otinaman mîciwina ohci kahkiyaw mîciwin ka-kêhcinâhômakan miyaw ka-kâhcitinahk anihi mâna kâ-miyoskâkêmakahki êkosi mitoni ka-miyomahcihohk.
- nawasôna mîciwina nawac tâpiskôc pakwac-âyihk ohcitaw kâ-kî-isi-osîhcikâtêki.** (iyinito-wiyâsa êkwa kinosêw, kihcikamîwaskosiy, mînisâ, maskosîminak, ayôminâpoy, kiscikânisa (lentils), iskwêsisîhkân, pîsi-kiscikânisa êkwa ê-kîsisocik pâstêw-iyiniwacisak miywâsinwa ta-otini-kâtêki.)
tânêhki: anihi mîciwina askîhk kâ-ohotinamihk mâwaci-miywâsinwa miyawihk ohci. ôhi mîciwina mâna ohcitaw ê-kî-miyikowisiyahk ta-miyoskâkoyahk êkwa namôy wâhyaw ohci wâskahikanihk ka-miskamihk.
- nawasôna ôhi mîciwina ayisk mistahi fibre kâ-isiyihkâtêk astêw êkota:** kistikâni-pîswêhkasikanak, kîkisêpâ-mîciwina êkwa pasta, aski-sîw-âya, pîwi-kiscikânisa êkwa legumes (ê-pâsocik iyiniwacisak êkwa kiscikânisa (lentils)) mâna miywâsinwa ka-otinamihk.
tânêhki: kikîsposkâkon mâna mîciwina mistahi kâ-ayâki fibre êkwa ka-yâsipayin sîwinikan (glucose) mîna cholesterol kâ-astêk kimihkohk.
- mistahi nawac mîci pîwi-kiscikânisa.**
 (ê-osk-âyiwiki, ê-âhkwatiki êkâ cî ê-kaskâpiskahamihk).
tânêhki: mistahi astêwa nutrients ka-miyoskâkohk miyawihk mâna ôhi pîsi-kiscikânisa.
- ati-nôhtêyâpâkwêyani, minihkwêhkan kâ-kanâtahk nipi.**
 namôy nânitaw apisîs ta-otinamihk sîwinikanihkâna.
tânêhki: ka-ispâhkêpayiw sîwinikan kimihkohk minihkwêyani “sîwâpoya, mînisâpoya êkwa pihkahtêwâpoy ê-sîwinikâtêk mîna tâpiskôc “Tang” êkwa “Kool-Aid”.



- **nākatohkāta sīwinikana êkwa sīwahcikana.** (tāpiskōc sīwahcikan iskewēyāc kâ-mīcihk, tawāyihk kâ-pōskosicik sīwahcikanak (donuts), sīwāsa êkwa sīwinosa).
tānēhki: ka-ispāhkēpayiw sīwinikan kimihkohk māna mistahi osām kâ-mīciyan êkwa kâ minihkwēyan kīkwaya kâ-sīwinikātēki.
- **nākatohkāta mīciwina osām mistahi kâ-wiyinowahki êkwa kâ-tōmāki.** (tāpiskōc anihi kâ-sāsāpiskisikātēki mīciwina, pimiy êkwa napacākosihkāna). pakāhtā, kīsisa, nawacī êkā cī nasihkāci-pakāhtā kīkway ita kēkac ē-ohkēk nīpiy.
tānēhki: sōhki-atoskēmakan kitēh kīspin mīciyani kâ-wiyinowahki mīciwin êkwa ahpō êtikwē nawac ka-māci-kosikwatin. nahiyikohk māna kâ-

ispīhtinikwatihk nawac ka-miyo-atoskēmakan kitēh, wīcihōmakan iyikohk sīwinikan ka-āstēk kimihkohk.

tānimayikohk ka-mīcihk

- **nasihkac mīciso êkwa pōni-mīciso ispīhk nahēyihdamiyani.**
tānēhki: nahiyikohk ka-otinaman mīciwin mitoni māna miywāsin kiyawihk. kīspin osām mistahi mīcisoyani, ka-kanawēyihk kiyawihk anima maskawisiwin êkwa ka-ispayin pēyakwan tāpiskōc wiyin.





kîkwây pêyak ka-kî- mēskotōnaman ka-kî-itôtên kwayask ka-nâkatēyihaman kimâmitonēyihcikan, kiyaw êkwa kitahcahkom?

tâpiskôc kahkiyaw aniki kâ-pimâtisicik, kiyawinawa mîna ê-kî-osîhcikâtêki ka-waskawîmakahki.

tânêhki: êkâya koskowâtapi – wâh-waskawî êkosi nawac ka-miyo-atoskêman kiyaw. kâ-pimohtêyan, kâ-nîmihitoyan, kâ-nitâmisoyan êkwa kâ-mâciyan ka-miyo-tôtâkon ohci sîwinikan kimihkohk êkwa kâ-ispîhtinikwatiyan.

tahto kîsikâw mîna kakwê-waskawî

- nânitaw mîna kakwê-itahkamikisihkan.
- tahto kîsikaw mîna waskawî, tâpiskôc atâwêwikamikohk ka-isi-pimohtêyan.
- wêhtinahk mâcihtâ êkwa nasihkâc nawac mistahi kika-ati-itôtên.
- nânitaw isi mîmawohkamikisik mîna kiwîtokêmakanak (tâpiskôc kikasâmêhtêwin, mawisowin, nîmihitowin).
- mêtawê ôhi mêtawêwina tâpiskôc sôniskwâtahikêwin êkwa pâkâh-towêwin.
- miywêyihata nawac kimiyomahcihowin êkwa kimiywâyâwin.

kihçeyihata kiyaw. kâkikê mîna manâcih cistêmâw.

tânêhki: nawac âyiman kiyaw ta-nôtinahk sîwâspinêwin mîna kâ-pîhtwâyan. pîhtwâyani nawac ka-kî-wêhci-kâhtinên otêhâspinêwin êkwa kâ-nipowisipayihk. mîmiskôtamok kimiywâyâwi-otatoskêw tânisi ka-kî-isi-pôni-pîhtwâyan.

pa-pêyâhtak itâpacihtâ minihkwêwin

tânêhki: minihkwêyani ka-ispâhkêpayiw sîwinikan kimihkohk, kika-mâci-wiyinon êkwa namôy kwayask ka-isi-atoskêman maskih-kiy kiyawihk. mîmiskôtamok kimiywâyâwi-otatoskêw tânimayikohk minihkwêwin namôy nânitaw ka-isi-mâyiskâkoyan.

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